



How to Have a Wet Dream

Get a GOOD night sleep

<http://unhelpful.org/>

Intro

Well first let's get the blindingly obvious out the way shall we?

Lucid dreaming is cool. Controlling your dreams is pretty awesome. You can do a pretty crazy amount of stuff with it but we're not about dreaming about flying around your bedroom or learning to play an instrument.

This is focused on how to have a wet dream. How to have sex within your dream. How to have an orgasm any night you want.

A wet dream allows you to have sex with whoever, whenever and whatever.

So make sure you're old enough to be looking at this kind of stuff and you're not screwing with your local laws here. This is unsuitable for work, minors and well... probably everyone.

Now we have that out of the way let's get started.



Wet Dreams are Awesome

Well first up a little about my dreams.

I had a rocky start with lucid dreaming. It wasn't easy to learn when there wasn't a lot of information to go on so I wasted a lot of time. Nobody wrote a guide like this for me when I was getting started.

But the idea of having the kind of dreams I wanted to have – whenever I wanted to have them? That was too tempting to let go of.

When I started spending a lot of time working on it and developing techniques I started to have them more and more. My dreams would become a lot more vivid and I'd have a lot more control.

These days I don't even have to try any more. I have my “dream character” Penny. Think of her as my dream assistant. My mind is basically trained at this point to see her in a dream and when it does it gives me a gentle nudge that I've fallen asleep and I can take it from there.

In the dream world there are no rules. No restrictions. Nobody else to make decisions for you.

I used to think I was wasting my time going to sleep.

These days I look forward to it.

And I wrote this guide to help others get the same kind of control I have.



Things you Might Want

This is a list of things you might want before you get started.

You're going to want a quiet space obviously. A room to yourself is ideal but quiet and dark is a must. Headphones with the right kind of music and a sleeping mask can be used if your room doesn't get dark or quiet enough.

1) A (100% free) sign-up [here](#). For at least the next week you are going to be using it this site for a specific reason. No whatever video sites you normally use probably won't do the same thing as we're looking for. We'll get into why in a moment but make sure you sign up [now](#). If I recall you don't even need to verify an email.

The next couple of things are optional depending on your preferences and living space but number 1 makes a huge difference. There's a reason we use this site and it makes getting your dream character much easier.

2) I never suggested these in the first version of the guide because I didn't use them myself when I started. But we had a lot of students with success in the Facebook group say that a lucid dreaming supplement really made it easier. Personally I would suggest starting without but if you do find yourself struggling then it doesn't hurt to try.

3) Personally I use full black out curtains so when I close them at night nothing is going to get in. If you don't want to go that far you can use a little sleeping mask (silk – it can't be itchy or it'll distract you) or there are actually specific lucid dreaming masks but they tend to be fairly expensive.

4) If your room is noisy (other people in other parts of the house or traffic outdoors for example) you want a pair of stereo headphones on but you don't want music that will distract you. [This YouTube video](#) (“Hands Free Orgasm 2 - Binaural No Hands Ejaculation”) is a good example of the kind of thing you might want to try.

Finding Your Dream Character (Quickly)

The downside to all of this is the first bit is by far the hardest (don't worry I'm going to show you a massive short cut in a moment).

Once your dream character begins to awaken you within a dream the rest just comes with practice. The more you start controlling your dreams the better you get at it. This is why I don't go into much detail of the later stages. I plan to in later versions of the guide but to be honest once you can master this you can do the rest yourself easily.

So finding that dream character.

Once you have proper control over it they can be anyone. It is easier if it is just one person (that doesn't mean your dream has to be about them they just give you that little nudge until you're awake in your dream).

Usually to start with it won't be someone you know. You can work on this later but we're going to take the shortcut method to have this start in a night or two rather than months (which is what it normally takes).

This is where most “sex dream” guides fall down. They tell you to watch porn and fall asleep. You are welcome to try this but it will never work. Not consistently. Do it every night for a year and you might – maybe luck out and have it once. And most of the time it's just a generic sex dream where you don't have much control.

This is the big difference we do and it not only speeds things up but once you have this dream character which means you can do this whenever you want.

So the first step is to [sign up here](#).

I know what you're thinking but trust me.

Done?

Good. On the next page I'll show you why.

Let's be honest most of the time you just flick through porn. You might

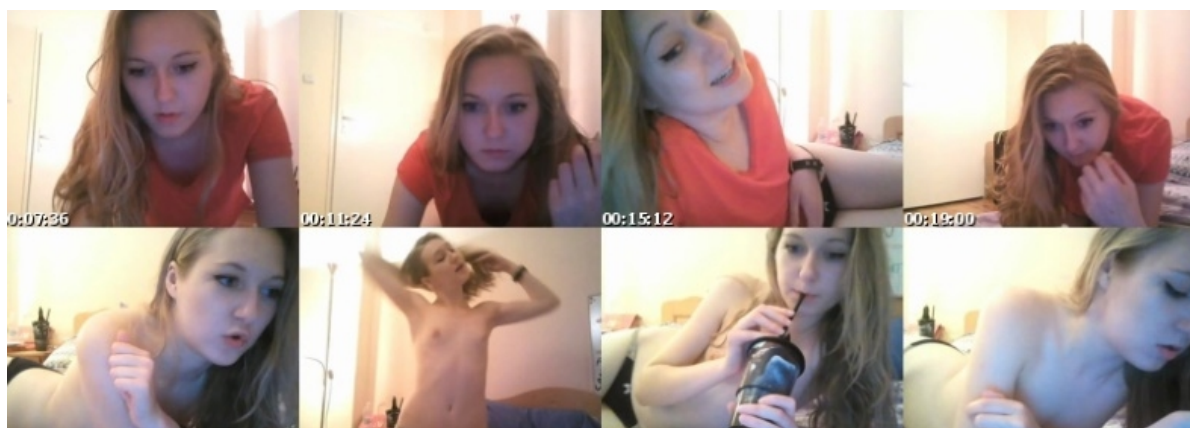
scroll around a bit and you might even recognise the same face from time to time.

But that's not what we're after here.

If you've ever watched streamers or YouTubers play games online this is pretty much the same thing – except with sex. We're looking for the ones who chat away (and sometimes play games) with their stream and you want to “follow” them for the next few days (this is why we [sign up](#) – you don't even need to confirm an email).

The goal is to get your mind on a person (not just a face) who you'll get to know (a little) and in the context of sex.

For example:



Abby was the original source of Penny (my dream character).

She would chat away for a while on stream. She was friendly, funny and interesting. And, yes, at points her chat would control this sex toy known as an “[lovense](#)”. But it wasn't just like watching a porn video.

The difference in watching her stream live over a few days and watching some random videos was my subconscious connected with her more as a person. So when she started popping up in my dreams it became a pattern – and as soon as you have a pattern in your dreams you can “wake up”.

This was the biggest thing for many of the students last time and really sped things up.

The goal here is to get a character to come into your dream. And you need to think of this character specifically in the context of a wet dream. So find one (or a couple) of streamers that you like and follow them.

You'll see when they come online. For the first 1-3 days watch them as often as you're able. Ideally before you go to sleep but the goal here is volume. And always keep in mind **you're going to see this person in your sleep.**

It's not about just watching someone (or interacting with them through the site) it's about embedding that face into your mind within this context.

Rather than just staring at a random face or a video you have no subconscious connection to this is the perfect mix of having this person enter your dream in a sexual context.

That's just the first step. Next we need to look at getting you more control in your dreams and lucid dreaming. But this is the first big step to cut a lot of corners and is your homework for the first 1-3 nights until it happens.

So [click here](#) and don't jump ahead until you've got that dream character turning up.



Lucid Dreaming

When attempting some of the techniques in this book, you may have some frightening experiences, such as falling or shaking sensations. Although the authors attest these are not dangerous, you should avoid techniques that create these sensations if you would prefer not to experience them.

Some of the drugs may have side-effects. It is recommended you research drugs further online and/or with your doctor or general practitioner before using them.

Additionally, the [placebo effect](#) has a major effect on dreaming. If you believe that dream characters act dull and lifelessly, they are far more likely to do so. If you believe they can be creative, original, and surprising, they are far more likely to be. Much of the content of your dreams is affected by the placebo effect. Remember that the easier you think it is to dream lucidly, the easier it will be.

Many of the techniques and “facts” presented on these pages are not backed up by research. This is not to say that these techniques do not work, only that they may be placebos or be ineffective much of the time.



Dreaming Explained

Each night, we spend about one and a half to two hours dreaming. We dream about once every 90 minutes of sleep. The time you spend in dreams becomes longer throughout the night, from about 10 minutes to around 45 minutes or slightly longer. But what happens when we sleep?

There are five stages of sleep: four stages of NREM (Non-REM) sleep, also called SWS (Slow-Wave Sleep), and one stage of REM (Rapid Eye Movement) sleep. The most vivid dreams, and therefore the ones we remember the most, occur during REM sleep (though we dream in other stages too). One sleep cycle is roughly 90 minutes long.

- *(NREM)* The first stage is a transition state between wakefulness and sleep. This is the stage that hypnagogic imagery occurs in. It usually passes into stage 2 within a few minutes.
- *(NREM)* During stage 2, the body gradually shuts down, and brain waves become larger.
- *(NREM)* Stage 3 usually occurs 30 to 45 minutes after falling asleep the first time. Large, slow delta brain waves are generated.
- *(NREM)* Stage 4 is often called “deep sleep” or “delta sleep”. The heart beats the slowest and there is the least brain activity. It is during this stage that sleepwalking usually occurs.
- After stage 4, the NREM stages reverse and move back to stage 2, and then into REM sleep.

- (*REM*) During REM sleep, some parts of the brain are nearly as active as while awake. In this stage, your eyes flicker rapidly (hence the acronym Rapid Eye Movement). Your body is paralyzed, probably to prevent you from acting out your dreams.

After the REM state, you sometimes wake briefly. This is usually forgotten by the time you wake up in the morning. If you don't wake up, you go to stage 2.

"I never dream anyway."

You do, actually — you simply don't remember any of your dreams. In the next chapter, you will find out how to improve your dream recall.

Lucid dreaming is basically dreaming while being aware that you are dreaming. If you are in a lucid dream, you will usually have some power over your dream — anything from being able to fly or making an object or room appear behind a door or inside a pocket, right up to being able to change into animals and create a whole world! It is like being a director of your own movie. Lucid dreams have been scientifically proven to exist.

This is very rarely actually the case (though sometimes it is in nightmares). Usually it is just your memory which treats you as though it were beyond your control. If you become lucid in a dream where you have a body, you will almost always be able to control your body. However, you might not manage to do anything else. Don't worry, though — most people have no problem with jumping very high or flying in a lucid dream!

On the other hand, parts of your brain are less active while dreaming,

which can lead to dream/trance logic and sometimes choices you will later regret. For example, you might choose to continue your lucid dream, although you know that once you wake you will only remember half of it. Once you wake up, you may wish that you had stopped your dream. Another example is of somebody who dreamt they were sitting next to Mother Theresa. They wondered if they might be dreaming, thinking *isn't Mother Theresa dead?* They then concluded that she was obviously right next to them and therefore alive, and that it wasn't a dream!

“Are Lucid Dreams Related To PSI Phenomena?”

There are differing views on this. Some people claim to have organised shared dreams or precognitive dreams through lucid dreaming. Others say these are simply created in the brain like any other dream, something like self-hypnosis.

“How Long Does It Take To Learn How To Dream Lucidly?”

This completely depends on the person and circumstances. Some people have a lucid dream just a few nights after finding out about it (usually by accident), while some people can take months! If you don't get enough sleep or feel too stressed after work to try techniques, then it may take a long time, especially if you expect it to. It will also depend on how much effort you put in. However, *everybody* has the ability to dream lucidly.

“I Think I Do This Naturally. Does This Happen?”

It is quite rare to have regular lucid dreams naturally, although most people have had a lucid dream at some point in their lives. If you want to increase the frequency of your lucid dreams, carry on reading through the book; otherwise, skip to the ***Using*** section to get some ideas for your dreams.

“I Had [dream], Was I Lucid?”

In general, a lucid dream is defined as a dream in which you know you are dreaming at some point, regardless of anything else. Even if you were lucid one second but lost your lucidity, it is still technically a lucid dream.

However, this can be a little misleading. Sometimes you dream that you fall asleep and have a lucid dream! This is often thought of as a sign that you will have a proper lucid dream soon, as your mind is thinking a lot about lucid dreams.



Recalling Your Dreams

The biggest thing you can do to improve your wet dreaming is learning not only to control them but to recall them afterwards. The better you can remember them the better the stronger the triggers within the dreams and the more control you'll have.

It is important to improve your dream recall because it is possible to have a lucid dream without remembering it! It is worth getting your dream recall up to a few dreams per night for exactly that reason. Becoming familiar with your dreams will also increase your chances of becoming lucid in one.

First, a quick reminder about how often and for how long we dream. We have REM dreams approximately every 90 minutes of sleep, and while they start off at about 10 minutes, they increase in length to over 45 minutes. If you wake up while you are dreaming, you have roughly an 80% chance of remembering what you dreamt. Therefore, try setting an alarm clock to 4½, 6, or 7½ hours after you think you will fall asleep. This should wake you up directly from a dream.

The most important part of improving your dream recall is keeping a dream journal (a.k.a. dream diary). You could use an office notebook, artist's sketchpad, an online journal, a sheet of paper, or even a

Dictaphone — whatever seems natural to you. Here are some general tips for keeping your journal:

- **Write all your dreams and only your dreams**

- ◆ Write down *everything* you remember about the dream. Phrases, colours, feelings, everything. Write it down in the morning.
- ◆ Sketch pictures into your notebook to help you remember symbols, places, faces, or whatever you think you will forget about your dream over time.

- **Ritualize your diary**

- ◆ Using a dedicated pen in a special colour helps to make keeping your journal more of a ritual.
- ◆ You might want to copy out rough notes into a neater dream diary later on in the day. This helps engrain the dream in your mind.

- **At bed**

- ◆ Try to go to bed early enough to ensure that you wake before your alarm clock rings. In the time you get, mull over any dreams you had and do a reality check.
- ◆ You may want to keep your eyes closed for as long as possible, particularly if you wake up near the sunrise. Try to use a notebook

which holds a pen and scribble down whatever you can with your eyes still closed.

- ◆ Stay in the same position and run your dreams over in your head a few times before jumping out of bed. After you have remembered your dream, move to a different position (with your eyes still closed) that you normally sleep in, and try and remember other dreams. The position that you are in may help your brain remember what dream you had while sleeping in that position.
- ◆ If you can't remember anything, allow your mind to wander through events of yesterday or issues you've been thinking about. These may be a link to your dreams.



Inducing a Lucid Dream

Firstly, you need to know how to wake yourself up and then to go to sleep just 10–60 minutes later. Probably the easiest method is a fairly quiet alarm clock. You can put it on the other side of the room to force you up. However, you could also use the MILD technique (see below) to try and wake yourself up immediately after your dreams. This should also help with your dream recall. You might want to drink lots of water or some tea, which is a **diuretic** (makes you go to the toilet). However, you might just wake up in the morning feeling very uncomfortable! Also note that the diuretic effects of tea come from caffeine, which may affect your ability to sleep.

If you have trouble getting to sleep in the first place, don't drink water for about an hour before you think you'll turn your lights off. In fact, *do* drink water an hour before, to stop you from getting thirsty later on. Avoid caffeine and sugar before bed.

If it still takes very long for you to fall asleep, you can take advantage of this by reading books about lucid dreaming before going to sleep. This could greatly increase your chances of getting a lucid dream. You definitely need a light next to your bed to read until you're too sleepy to carry on, as getting up to turn the light off can often wake you up fully.



Reality Checks

Reality checks are a method of discerning between dreams and reality. It is ***extremely important*** to perform these.

One could say they are the “keys” to lucid dreaming. It is also ***extremely important*** to make sure that you expect these to produce dream results — you accept your reality, even when it is a dream. It would be counterproductive to expect real-life results in a dream, as the outcome of a reality check can be modified by the placebo effect. It won't affect outcomes in real-life (unless you are mentally ill!), but you will probably have a higher success rate in dreams.

So here are some reality checks. You should be familiar with the entire list even if you only use a few.

Reliability
Speed
Discreetness
Overall

Breathing

Can you breathe through a tightly shut nose?

5

5

3

4.34

Jumping

When you jump, do you float back down?

5

5

1

3.67

Reading

Do sentences change when you read them? Read, turn away and repeat it to yourself, and then turn back and read it again. Do this twice.

5

4

4

4.34

Light switches

Does a light switch work?

5

3

1

3

Vision

Do you have perfect vision? This only works for people who have at least slightly blurry vision in the waking world.

4

5

5

4.67

Hands

Are your hands a strange colour, have too many fingers (sometimes they disappear and reappear when you try to count them!) or have other abnormalities? Can you push your finger through your other hand?

4

5

5

4.67

Time

Does your watch or clock tell a reasonable time? Are you even able to read the time off it? Sometimes clocks have the wrong number of hands or have strange symbols. Note: Digital clocks often work better for this reality check.

4

5

4

4.34

Powers

Are you able to fly (just visualise it), unlock doors or have other magical powers? Try to walk through a wall, window or mirror.

4

5

3

4

Mirrors

Do you look normal in a mirror?

3

3

3

3

Nose

Can you see your nose with one eye closed?

2

5

5

4

Memory

Are you able to remember how you got here, why you are here and what happened an hour ago? This is not always a reliable reality check!

2

3

Choose a few reality checks which you will do regularly. Keep doing reality checks until you are convinced that you aren't dreaming. You should **always** carry out more than one reality check. If you find that it is not a dream, look around you and think of what would be different if it was a dream. If you do this it will make it more likely that you will do a reality check in a dream.

Apart from doing reality checks throughout the day, you also need to do a reality check immediately after you wake up. This helps you become lucid in false awakenings, when you begin to act out the following day in a dream.

If you have trouble bringing reality checks into your dreams then before going to bed imagine yourself in a dream, noticing odd details and doing a reality check. Then do a reality check in real life. If you do this a few times before bed you will find that you will do it more often in dreams.

If you are in a situation where you cannot do a reality check, such as at a public speaking, try to do one as soon as possible. You can do some reality checks very discreetly, such as feeling your fingers to make sure you have five. If you start to say “well, I can't do a reality check now” you should not be surprised when you make this mistake in a dream!

Which reality checks are best?

When selecting reality checks, the most important properties of a reality check are *reliability*, *speed*, and *discreetness*.

- The **reliability** of each reality check is how likely you are to recognise the dreamsign's results as showing that you are dreaming **once you do them in a dream**. It changes for each person but some reality checks are overall more accurate than others. The figures in the table above are *rough only* and differ for each person.
- It is important for a reality check to be **fast**. It wastes dream time if you have to search around for a book or (perhaps worse) a mirror. Plus, it could also give your subconscious more time to produce real-life results, especially if you believe that the check will give real-life results.
- Last of all, a reality check should be **discreet**; that is, it should not draw too much attention to you when you do it in the waking world. Suddenly jumping in the air or trying to walk through a wall as a reality check could cause much embarrassment!

On the table above, these are scored **out of 5**.

I have trouble remembering to do reality checks throughout the day. What reminders can I use?

You are lucky to have an interesting day and forget about lucid dreaming! It isn't advisable to explicitly write "reality check" or "lucid" on your hand, as this could create an overdependence on this reminder, which may not exist in a dream. However, you might want to just draw a dot or small circle on your hand. This should be enough to remind you to do a reality check.

Another technique is to write down three things you do regularly in a day. Examples include hearing your name, going through a doorway, turning on a TV, beginning to read a book, and seeing a stranger. In the morning, choose three such events and intend to do a reality check whenever they happen in the following day.

**I did a reality check in a dream but it said that I was not dreaming.
What went wrong?**

Some reality checks work perfectly for some people and awfully for others. These are mostly the light switches one and the hands one. If you find that the light switch works or that your hands are perfectly normal, you need to change to a different technique.

**I did a reality check in a dream but I didn't quite realize I was dreaming.
What went wrong?**



An example of this is looking into a mirror and seeing some huge boils or a grey mist on your reflection and not realising that you are dreaming. This is rare if you actually intended to look into the mirror as a reality check. You need to be more careful when doing your reality checks in real life or pick more reliable reality checks which show more obviously that you are dreaming. Also try to pick reality checks that are easy to do. For example, don't pick the Time RC (Reality Check) if you never wear a watch, and don't pick the Mirror RC if you hardly look in the mirror or you know that you won't find a mirror in your dream.

Techniques

When you read through these techniques, remember that different techniques work for different people. There is no “best technique” and most techniques could be used to have 2–5 lucid dreams every night!

However, you will probably want some advice as to which technique you should try first. A major choice is whether you want to use a method which starts from a dream or a method which starts from being awake.* If you master a technique which starts from being awake, you are able to have lucid dreams wherever you can sleep. For other techniques, you have to rely on your luck to give you lucid dreams after you have done your technique. Here are some advantages and disadvantages for specific techniques:

Technique
Summary
Advantages
Disadvantages
Best for...

WBTB
(Wake-Back-To-Bed)

Wake after some sleep and then return to bed.

- Simple
- Can be very reliable, especially when used with other techniques
- Disrupts sleep cycle

People who want to strengthen other techniques, or who wake up in the middle of the night anyway.

Auto-
suggestion

Let yourself genuinely believe that you'll become lucid—without *intending* to become lucid—so that you really will.

- Simple
- Less effective than some other techniques (such as MILD)

People who are highly susceptible to hypnosis or who don't have the energy for other techniques.

MILD

(Mnemonic Induction of Lucid Dreams)

Fall asleep while focused on your intention to *remember* that you're dreaming.

- Simple
- Can be boring

People with a good prospective memory (remembrance of future intentions).

WILD

(Wake-Initiation of Lucid Dreams)

Keep your consciousness while falling asleep and go straight into a dream.

- Lets you truly induce lucid dreams at will
- Can cause frightening experiences
- Can take long to master

People who want to reliably have lucid dreams.

VILD

(Visual Induction of Lucid Dreams)

By repetitive visualisation, incubate a dream in which you do a reality check.

- Also lets you induce lucid dreams at will
- Works *extremely* well for some people...
- ...but not very well for others
- Visualizing can keep you awake

People who have good visualisation skills.

CAT

(Cycle Adjustment Technique)

Adjust your sleep cycle to encourage awareness during the latter part of your sleep.

- Requires relatively little effort other than adjusting your sleep cycle
- Is very effective
- Requires you to wake up early on some days
- You're only likely to get a lucid dream on every other day (though this could easily be more frequently than with other techniques)

People who have a very regular sleep cycle.

Remember, it'll help a lot to have your recall up to at least one dream a night before attempting these techniques.

* The usual acronyms in forums for this are DILD (Dream-Initiated Lucid Dream) and WILD (Wake-Initiated Lucid Dream). All the techniques that induce WILDs are described under WILD on this page.

WBTB

Rated green. This technique has been successful in scientific research and/or is part of a commercial book about lucid dreaming.

WBTB stands for “Wake-Back-To-Bed”.

Wake yourself up after 4 to 6 hours of sleep, get out of bed and stay up for anywhere between a few minutes to an hour before going back to bed. It's preferable that you do something related to lucid dreaming

during this time (such as reading about lucid dreaming), but it is not required. This is best combined with other techniques; many people have amazing results with a MILD/WBTB combination.

The WBTB technique significantly increases your chance of a lucid dream, and using MILD (see below) in conjunction with it puts you at good odds if you're planning to sleep an hour or more after your WBTB session. However, you might need plenty of sleep time and therefore you may only be able to use it at weekends.

I am sometimes awake for very short times, but cannot pull myself together enough to get up and out of bed. What can I do?

Put a bright piece of paper on the wall or ceiling so that you will see it when you wake up. Other stimulus could be a hot water bottle, an alarm clock or a light turned on under your bed. After you get a lucid dream with this method, you'll find it easier and easier to get out of bed because you'll have more motivation.

Autosuggestion

Rated green. This technique has been successful in scientific research and/or is part of a commercial book about lucid dreaming.

This technique describes how to use ***autosuggestion*** to have lucid dreams. It can be especially effective for people who are highly susceptible to hypnosis, but for most people, MILD will probably be more effective.

As you're falling asleep, suggest to yourself that you will have a lucid dream either that night or in the near future. You can use a mantra (such as "I will recognize that I'm dreaming.") if you want, but make sure you don't try too hard to get a lucid dream. Instead of putting intentional effort into the suggestion, try to genuinely expect to have a lucid dream. Let yourself think expectantly about the lucid dream you're about to have, but be patient if you don't get one right away.

You could also use autosuggestion to improve dream recall. Just use the technique as described above, but instead of suggesting that you'll have a lucid dream, suggest that you'll remember your dreams when you wake up. You could also use a mantra with this, such as “When I wake up, I will remember what I dreamt.” Just be careful not to put too much intentional effort into the mantra — try to genuinely expect to remember your dreams instead.



MILD

Rated green. This technique has been detailed in *Exploring the World of Lucid Dreaming* by Stephen LaBerge.

MILD stands for “**Mnemonic Induction of Lucid Dreams**”, or sometimes, “**Mnemonically Induced Lucid Dream**”. The MILD technique was developed by Stephen LaBerge, and is described fully in his book *Exploring the World of Lucid Dreaming*.

With the MILD technique, as you're falling asleep, you concentrate on your intention to *remember* to recognize that you're dreaming. Repeat a short mantra in your head, such as “Next time I'm dreaming, I will remember I'm dreaming.” Think about what this means (i.e., that you want to remember that you're dreaming—in the same way you might go to a grocery store and suddenly remember that you need bread), and imagine that you're back in a dream you've had recently, but this time you recognize that you're dreaming. For example, imagine yourself flying and realizing that it's a dream because you're flying. Keep repeating and visualizing the mantra until you're sure that your intention is set in your mind or you fall asleep. If you stop repeating and visualizing the mantra, then still try to make sure the last thing in your mind before falling asleep

is your intention to remember to recognize that you're dreaming.

In general the MILD technique can be practiced when you first go to bed at night, or after you have awakened from a dream during the night. If you practice the MILD technique after you have awakened from a dream during the night you should first run through the dream you have awakened from in your mind to ensure that you remember it. Some people find it helpful to jot down a few notes about their dream in their dream journal.

Once you have committed the dream to memory, go back to sleep following the steps above, except this time visualize the dream you just had. Run through the dream until you encounter a dreamsign that you originally missed. Now instead of missing the dreamsign in your visualizations recognize the dreamsign and become "lucid".

Repeat these steps until you have fallen asleep, hopefully you will find that you have reentered the dream that you just had and will recognize the dreamsign you marked earlier and become lucid.

WILD

Rated green. This technique has been successful in scientific research and/or is part of a commercial book about lucid dreaming.

WILD stands for "**Wake-Initiated Lucid Dream**", or "**Wake-Initiation of Lucid Dreams**" to refer to any technique that involves falling asleep consciously. These techniques are similar to self-hypnosis. Some people believe that WILDs are not actual dreams, but are instead astral projection. Various detailed resources are available under that moniker.

For most people, they are far easier to induce in the early morning after waking up or in afternoon naps, as the sleep cycle will continue with an REM period. Once you are experienced with inducing WILDs, you can try to induce them at other times.

For WILDs to occur, it is best for your body to be completely relaxed. When you go back to bed, lie down comfortably. Now tense and relax your body, starting from your shoulders and working downwards, then

back up to the face. This (or similar relaxation, meditation, or trance techniques) should make your body feel slightly heavy and relaxed.

There are many different ways to induce WILDs, but they all involve doing something to keep the mind awake as the body falls asleep. A few techniques are detailed below.

If you pay attention to your physical body while using these techniques, then you will likely enter sleep paralysis (which usually happens after you're already asleep) without losing conscious awareness of your body. You will get a tingling and buzzing sensation (this might be unpleasant). These sensations might be so strong that you feel that you will die (e.g., you might feel a choking sensation), but don't worry, this is perfectly safe! Sometimes you can simply wait until you fall asleep straight into a lucid dream.

However, if you don't fall asleep, and you become completely paralysed (with the exception of your eyes), don't try to move. Imagine your dream hand (or spirit hand if you prefer) going up and leaving your physical hand behind. Now you should have two separate bodies, a dream one and a real one. Control your dream body only — if you control your real one, you will wake up. Now you can try to roll out of bed into your dream world (alternatively, you can get up and walk through a mirror, or sink into your bed).

Hypnagogic Imagery

Try not to think about anything for more than a second or two by constantly switching your attention. This simulates your thinking patterns when you are about to fall asleep. Once you have done this for long enough, the images and sounds begin to take momentum on their own (this is called hypnagogic imagery) and get very strange and illogical. You should enter a dream at about this point and you will probably become

lucid quickly. Otherwise, you will eventually realise you have entered sleep paralysis consciously (see above).

Counting

Another technique is to count up to 100 in your head, optionally adding (for example) an “I’m dreaming” between each number. Alternatively, you can imagine going down stairs, and, on every floor, reading the floor number from 100 down to 0. Try to make this image as vivid as possible — include not only what you see, but also what you hear, feel (touch the banister), and smell. At some point this image should continue into a dream or you will begin to get sleep paralysis as described above.

Incubating Dreams

Rated green. This technique has been successful in scientific research and/or is part of a commercial book about dreaming.

To incubate a dream about a specific topic, you should first think of a phrase that summarizes that topic (e.g., “I want to go to Atlantis.”). It may help to write the phrase down. If there's something you want to do in the dream, think of a phrase to summarize that too (e.g., “I want to watch Atlantis sink into the ocean.”). If you want to become lucid in the dream, then you should probably write something like “When I dream of [the topic], I will remember that I'm dreaming.” beneath your topic phrase. Immediately go to sleep and focus on your topic phrase. Visualize yourself dreaming about the topic and (if you want to become lucid) realizing that you're dreaming. If there's something specific you want to do in the dream, visualize yourself doing it once you become lucid (not very likely to work if you don't become lucid in the dream). Think about your phrase and topic (and intention to become lucid) as you fall asleep.

Make sure that the last thing in your mind before falling asleep is your intention to (lucidly) dream about the topic you want to dream about. You might want to wake yourself up when the dream starts to fade so

that you remember more of the dream; you can do this by ignoring your perception of the dream environment — the opposite of dream stabilization techniques (just make sure you do a reality check when you wake up to make sure you're really awake).



Chaining Dreams

Rated green. This technique has been successful in scientific research and/or is part of a commercial book about dreaming.

Dream-chaining or “chaining dreams” is a method to re-enter your dream *after you've woken up*. It can work for lucid and non-lucid dreams, but you will probably want to enter your dream lucid.

Once you wake up from a dream (if you don't think you were dreaming before you woke up, it may not work well) you should stay still and keep your eyes closed. It doesn't matter if you move a little or open your eyes, it's just that the less movement, sensory stimulation, and less time awake, the better. Ideally, it should feel less like you've woken up, and more like you've taken a 30 second break from dreaming.

Once you're prepared to go back to sleep, close your eyes and either visualize yourself back in your dream, or use the “spinning technique” given in the next chapter to imagine yourself spinning back “into” your dream. Spinning is a little faster than visualization. Be sure to maintain the fact that you are dreaming (unless you don't want to be lucid), or you may lose your lucidity while falling asleep. Stimulate your senses (see the next chapter) as early as possible.

VILD

Rated yellow. There have been anecdotes from several people of this working on the ld4all.com forums.

VILD stands for “*Visual Induction of Lucid Dreams*”, or sometimes, “*Visually Induced Lucid Dream*”. This technique has been perfected by Peter Harrison, known as Pedro on the [forums at ld4all.com](http://ld4all.com/forum/) (<http://ld4all.com/forum/>).

You may wish to read [the main thread about the technique](http://ld4all.com/forum/viewtopic.php?t=4789) (<http://ld4all.com/forum/viewtopic.php?t=4789>). The version described here has been adapted slightly.

First, make sure you're relaxed. You can use the relaxing technique mentioned in the description of the WILD technique. You can also imagine your brain emptying out and becoming sleepier. If you have a hard time falling asleep quickly, it should help to read a book (preferably about lucid dreaming) for a while before you go to sleep, until you feel very sleepy.

Now, you need to visualise a dream which you had prepared earlier. Here's an example of a prepared dream:

I am in a red room with one door. A friend next to me asks me to show them what a reality check is. I do my reality checks (which show that I am dreaming), tell them that I am dreaming, and head towards the door.

Make sure you know exactly what the dream would be like, such as which friend, the exact words they say, and which reality checks you do. Reality checks that require no props, such as books or clocks, are

recommended. Visualise this dream slowly three times, to make sure that you know every detail. Then, start going full-on and visualise the dream over and over. You should visualise the dream as though you are looking through your own eyes, not from a third-person perspective. If you find your thoughts drifting, ignore them and continue to visualise the dream continuously. You will need patience for this — don't just give up if you think it won't work.

When you actually dream this, you will not notice the difference — until you do your reality checks! Continue with the dream as you incubated it (e.g., remember to thank your friend!) before continuing through the door.

“I tried to visualise the dream until I fell asleep, but I just stayed awake. What went wrong?”

If visualising keeps you awake, the VILD technique is not the technique for you! You should use a different technique.

LILD

Rated red. There have been no anecdotes found of this technique working.

LILD stands for “*Lucid Induction of Lucid Dreams*”, or sometimes, “Lucidly Induced Lucid Dream”.

To use this technique, you need to have a lucid dream in the first place, but it can help you to get more later. The idea is to do something in your dream that will help you to become lucid the next time you are dreaming. For example, you could ask a dream character for help — ask them to meet you the next night and tell you that you're dreaming. If it

works out the way it should, then the next time you are dreaming, the dream character will walk up to you and tell you that you're dreaming, and so you'll (hopefully) become lucid.

There are many variations on this technique; you could set up signs in your dreamworld that remind you to do a reality check or eat lucid pills instead! This technique is not likely to be very effective, but it *can* work; it relies on the chance that you'll subconsciously induce the reminder (i.e., the dream character or sign or whatever you used) during some later dream, and become lucid because of it.

CAT

Rated green/yellow. There have been anecdotes from many different people of this technique working.

1. For one week, go to bed at the same time each night and get up 90 minutes earlier than you usually do. Spend those 90 minutes doing reality checks every 2–5 minutes.
2. Thereafter, on alternate days: follow the routine from step one, and set the intention to do your reality check routine at its regular time, while getting a full night sleep. This will cause the reality check conditioning to kick in during REM primetime.