

Forum:[Hack Forums](#)

Thread: [Lucid Dreaming & sleep paralyse | Share your stories & tips| Daily tips added !!](#)

blocknode - March 5, 2015, 12:15 pm

Hey

So two years ago I almost managed to get into a Lucid Dream I went into a sleep paralyse but ofcourse my heart started pounding like crazy, and I went out of it right away. I never really tried it again but Now for about 2 months I've been trying almost everyweek but I just can't do it when I feel I'm getting into the sleep paralyse I become scared and just open my eyes again...
Any tips?

Have you ever done this or tried it & share some stories :)
I will try to add daily tips if you have any tips I would appericiete it if you PM me the tips.
??

Great thread:
<https://hackforums.net/showthread.php?tid=3111576>

TIPS:
Spoiler [\(Click to View\)](#)
tip 1:

Cant concentrate enough?
If you can't concentrate and you keep thinking about something else that distracts your mind you should slowly breath and with every breath you inhale and exhale count one up untill 100-150 this actually works if you really put effort in it and keep calm.

Suffixed - March 5, 2015, 12:16 pm

I never really had a Lucid Dream I wish I did because that'd be pretty cool.

Martino - March 5, 2015, 12:17 pm

I've done it without trying once and got sleep paralysis (idk how to fucking spell it). I had a dream I got jumped and I could feel everything . It was awful.

Champ?on - March 5, 2015, 12:20 pm

Boosts your chances of having a lucid dream by like 60%.
Spoiler [\(Click to View\)](#)

tyxik - March 5, 2015, 12:25 pm

i have wet dream more than lucid dream

Comedic - March 5, 2015, 12:25 pm

I've never had one before, but man your story sounds scary af lol. I mean your heart pumping really quickly sounds scary alone. Fuck whatever else that can happen..

i CAN! - March 5, 2015, 12:28 pm

I once try to go back into a dream, after i was awake like 5 minutes, and it worked;)) LOL I

continue the Dream, its really really weird tho

blocknode - March 5, 2015, 12:42 pm

(Mar 5, 2015 01:28 PM)LeunamRiu ? Wrote: [\[CITE\]](#) I once try to go back into a dream, after i was awake like 5 minutes, and it worked;)) LOL I continue the Dream, its really really weird tho I've had the same once I was dreaming about something I woke up put my alarm 1 hour further went to bed and had the same dream I was so confused lol 0.o

FancySheep - March 5, 2015, 12:43 pm

Hey! Nice to see you.

I've been having lucid dreams for years, and I've found great ways to begin your process of lucid dreaming.

There are two types of lucid dreaming;
WILD & MILD.

Wild is waking lucid dreaming, which is where you are awake and aware, but you are paralyzed; much like you are when sleeping. This is the scariest, least pleasurable lucid dreaming for most people. This causes you to see weird figures and other things, that tend to freak most people out.

So, that being said, I don't want to teach you how to do that!

Anyways, MILD is when you are asleep. Lucid dreaming occurs during your earliest/latest stages of sleeping most of the time, when you can truly remember most dreams as well (the average human has 3 dreams every night and at least one is lucid, but most people don't remember it in their waking hours).

First, you'll want to keep a dream journal. Train your brain to remember all dreams and every tick that you can recognize is a DREAM. Describe everything you can remember about every dream you can, as soon as you wake up. Make it as detailed as possible. This will help eventually; you don't need to read it again, really, but it helps.

You also want to make a habit of checking yourself in a mirror, or counting your fingers. In most people's dreamworld, they have more fingers (or less) than usual. Every 10 minutes, look down, and count your fingers one by one. Or, check yourself in a mirror. This will train your brain to make it a habit and it will probably happen during a dream, initiating your mind to alert you that something isn't right. I personally use different, more complicated methods, but fingers/mirror have been known to work EXCEPTIONALLY.

The first time you have a lucid dream, do not, and I repeat, do NOT get overly excited. It killed my first lucid dream. You cannot instantly go flying, or have sex with someone. It kills your lucid dream and is arguably the most frustrating thing in the world. Start slow, then you can increase. Nowadays, I can fly and I've even once done magic in my dreams. Possibilities are endless while in lucidity. Everything feels real. Flying gives you a sense of being high, it makes your stomach turn, and you feel wind in your hair.

You can also listen to binaural beats. These are meant to be slept to by a surround-sound system or a relatively nice speaker set near your bed. Don't make them loud, just noticeable. They increase your chance of having a lucid dream by a lot, but some people have negative experiences with them (such as having nightmares that they don't really wake up from when they would usually, or even more terrifying nightmares than usual). Don't worry about that, though. It's not common.

Here's how you'll start your nights of sleeping from the first night you want to train your body to lucid dream: Tell yourself, in your mind or out loud, that you'll have a lucid dream. Define to yourself what a lucid dream is. Continue repeating this. Afterwards, when you are in bed, take a nice drink of water. Get in bed, and lay out flat on your back. Spread your body a little, into a very comfortable, flat position. Slowly relax your body, starting from your toes, then slowly up. When you are in a state of full relaxation, forget everything. Do not think. Pretend everything is blank; this is a hard concept for most, but it will come naturally when you realize how easy it is.

With binaural beats, it's easy to just listen to them and not think. That's also a reason it helps increase lucid dreaming for MILD.

When you sleep, you might not get a lucid dream your first day or even your 100th day. It takes time and patience and proper checking. But you WILL get there. You'll enjoy it; it's something like a drug to me. It's better than anything you could imagine. Nobody can take it from you, either. It's yours. It's all of your experience and it's catered to you only.

cheers. PM me if you have questions

blocknode - March 5, 2015, 12:45 pm

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Thanks for this but I've read over 10 e-books on how to do this I just can't manage on how to do this.

FancySheep - March 5, 2015, 12:46 pm

(Mar 5, 2015 01:45 PM)Ga?actic Wrote: [\[CITE\]](#) Thanks for this but I've read over 10 e-books on how to do this I just can't manage on how to do this.

It takes time. It took me 3 months to finally have a lucid dream, and it was only for a while. I ruined it by trying to hover (which I did for 2 seconds) and then I woke up. It takes patience. Do what I said; it's better than any E-Book. I learned from plenty of people who do it. This is how they've always done it. They're Buddhist and it's rooted in their culture.

svn09 - March 5, 2015, 12:58 pm

lol at the guy saying he has wet dreams instead

I've tried it, never worked though unfortunately.

ilikeskateboards627 - March 5, 2015, 12:59 pm

I've tried to do this but I've only done it once.

Nostril - March 5, 2015, 1:01 pm

Yeah no. Never trying to do this again due to sleep paralysis.

The Dragon of the West - March 5, 2015, 1:02 pm

I tried it once, never worked always had to itch my nose.

?•?•? - March 5, 2015, 1:04 pm

I once had a lucid dream where I could create objects (money, tv's, gold bars etc.)
Weird I can still remember it, this was like 3-4 years ago.

blocknode - March 5, 2015, 1:06 pm

(Mar 5, 2015 02:02 PM)The Dragon of the West Wrote: [\[CITE\]](#) I tried it once, never worked always had to itch my nose.

Same I always have itches when I try it and when I become close to the SP I just flip the hell out..

SZPZ - March 5, 2015, 1:06 pm

Never had one. Would love to have one myself to be honest. People say they are pretty cool!

k?'rlzm? - March 5, 2015, 1:12 pm

I Don't really understand this.

so basically it is sleep paralysis?

or is it like a 2nd life in a way, you control it and stuff.

sorry it's hard for me to grasp

blocknode - March 5, 2015, 1:14 pm

Bassically you try to concentrate to get into a Lucid Dream but before you get into a Lucid Dream you have to pass a sleep paralyse which most people hate as you see pretty scary stuff if you open your eyes and when your into the SP you just have to concentrate and relax and by doing this you get into a Lucid Dream which means you know you're dreaming and you can control your dream and do whatever you want but if you get too excited you just leave the lucid dream...

I listen to some good old chillstep when trying to get into one. Pretty good to become relaxed!

[Video: <https://www.youtube.com/watch?v=FFFuqCuEfKQ>]

Just Pm me if you still don't understand it tried my best explaining it haha.

k?'rlzm? - March 5, 2015, 1:17 pm

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Just Pm me if you still don't understand it tried my best explaining it haha.

if i try it thats what im worried about. the sleep paralysis

blocknode - March 5, 2015, 1:18 pm

(Mar 5, 2015 02:17 PM)Morpheus. Wrote: [\[CITE\]](#) if i try it thats what im worried about. the sleep paralysis

Yeah it's indeed pretty scary but just try it. When I had my sleep paralyse it felt like I was getting pulled out of my bed by something that scared me the hell out haha.

AlBundy - March 5, 2015, 2:18 pm

I swear to god this happend to me. I was looking into lucid dreaming and tried different techniques to enter lucid but it never fucking worked. After I gave up, a couple of days later it happend. It was the most surreal feeling ever, specially when I noticed inside the dream, that I was dreaming. The first

thing I did was try to fly, and the feeling when I was lifting feet from the ground was epic, like slowmotion and everything falling down(like the way superman did in Man of steel). I can also remember the speed when I was flying trough the air. The thing that annoyed me was that it lasted for a short time and I woke up. I think the reason for this is because I remember the feeling that I became very exited and sort of restless when i noticed I was dreaming.

Many people say its fake and stuff, I thought so aswell but I promise you it is not

blocknode - March 5, 2015, 2:21 pm

(Mar 5, 2015 03:18 PM)AlBundy Wrote: [\[CITE\]](#) I swear to god this happend to me. I was looking into lucid dreaming and tried different techniques to enter lucid but it never fucking worked. After I gave up, a couple of days later it happend. It was the most surreal feeling ever, specially when I noticed inside the dream, that I was dreaming. The first thing I did was try to fly, and the feeling when I was lifting feet from the ground was epic, like slowmotion and everything falling down(like the way superman did in Man of steel). I can also remember the speed when I was flying trough the air. The thing that annoyed me was that it lasted for a short time and I woke up. I think the reason for this is because I remember the feeling that I became very exited and sort of restless when i noticed I was dreaming.

Many people say its fake and stuff, I thought so aswell but I promise you it is not

Damn I love reading this kind of stuff man :)

Thanks for the story

tyxik - March 5, 2015, 2:23 pm

(Mar 5, 2015 02:18 PM)Ga?actic Wrote: [\[CITE\]](#) Yeah it's indeed pretty scary but just try it. When I had my sleep paralyse it felt like I was getting pulled out of my bed by something that scared me the hell out haha.ur definition of "sleep paralyze" is wrong

sleep paralyze happen when u aware u r awake but can't move

blocknode - March 5, 2015, 2:24 pm

(Mar 5, 2015 03:23 PM)tyxik Wrote: [\[CITE\]](#) ur definition of "sleep paralyze" is wrong
sleep paralyze happen when u aware u r awake but can't move

Yeah I know that's sleep paralyse...

As I said I tried to explain it the best I can but I'm bad at that.

Did I mention moving though... No. I just said That I felt something pulling me out of my bed but it wasnt actually....

Zexo - March 5, 2015, 2:25 pm

I had one i wasn't trying to but it was really cool.

keene91 - March 5, 2015, 2:26 pm

I have never been able to lucid dream before. It sounds interesting and I would try it, but I don't know how

RelationShit - March 5, 2015, 2:28 pm

Weird thing is I have OBE's more than lucid dreaming lol
haven't lucid dreamt since I was a kid

blocknode - March 5, 2015, 2:29 pm

(Mar 5, 2015 03:28 PM)RelationShit Wrote: [\[CITE\]](#) Weird thing is I have OBE's more than lucid dreaming lol

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Is this outer body experience or something?

Not sure but read about this.

RelationShit - March 5, 2015, 2:32 pm

(Mar 5, 2015 03:29 PM)Ga?actic Wrote: [\[CITE\]](#) Is this outer body experience or something?
Not sure but read about this. Yes
I'm not sure if it's real or an illusion though

I fly out of my body (at least it feels that way) until I'm @ my ceiling

haven't had many control yet, nor was I able to see anything yet. I always turn back in my body because I don't want to go further. I do but scared to death. You could imagine scary things like evil things and you would see it for real.. So isn't something for me really

Edit: I believe I had enough control once, seeing with your body's eyes closed is fucking weird. It's like WHAT THE FUCK HOW AM I ABLE TO SEE WTF WTF WTF

maybe the other times I couldn't see was because my lights were off?..

blocknode - March 5, 2015, 2:33 pm

(Mar 5, 2015 03:32 PM)RelationShit Wrote: [\[CITE\]](#) Yes
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How can you get an OBE though and isn't it dangerous or something?

RelationShit - March 5, 2015, 2:37 pm

(Mar 5, 2015 03:33 PM)Ga?actic Wrote: [\[CITE\]](#) How can you get an OBE though and isn't it dangerous or something? I edited my post.

I have no idea actually. I never control it. It comes by itself.

When I'm half awake and almost asleep but not yet, like when I sleep with the TV on for example.

Then I get tingles / vibrations all over my chest or body. When that happens I know I can go out if I imagine flying/floating out. But at this point I can still open my eyes and stop everything.

You also hear VERY intense sounds in your ears. Not out of your ears but IN. Like it's in your ear canal deep. Like a thousand bees or bells. It's not loud like headache-giving, but just epic. The sounds start when your body prepares to go out. (Your astral body does)

blocknode - March 5, 2015, 2:38 pm

(Mar 5, 2015 03:37 PM)RelationShit Wrote: [\[CITE\]](#) I edited my post.

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Oh my actual fuck Check my thread in the vice section I will link you one second.

<https://hackforums.net/showthread.php?tid=4700920>

ever since about a month ago I've had the same I get this weird noise in my ear that comes in waves and everything starts to tingle but no clue what to do when I get this most of the times I just get scared and a bit nervous and just wake up again.

tyxik - March 5, 2015, 2:41 pm

why u making such big deal
its happens to me every few day

Chup - March 5, 2015, 2:42 pm

I really want to try this but I'm absolutely terrified of sleep paralysis the thought of it scares the shit out of me!

Eminem????? ????? - March 5, 2015, 2:42 pm

This is honestly one of the most interesting threads I've read in awhile here. I'll have to do some research on this, and apply some of the tips tonight before I go to bed.

RelationShit - March 5, 2015, 2:46 pm

(Mar 5, 2015 03:42 PM)Chup Wrote: [\[CITE\]](#) I really want to try this but I'm absolutely terrified of sleep paralysis the thought of it scares the shit out of me! Stop reading things about sleep paralysis. Especially the non scientific things scare the shit out of you. Theories what it is and why, etc.

64eidryfhhi - March 5, 2015, 2:47 pm

i dont like lucid dreaming. i never knew lucid dreaming was a "thing." i'd be doing this since i was young, just to finish my dreams and just sleep a bit more and being lazy instead of going to school. then i'd be half an hour late for school. it doesn't even give you a full rest/sleep, which is what i'd rather have

Eminem????? ????? - March 5, 2015, 2:47 pm

Chup, sleep paralysis could happen to you at any time. It could happen for no reason. It's bound to happen at some point in your life, might as well do it on your own terms, and have some fun while doing it.

blocknode - March 5, 2015, 3:07 pm

(Mar 5, 2015 03:42 PM)Chup Wrote: [\[CITE\]](#) I really want to try this but I'm absolutely terrified of sleep paralysis the thought of it scares the shit out of me!

Just embrace it, it is kind of scary but why would you be scared as you know it's not real anyways.

Eminem????? ????? - March 5, 2015, 3:18 pm

Would someone here with experience at lucid dreaming mind sending me a PM? I have a few theories I'd like to throw by you in private.

WizeVibez - March 5, 2015, 3:21 pm

Yeah you have to spread your legs and arms out and lay face up in your bed, without moving for a straight like 20 minutes atleast.

Im pretty sure its until you fall asleep, but keep doing this overnight because it takes practice.

Ive only managed to do it once and it was pretty crazy, but my sister can do it like all the time now. She said its like anything, you have to practice it. :D

blocknode - March 5, 2015, 3:23 pm

(Mar 5, 2015 04:21 PM)?Jay Wrote: [\[CITE\]](#) Yeah you have to spread your legs and arms out and lay face up in your bed, without moving for a straight like 20 minutes atleast.

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Oh of what I've heard you have to keep your legs and arms close to your body and put your hands on your belly. This would get the best chance. And for some reason my mouth opens when I try to do it pretty annoying I'm also not able to do this because I'm getting a hard time breathing.

Wolfric - March 5, 2015, 3:50 pm

SLEEP PARALYSIS GOES ON ALMOST THE WHOLE TIME YOU SLEEP. It is to prevent yourself from acting out your dreams in real life. When are are, however, aware of it, it ISN'T scary, it's just the way you perceive it. For me, it isn't scary at all, I act as calm as I can, and just think of positive things and boom, lucid dream. It happens ONLY when I wake up sick from school or something, stay up like 30 minutes getting ready, then saying fuck this I am going back to sleep.

???? - March 5, 2015, 3:52 pm

I used to have lucid dreams like a few times a week when I was younger but I haven't had one for the past year.

RelationShit - March 5, 2015, 3:53 pm

(Mar 5, 2015 04:50 PM)Wolfric Wrote: [\[CITE\]](#) SLEEP PARALYSIS GOES ON ALMOST THE WHOLE TIME YOU SLEEP. It is to prevent yourself from acting out your dreams in real life. When are are, however, aware of it, it ISN'T scary, it's just the way you perceive it. For me, it isn't scary at all, I act as calm as I can, and just think of positive things and boom, lucid dream. It happens ONLY when I wake up sick from school or something, stay up like 30 minutes getting ready, then saying fuck this I am going back to sleep. Setting up an alarm and then going back to sleep is indeed a method for lucid dreaming.

blocknode - March 5, 2015, 3:54 pm

(Mar 5, 2015 04:53 PM)RelationShit Wrote: [\[CITE\]](#) Setting up an alarm and then going back to sleep is indeed a method for lucid dreaming.

I do this all the time since I love going back to bed after waking up nothing happens though I just fall asleep instantly....

RelationShit - March 5, 2015, 3:57 pm

(Mar 5, 2015 04:54 PM)Ga?actic Wrote: [\[CITE\]](#) I do this all the time since I love going back to bed after waking up nothing happens though I just fall asleep instantly....Me too lol

What works for some may not work for others ?

jujetsue - March 5, 2015, 4:07 pm

Smoke some weed then go to bed.... It will be better than a lucid dream.

blocknode - March 5, 2015, 4:08 pm

(Mar 5, 2015 05:07 PM)jujetsue Wrote: [\[CITE\]](#) Smoke some weed then go to bed.... It will be better than a lucid dream.

This is so not true as you forget stuff faster and you won't even be able to get a dream. Go post your dumb stuff in vices please.

jujetsue - March 5, 2015, 4:10 pm

(Mar 5, 2015 05:08 PM)Ga?actic Wrote: [\[CITE\]](#) This is so not true as you forget stuff faster and you won't even be able to get a dream. Go post your dumb stuff in vices please. I'm sharing my stories about lucid dreaming. I can say the same thing to any of these post

Impervious. - March 5, 2015, 4:32 pm

I have these occasionally.

One of the first times I can remember I just 'lived further' and did what I would do the next day, go to school, finish chores, get on the computer and whatnot. I could remember big parts of it and woke up thinking it was the next day, going to school with the wrong books and think to myself 'wtf is happening i remember this' to then remember/know it could only be a dream.

I'm not entirely sure if that counts as a lucid dream but this was one of my most questioned dreams I have had. Lucid dreams are a fairly frequent thing for me when I do sleep. However in these I do not try magic(as a previous user posted), I just try to do everyday things and sometimes come up with other solutions to different situations. Everyday situations vary from any task someone would do.

I can personally vouch for the finger/mirror method. It clearly lets you know you are in control and I sometimes use it still. I didn't try to lucid dream, it just happened and wanting to count fingers/look into a mirror (move head left/right whilst looking) was a way to check. Seemed like a weird, kind of creepy experience at first to me.

Goodluck to anyone trying, even though some experiences are not anywhere near nice. Don't let a bad one scare you off if you really were dedicated to make this happen.

blocknode - March 5, 2015, 6:09 pm

(Mar 5, 2015 05:32 PM)Impervious. Wrote: [\[CITE\]](#) I have these occasionally.

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Goodluck to anyone trying, even though some experiences are not anywhere near nice. Don't let a bad one scare you off if you really were dedicated to make this happen. Thanks for the share and the tip man!

gas66 - March 5, 2015, 11:40 pm

My tip is that people don't believe any of that crap because i probably tried this for 6 months every night in a row trying every possible tip out there to achieve the so called "lucid dreaming" and yet i've never experienced anything but rather always fall asleep like a retard waiting for some made up shit to happen. I truly believe people are just making up bullshit... Please prove me wrong i'd really like to believe this is doable but i really don't believe this is even true now.

futana - March 5, 2015, 11:44 pm

(Mar 6, 2015 12:40 AM)gas66 Wrote: [\[CITE\]](#) My tip is that people don't believe any of that crap

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you're not going to get anywhere with that attitude, friend.

danguy - March 5, 2015, 11:49 pm

I recently used Gooload to search guided lucid dreaming and got a pack for my daughter. Worked fairly well. I use guided meditation myself, and haven;t remembered having had a dream for ages....

Moon Rock - March 5, 2015, 11:51 pm

I think smoking weed then going to bed is pretty good. jk lmao Not sure what Lucid Dreaming is, but I'd like to give it a try except I'm afraid it might be some scary stuff :3

xSlapppz - March 5, 2015, 11:52 pm

Used to lucid dream. Did it for about a year or so until one night that changed my view on it for good. Tried to lucid dream one night... instead i ended up in a nightmare, i couldn't move, i couldn't speak, this wasn't a lucid dream... it was hell. A creature sat on my chest staring at me with blood red eyes and it began to scream. I couldn't do anything but sit there. I got so fucking scared and when i was finally able to move again i gave it up for good. I suspect i woke up mid REM sleep and maybe sleep paralysis took over or something. Im not sure but it wasn't fun. Be careful lucid dreaming.

Moon Rock - March 5, 2015, 11:53 pm

(Mar 6, 2015 12:52 AM)xSlapppz Wrote: [\[CITE\]](#) Used to lucid dream. Did it for about a year or so until one night that changed my view on it for good. Tried to lucid dream one night... instead i ended up in a nightmare, i couldn't move, i couldn't speak, this wasn't a lucid dream... it was hell. A creature sat on my chest staring at me with blood red eyes and it began to scream. I couldn't do anything but sit there. I got so fucking scared and when i was finally able to move again i gave it up for good. I suspect i woke up mid REM sleep and maybe sleep paralysis took over or something. Im not sure but it wasn't fun. Be careful lucid dreaming.

This is exactly why I don't want to give it a try :(Any way to prevent it?

futana - March 5, 2015, 11:55 pm

(Mar 6, 2015 12:53 AM)Hitman Agency Wrote: [\[CITE\]](#) This is exactly why I don't want to give it a try :(Any way to prevent it?

not rilly. you might be able to deal with it better than other people, though.

420 - March 5, 2015, 11:56 pm

I've had once lucid dream when I used reality check. I was flying on some dragon, ate a lot of ice cream and was spending a day with Goku.

RelationShit - March 5, 2015, 11:57 pm

(Mar 6, 2015 12:40 AM)gas66 Wrote: [\[CITE\]](#) My tip is that people don't believe any of that crap because i probably tried this for 6 months every night in a row trying every possible tip out there to achieve the so called "lucid dreaming" and yet i've never experienced anything but rather always fall asleep like a retard waiting for some made up shit to happen. I truly believe people are just making up bullshit... Please prove me wrong i'd really like to believe this is doable but i really don't believe this is even true now.I cannot prove this to you but OBE (out of body experience)'s are proven. Not sure if it's proven on a scientific level though. But there were shows like where someone would go in a room or place where he has not been and he will tell you what was on the paper, "62JDOC" for example.

Also there are millions if not billion claims/reports of people going into OBE's in coma. Or NDE's when people almost died. Tunnel vision / seeing a "God" or "Jesus" / seeing family you've known but are dead / seeing your entire life to by your eyes, :)

Insomnia - March 5, 2015, 11:59 pm

I have tried to lucid dream nearly every night for the past two years or so now. I haven't necessarily hoped that it would happen each night however. I use it more of a method to help me fall asleep at night. I've really only successfully lucid dreamed a few times and I think nearly all of those times have been while under the influence of alcohol or a drug. By no means am I promoting the use of drugs but I did find that while on DXM/Alcohol or an opiate of some sort it has increased the chance of me successfully entering a lucid dream.

It's a pleasant and relaxing sensation for me.

I'm sure you've read plenty on how to lucid dream but I do find laying as still as possible is a must while resisting any urges to itch or move. I also focus on my breathing; deep controlled breaths until I feel my body start to become numb and enter sleep paralysis.

Hidden Pain. - March 6, 2015, 12:50 am

I had this crazy sleep paralysis thing once where I was like half awake with my eyes open seeing my room but couldn't move and saw this demon thing at the end of my bed. Scary shit I never try lucid dreaming again

Slot??h - March 6, 2015, 12:50 am

I got drunk and high as fuck on valium and weed and some beer and for some reason woke up in middle of the night to have a drink and had a lucid dream afterwards. I slept for around 5-6 hours. That method works pretty good (without the need of weed or valium) but I didn't even want to lucid dream yet I knew I was dreaming and was able to control everything.

Snoepie1012 - March 6, 2015, 1:19 am

I tried the laying down method awake a few times (WILD) and after a few tries I came to the point of being paralyzed. I was seeing all kind of images colliding and I felt that I was close to a dream state. Then I also started to hear sound and a loud voice, ofcourse this caught me off guard and before I knew it I was fully awake, eyes open ?

I once was close to being paralyzed and then I started to seeing white flashes, this was one of the first time I tried it and my hearth was just pounding really fast, to fast to stay in that state sadly. I figured I dont have the time or patience for this.

About a week or two after giving up on lucid dreaming I suddently got my first lucid dream randomly. It was amazing, better then I expected. It was a pretty short lucid dream, I would say that it felt like 3 minutes. Man it felt so real, I think I spend atleast one minute trying to find out if it was a dream or not. I knew that if you look at your hand you would see less or more fingers which was true but I had look 5 times before I really would believe it, everytime I looked I would have a different amount of fingers ?.

I then tried to move objects from a distance with my mind, this didn't really work out because it was my first time. I then tried to fly which worked, I remember taking off by jumping and flying above my home area for a short while before it turned black and I waked up.

After this I had about 15 more lucid dreams in a year (all random), I did a lot of things and managed to move objects and have a good amount of control. I even talked to some people in my dream and told them keywords so that I could later ask them in real life if they would know the keyword, sadly

this never worked ?. I also had a few lucid dreams where I was in the middle of a dream and suddenly somehow I became lucid and I just stepped out of the dream 'story' or 'world' I was in and started my own, even with a nightmare!

I also had a bad experience with lucid dreaming, which was basically the feeling that I could not escape the dream I was in. I can't recall it correctly but I think it was a mixed up nightmare while being lucid and things weren't working out and I just tried to leave the dream but I couldn't. It felt like I was lucid for a hour and I was worried I somehow changed the way time passes (as time is relative) and it would last for years.. it felt like a trap. Everytime I tried to escape it (closing eye's etc) I would be in my bed but still dreaming, so I had a false awaking about 7 times before really being awake, I didn't really know anymore if I was still dreaming or awake. Odd experience.

But that dream got me thinking, is it possible to control time in a lucid dream? that would mean you could dream for a minute but it would feel like a year in your lucid dream..

Lucid dreaming is something amazing, I would recommend to keep reading about it, keep looking at your hand a few times a day and count your fingers. My theory is when you read/think about it everyday it will come at random.

Another tip: If your in a lucid dream stay calm, thats very important. Keep thinking about what your doing, if you dont think enough you might fall into a non lucid dream state which means you forget that your lucid but if you think to much you might wake up. If you feel that things are turning black (your losing the dream, possible waking up) keep spinning yourself in the dream while thinking something like 'I am in a lucid dream'. I dont know why but I've tried this myself and it works, you have a better chance of staying in the dream.

Peace ?

RelationShit - March 6, 2015, 1:35 am

(Mar 6, 2015 02:19 AM)Snoepie1012 Wrote: [\[CITE\]](#) Lucid dreaming is something amazing, I would recommend to keep reading about it, keep looking at your hand a few times a day and count your fingers. My theory is when you read/think about it everyday it will come at random. I kinda believe in this theory too. Like that there's a bit more chance if you're involved with all of this. Maybe your subconscious mind or any other thing puts you in one then at some point

Johnson Licker - March 6, 2015, 3:33 am

I haven't tried lucid dreaming, but I have tried astral projection which is the next step up from lucid dreaming. I just couldn't fall into the sleep paralysis, but I did get some mad feels tho.

Deadbyte - March 6, 2015, 3:44 am

Sleep paralysis may occur when you have a random sleeping schedule.

RelationShit - March 6, 2015, 3:57 am

On a side note, sleep paralysis may come due to being TOO tired too.

Your body will try extra hard to put you in rem sleep or something because it's so tired

Idk what the explanation was exactly

Snoepie1012 - March 6, 2015, 5:18 am

(Mar 6, 2015 04:57 AM)RelationShit Wrote: [\[CITE\]](#) On a side note, sleep paralysis may come due to being TOO tired too.

Your body will try extra hard to put you in rem sleep or something because it's so tired

Idk what the explanation was exactly

You will experience sleep paralysis regardless. The whole point is to make your body think your sleeping, you cannot get a dream without it.

If anyone is still willing to try it out go to bed, sleep about 4-5 hours then wake up and read/think about lucid dreaming for 10 minutes. Then go back to bed and try to get into one using the WILD method. This method has a bigger succes rate then doing it before you even went to sleep.

'BlackBone - March 6, 2015, 5:24 am

I never Lucid dreamed before, but can you orgasm if you're having sex in a lucid dream?

U S D - March 6, 2015, 6:37 am

(Mar 6, 2015 06:24 AM)Picky Wrote: [\[CITE\]](#) I never Lucid dreamed before, but can you orgasm if you're having sex in a lucid dream?I just imagined someone sleeping with their girlfriend, and having a orgasm IRL because of that...that wouldn't go well.

futana - March 6, 2015, 6:42 am

(Mar 6, 2015 06:24 AM)Picky Wrote: [\[CITE\]](#) I never Lucid dreamed before, but can you orgasm if you're having sex in a lucid dream?

don't remember if you'll physically bust a nut but sex is a popular thing people do while lucid dreaming; apparently it feels great.

blocknode - March 6, 2015, 7:12 am

Damn great stories don't like the sleep paralyse stories though...

Barack Jong-Unbama - March 6, 2015, 7:19 am

I tried this when i was about 11-12 Years old.

It was a pretty sick experience and i would love to try it again..

I won't share what i did in my dream since it was really violent and stupid :D

kingsz - March 6, 2015, 8:18 am

Never really had it. But i think its cool

'BlackBone - March 6, 2015, 8:40 am

(Mar 6, 2015 07:42 AM)futana Wrote: [\[CITE\]](#) don't remember if you'll physically bust a nut but sex is a popular thing people do while lucid dreaming; apparently it feels great.wtf don't you check your underwear if they're filled with loads everyday?

Wired? - March 6, 2015, 8:45 am

I don't have sleep paralysis fortunately. I've heard that it's complete hell until you fully wake up - people start seeing their dreams in reality since their brain thinks they are still asleep. Which would be scary as fuck.

I've never had a lucid dream either - and I'm not sure if I want to. I've heard of people who try lucid dreaming and they end up getting sleep paralysis. I also don't dream very much - and when I do they are very short.

Private Network - March 6, 2015, 9:36 am

What in the world is sleep paralysis?

?Iggy Azalea? - March 6, 2015, 9:41 am

(Mar 6, 2015 10:36 AM)JesseTheLegend Wrote: [\[CITE\]](#) What in the world is sleep paralysis?

<http://imgtfy.com/?q=sleep+paralysis>

OT. I had astral projection few times in my life and it was awesome experience, so you are basically in dream and you can do whatever you want, so I decided to fly and ofcourse I was flying but not for too long because dream is not very long lasting :/

Snoepie1012 - March 7, 2015, 5:50 am

(Mar 6, 2015 10:41 AM)?Iggy Azalea? Wrote: [\[CITE\] http://imgtfy.com/?q=sleep+paralysis](http://imgtfy.com/?q=sleep+paralysis)

OT. I had astral projection few times in my life and it was awesome experience, so you are basically in dream and you can do whatever you want, so I decided to fly and ofcourse I was flying but not for too long because dream is not very long lasting :/

Astral projection is a bit different then a usual lucid dream, are you sure you just didn't have a normal lucid dream?

Gillte - March 7, 2015, 7:13 am

I get into sleep paralysis all the time. For the first time it was horriFYng, now I'm used to it and I have the awareness I'm in sleep paralysis, so I normally make fun of the visions I have (ghosts etc) I don't get scared anymore.

Jwan - March 7, 2015, 7:28 am

I've had sleep paralysis once, i think it lasted a minute or something. I couldn't move and the girl from the Grudge was crawling to me, it was spooky as fuck.

Johnson Licker - March 8, 2015, 7:13 am

When you sleep, your body paralyzes itself to prevent you from acting out your dreams. If your body didn't do this when you sleep, and you'd be banging some hot chick in any kind of dream, you'd be humping thin air or your bed in the real world. Sleep paralysis is when you're body is asleep (paralyzed) but your mind is still completely aware. So your mind is awake but you're stuck there with your body that you cannot move, because it's asleep. Sounds fun hey? You'll get some creepy as fuck hallucinations and it will last for maybe a minute.

Earn - March 8, 2015, 7:48 am

I've had one lucid dream that I can remember. I fucked Tori Black. That was a good dream. ;)

? Skawz ? - March 8, 2015, 8:06 am

Think this was a sleep paralyse.

But when I was around 12-13 before I even touched drug's.

Not sure if I was to meaning to fall asleep or if I just passed out.

I remember being stuck laying on my bed.

When it felt like my room has been dispatched from the rest of the house then suddenly shot off into space out of this atmosphere.

While this was All happening I knew I was asleep and I Had to lay there and wait it out for this feeling to stop.

Once I could move I got up and opened my door and looked out the window's to see if I was still here.

It felt so real and was a extremely intense moment.

blocknode - March 8, 2015, 2:05 pm

(Mar 8, 2015 08:06 AM)? Skawz ? Wrote: [\[CITE\]](#) Think this was a sleep paralyse.

But when I was around 12-13 before I even touched drug's.

Not sure if I was to meaning to fall asleep or if I just passed out.

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space out of this atmosphere.

While this was All happening I knew I was asleep and I Had to lay there and wait it out for this feeling to stop.

Once I could move I got up and opened my door and looked out the window's to see if I was still here.

It felt so real and was a extremely intense moment.

Very nice story man so intense O.o, Keep them coming guys.

?????? ???? - March 11, 2015, 6:12 pm

(Mar 6, 2015 10:41 AM)?Iggy Azalea? Wrote: [\[CITE\] http://imgtfy.com/?q=sleep+paralysis](http://imgtfy.com/?q=sleep+paralysis)

OT. I had astral projection few times in my life and it was awesome experience, so you are basically in dream and you can do whatever you want, so I decided to fly and ofcourse I was flying but not for too long because dream is not very long lasting :/

Well, that's not astral projection. That's very simply just lucid dreaming.

HACKED BY Unreal - March 13, 2015, 5:23 pm

I don't think I will ever be able to lucid dream, because I never remember my dreams.

blocknode - March 13, 2015, 5:24 pm

(Mar 13, 2015 05:23 PM)sh4dow lord Wrote: [\[CITE\]](#) I don't think I will ever be able to lucid dream, because I never remember my dreams.

For some reason I kind of have the same problem, sometimes I remember one dream and for the rest I never remember anything or hardly...

?

blocknode - March 18, 2015, 1:07 pm

I got such a weird vivid dream yesterday. Okay so I was planning to go to bed for maybe 1 hour then wake up again. I was falling asleep and as I was falling asleep I started to feel pretty weird and I continued to fall asleep. I was dreaming that I was at my house and someone ring the bell and suddenly I saw myself infront of the door. That creeped me out and I woke back up roughly 10 minutes after I fell asleep.

Still not sure if it was something special or not.

yozor103 - March 18, 2015, 3:19 pm

(Mar 13, 2015 05:24 PM)Galactic Wrote: [\[CITE\]](#) For some reason I kind of have the same problem, sometimes I remember one dream and for the rest I never remember anything or hardly...

?

I find my ability to remember dreams is basically the opposite of my frequency of writing them down. Once I start keeping a dream journal all the dream remembering goes out the window, and then I throw my hands up and quit, when really I should just suck it up and be prepped to write again later.

heritage. - March 18, 2015, 3:40 pm

Going to try and lucid dream tonight but probably will just fall to sleep as I am tired af.

blocknode - March 18, 2015, 3:43 pm

(Mar 18, 2015 03:40 PM)1994 Wrote: [\[CITE\]](#) Going to try and lucid dream tonight but probably will just fall to sleep as I am tired af.

Actually being tired is great for me getting into a lucid dream as I have no issues getting in the relaxed flow. I mostly get into an OBE though. But I mess it up most of the times..

heritage. - March 18, 2015, 3:45 pm

(Mar 18, 2015 03:43 PM)Galactic Wrote: [\[CITE\]](#) Actually being tired is great for me getting into a lucid

dream as I have no issues getting in the relaxed flow. I mostly get into an OBE though. But I mess it up most of the times..

I very rarely even get into an OOBE. I start feeling the vibrations then that's it, next thing I know it's the morning.

????? - March 18, 2015, 4:06 pm

I never remember my dreams either as some have stated it's very rare that I do, it sucks):

blocknode - March 18, 2015, 4:11 pm

(Mar 18, 2015 04:06 PM)MNWKA Wrote: [\[CITE\]](#) I never remember my dreams either as some have stated it's very rare that I do, it sucks):

Do you smoke weed in real life. That could be the problem. As you only remember like 1-3 dreams as a none smoker and when you smoke weed you sadly remember none...

heritage. - March 18, 2015, 4:19 pm

Whenever I'm super tired and fall to sleep straight away I always seem to remember my dreams. Don't know if that is just coincidence or not.

blocknode - March 18, 2015, 4:24 pm

(Mar 18, 2015 04:19 PM)1994 Wrote: [\[CITE\]](#) Whenever I'm super tired and fall to sleep straight away I always seem to remember my dreams. Don't know if that is just coincidence or not.

Yeah same happens to me. I get some weird dreams when I'm really tired though. Only get it when I almost stay awake for 4 days with little to no sleep.

heritage. - March 18, 2015, 4:26 pm

Brilliant playlist.

<https://www.youtube.com/playlist?list=PL519DD0D99C826D8F>

Ventures - March 20, 2015, 5:03 pm

The most recent one I can remember is one from two years ago. Well, I've had others but those were when I was half asleep/half awake.

Anyways, I remember flying around and creating the world. I built castles from the sky, I made volcanoes erupt... I controlled the environment. It was freeing to say the least.

The only tip I can give is to look at your doorway before you sleep, close your eyes, and imagine yourself walking to your door. Keep looking at your door over and over again if you can't imagine yourself walking through it. Once you successfully walk through it, you should be in dreamland :)

???????? - March 20, 2015, 5:07 pm

I've had probably around 40% of a lucid dream and it was cool but I want to know about the real thing.

Is it actually like real life? Like when you look around right now and see everything is it like that?

blocknode - March 24, 2015, 3:07 am

Almost had an OBEE experience yesterday started to hear the ringing noise so my reflex was to relax en try to think I was climbing a rope and suddenly I for some reason started to hear a little girl crying. That scared the shit out of me. But sadly I didn't complete the process :(

Citizen_Erased - March 24, 2015, 8:43 pm

I had a really trippy dream yesterday. The first level of my dream I was in a classroom and I was just doing work but it was all gibberish.(I was semi-lucid) Then I stood up and walked around and a girl

randomly said "Touch my tits" I said ok and started feeling around, then I walked up to every single girl in the class and did the same thing. Suddenly I was on a beach. I looked up and I noticed how it looked like Inception. I thought, "Inception?" Boom. I realized I was dreaming. I kept myself calm like the thread said. I looked down at the sand and levitated the sand into a ball. It was fucking awesome. Then I had a false awakening into the same exact school dream. And told everyone in the dream what happened. Then I woke up and said "Gotta post that on HF" This was my first lucid dream in a long time and it was pretty fucking awesome.

Livewire - March 24, 2015, 8:59 pm

My lucid dreaming and sleep paralysis have slowed down significantly. It may be due to me drinking more, but anyways;

I used to lucid dream often, generally once every 2 weeks or so. Honestly when I realized it was a dream my thoughts would go instantly sexual-based. Couldn't control that aspect of it, but it was nice regardless. In my lucid dreaming, if I even get the idea I'm dreaming - I pinch myself in the arm. I know the difference in feeling, so it automatically triggers it. I honestly even pinch my arm sometimes when I'm awake to make sure.

On to the sleep paralysis. It was the worst thing I've ever experienced. I had it pretty often. It would usually occur once every 1-2 months. Which is plenty enough to be bothersome. It generally happened when my regular sleep schedule was compromised. Every single SP episode I had was terrifying. It would feel like my heart is beating around 50x what it should be, but that was my body vibrating or some shit. The WORST one I ever had, and I'll probably always remember, is I was lying there during an episode and I heard a guttural-type voice and it spoke to me. It said something to the effect of "We do not sleep like everybody else"

It scared the living shit out of me, and the thought still makes me uneasy. That was one of my last intense SP episodes. I've had small ones since then where I'm frozen only a few seconds and break it relatively quickly.

blocknode - March 27, 2015, 12:04 pm

I had that weird vibration feeling again seems to be only working when I'm really exhausted from almost no sleep in days.

aaronJM - April 2, 2015, 7:08 pm

I don't dream a lot anymore but can I still try these techniques in hopes of me having a dream and a lucid dream?

Proficiency - April 2, 2015, 7:37 pm

I've been dreaming a lot more often nowadays. Mainly because I'm starting to try and remember them. A few weeks ago, I remember I knew I was dreaming, and tried to control it, but I was only able to move about freely and do anything I want for a few seconds before I awoke.. -.-

funtela - April 5, 2015, 9:49 pm

Sleep paralysis can be really scary. Trick is to just relax and let it run its course. It takes time though. First time I had sleep paralysis I thought I was dying lol.

SIM-1676753 - April 5, 2015, 9:50 pm

(Apr 5, 2015 09:49 PM)RYAN REYNOLDS wrote: [\[CITE\]](#) Sleep paralysis can be really scary. Trick is to just relax and let it run its course. It takes time though. First time I had sleep paralysis I thought I was dying lol.

I want sleep paralysis to happen to me. Call me weird, but I want to see what it's like.

funtela - April 5, 2015, 9:57 pm

(Apr 5, 2015 09:50 PM)Mr. Trvp Wrote: [\[CITE\]](#) I want sleep paralysis to happen to me. Call me weird, but I want to see what it's like.

When you go to sleep just lie on your back and keep your hands to your side or on your chest or wherever is more comfortable. Just close your eyes and try to ignore any itch or distraction. You have to be extremely relaxed so that your body falls asleep before your mind does (that's pretty much what sleep paralysis is)

SIM-1676753 - April 5, 2015, 9:59 pm

(Apr 5, 2015 09:57 PM)RYAN REYNOLDS Wrote: [\[CITE\]](#) When you go to sleep just lie on your back and keep your hands to your side or on your chest or wherever is more comfortable. Just close your eyes and try to ignore any itch or distraction. You have to be extremely relaxed so that your body falls asleep before your mind does (that's pretty much what sleep paralysis is)

I appreciate the tip. I will try it later tonight if I don't pull an all-nighter.

funtela - April 5, 2015, 10:00 pm

(Apr 5, 2015 09:59 PM)Mr. Trvp Wrote: [\[CITE\]](#) I appreciate the tip. I will try it later tonight if I don't pull an all-nighter.

Lol good luck ;)

Let me know how it goes!

Watch some youtube videos for tips too!

SIM-1676753 - April 5, 2015, 10:01 pm

(Apr 5, 2015 10:00 PM)RYAN REYNOLDS Wrote: [\[CITE\]](#) Lol good luck ;)

Let me know how it goes!

Watch some youtube videos for tips too!

Fosho. I'll check YouTube and see what they have in store. ?

Infinity. - April 5, 2015, 10:01 pm

(Apr 5, 2015 09:49 PM)RYAN REYNOLDS Wrote: [\[CITE\]](#) Sleep paralysis can be really scary. Trick is to just relax and let it run it's course. It takes time though. First time I had sleep paralysis I thought I was dying lol.

I once had Sleep paralysis and in it I was actually fucking a girl, actually losing my virginity. I couldn't believe man.

funtela - April 5, 2015, 10:03 pm

(Apr 5, 2015 10:01 PM)Infinity ? Wrote: [\[CITE\]](#) I once had Sleep paralysis and in it I was actually fucking a girl, actually losing my virginity. I couldn't believe man.

Your confusing Sleep Paralysis and Lucid Dreaming.

What you had was a Lucid Dream.

Sleep Paralysis is one of the many ways to induce a lucid dream.

Infinity. - April 5, 2015, 10:10 pm

(Apr 5, 2015 10:03 PM)RYAN REYNOLDS Wrote: [\[CITE\]](#) Your confusing Sleep Paralysis and Lucid Dreaming.

What you had was a Lucid Dream.

Sleep Paralysis is one of the many ways to induce a lucid dream.
but i fucked some girl, c'mon man ? ?

SIM-1676753 - April 5, 2015, 10:11 pm

(Apr 5, 2015 10:10 PM)Infinity ? Wrote: [\[CITE\]](#) but i fucked some girl, c'mon man ? ?
One does not simply fuck a girl without Mr. Trvp getting to her first.

BahNahNah - April 5, 2015, 10:22 pm

(Apr 5, 2015 09:57 PM)RYAN REYNOLDS Wrote: [\[CITE\]](#) When you go to sleep just lie on your back and keep your hands to your side or on your chest or wherever is more comfortable. Just close your eyes and try to ignore any itch or distraction. You have to be extremely relaxed so that your body falls asleep before your mind does (that's pretty much what sleep paralysis is)

This thread is blowing my mind, 5 years ago (Probably longer) i was doing exactly that, not knowing what Lucid Dreaming and sleep paralysis was. i constantly had crazy lifelike dreams of being in a car going off a cliff or a roller-coaster that fell off its tracks, and i vividly remember having sleep paralysis where a tall dark figure with red eyes walked around my room.

Foundatons - April 5, 2015, 10:24 pm

i had a lucid dream once, where i was having sex with someone, felt so real.

FYI: I have had the real thing.

Infinity. - April 6, 2015, 5:00 pm

(Apr 5, 2015 10:11 PM)Mr. Trvp Wrote: [\[CITE\]](#) One does not simply fuck a girl without Mr. Trvp getting to her first.

This girl told me that Mr. Trvp is gay ?.

Fiery - April 6, 2015, 5:10 pm

Wake yourself at an early time such as 4 am and then count to 10 (or do anything to stay conscious that you are trying to lucid dream) as you fall asleep imagine that you are rubbing your hands together you'll almost lose a sense of your body so fast and keep your conscious mind awake. At one point you will be able to feel like you can walk forward, imagine a setting such as outside your doorstep on a sunny Saturday morning and you'll just walk into a dream. At this point you'll be lucid dreaming and to make it more vivid you can.

- Yell very loud anything you like since you're in a dream and won't be yelling in real life
- Look, at minor details such as wrinkles in your hands
- Touch, walls or anything in the dream

Be careful because it's very easy to lose consciousness and simply forget that you are in a dream