

Forum:[Hack Forums](#)

Thread: [Ever had lucid dreams?](#)

MightyOne - June 12, 2020, 3:34 am

Not many people know it but lucid dreams are dreams that you know that you are dreaming , and can manipulate the dream up to some point.

some people can do it very easily and since they were born and don't even know others cant!
some gotta train hard for it!

I started training lucid dreams lately and i can feel like im slowly getting somewhere with this. its really cool aswell.

you make your own dream journal, do reality checks and all.
i highly suggest to read about it if not!

Vitello - June 12, 2020, 4:10 am

(Jun 12, 2020 03:34 AM)MightyOne Wrote: [\[CITE\]](#) Not many people know it but lucid dreams are dreams that you know that you are dreaming , and can manipulate the dream up to some point.

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I tried it only once. I remember all of the sudden i just got aware of that i was dreaming. I tried touching the ground and I tell you, I could really feel the asphalt. I could also fly around and feel the wind in my face. It was all over pretty quickly, and i would like to have a simular experience again.

Do you have any good tips to start training it, other than making a dream journal?

MightyOne - June 12, 2020, 4:16 am

(Jun 12, 2020 04:10 AM)PingPongPete Wrote: [\[CITE\]](#) I tried it only once. I remember all of the sudden i just got aware of that i was dreaming. I tried touching the ground and I tell you, I could really feel the asphalt. I could also fly around and feel the wind in my face. It was all over pretty quickly, and i would like to have a simular experience again.

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Yha its amazing once you get the hang of it!

honestly try to just do Reality checks whenever you can during the day, question your reality. is this real? make it a habit.

it will happen in a dream aswell if so, and then you could lucid dream easier!

Vitello - June 12, 2020, 4:21 am

(Jun 12, 2020 04:10 AM)PingPongPete Wrote: [\[CITE\]](#) I tried it only once. I remember all of the sudden i just got aware of that i was dreaming. I tried touching the ground and I tell you, I could really feel the asphalt. I could also fly around and feel the wind in my face. It was all over pretty quickly, and i would like to have a simular experience again.

Do you have any good tips to start training it, other than making a dream journal?
I definitely want to start thinking more about it. Lucid dreaming is an absolutely amazing experience.

Gem - June 12, 2020, 4:23 am

i don't remember any of my dreams when i wake up

MightyOne - June 12, 2020, 4:27 am

(Jun 12, 2020 04:21 AM)PingPongPete Wrote: [\[CITE\]](#) I definitely want to start thinking more about it. Lucid dreaming is an absolutely amazing experience. Yha it is ! :)

(Jun 12, 2020 04:23 AM)Epilepsy Wrote: [\[CITE\]](#) i don't remember any of my dreams when i wake up
Do you wake up sometimes in the middle of the night? if you do, you usually should remember small parts of your dream.

write them down quickly before going back to sleep again, in the morning read it and you'll remember a lot more than you think !

Gem - June 12, 2020, 4:27 am

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write them down quickly before going back to sleep again, in the morning read it and you'll remember a lot more than you think !

no i don't, i sleep till morning

?ystem - June 12, 2020, 5:21 am

I've had a few lucid dreams in the past, even a few very lucid nightmare dreams that still haunt me to this day.

MarvinMalware - June 12, 2020, 5:23 am

I tried this a number of times, I remember one successful night very vividly and realizing quickly that I was not awake. I believe it's happened on more than just this one occasion that I may just not remember.

shakur123 - June 12, 2020, 6:18 am

This is a great question!!!, i love the movie vanilla sky and got hook on the idea of lucid dreams, so i just make a "system" so i can have more lucid dreams.

Every time i turn off / on the lights i do it twice, in your dreams the light switch doesnt work and thats how i know i was in a dream, it always works for me, but it was hard to make an habit of flipping the switch twice.

Skateboard - June 12, 2020, 7:00 am

Lucid dreams are amazing! it's a nice skill to master. Once you do it, dreaming will never be the same!

MightyOne - June 12, 2020, 7:43 am

(Jun 12, 2020 07:00 AM)Skateboard Wrote: [\[CITE\]](#) Lucid dreams are amazing! it's a nice skill to master. Once you do it, dreaming will never be the same!

You lucid dream often ??

I wish i could make this skill better and better ! if i could manage to control my dreams often i would be really amazing!

Skateboard - June 12, 2020, 7:47 am

(Jun 12, 2020 07:43 AM)MightyOne Wrote: [\[CITE\]](#) You lucid dream often ??

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I don't lucid dream often, I usually have regular dreams which I could barely remember. I lucid dream a few times a month! They make dreams so much better! You should practice it!

crixus - June 12, 2020, 7:53 am

I remember only one time before i was aware that you can do lucid dreams.
never had since then. very nice to have one though.

Apocryphon - June 12, 2020, 8:00 am

Sometimes when my mind is overthinking about something I dream about it and the worst thing is that the dream is about the negativity of that particular issue in mind

MightyOne - June 12, 2020, 8:05 am

(Jun 12, 2020 08:00 AM)Apocryphon Wrote: [\[CITE\]](#) Sometimes when my mind is overthinking about something I dream about it and the worst thing is that the dream is about the negativity of that particular issue in mind

Then imagine how good it could have been if you could have controlled that dream !
its like the movie inception but in real life, and without all the pew pew lol

Angel - June 12, 2020, 6:56 pm

I don't dream, or at least I don't remember shit , so ldk, never had such experience.

Neon™ - June 12, 2020, 7:00 pm

I wrote this in a thread before, I have lucid dreams all the time since I was a kid. As a kid I didn't have much control on them but I was always aware I was dreaming so nightmares are something I've never encountered in my life. Now I can do literally everything in my dreams and turn the situation however I want. There's not a single night for me without lucid dreaming since a loooong time ago.

P.S. I never did any "tricks" or something to learn to lucid dream, I've been like this since I was born. I've experienced so much stuff in my dreams that sometimes in reality I'm prepared to what's coming. For example if I go skydiving in my dreams, in reality it'd be much easier and less stress for me knowing I've lucid dreamed about it.

bluud - June 13, 2020, 3:00 am

I've had one, not intentionally either. It was an experience that lasted maybe 5 or 6 seconds, I thought about some things and I was 'teleported' to the location. For some reason I thought about throwing up (don't know why) I then threw up in the dream and instantly woke up from that.

Wolf - June 13, 2020, 6:27 am

I dream often and in majority of the cases they are lucid dreams. Started practising as a youngster and kept at it to this day.

TalosCrypto - June 13, 2020, 8:02 am

Had several when I started keeping a dream journal but around that time I also started to get lots of sleep paralysis episodes. I don't know if it is linked but when I stopped forcing lucid dreams it stopped.

Bacardi Cola Lime - June 13, 2020, 8:07 am

Is the reason you want to lucid dream, just entertainment? I feel like it's a process that would mess up my sleep so I don't bother trying it.

MightyOne - June 13, 2020, 8:43 am

(Jun 13, 2020 08:07 AM)Bacardi Cola Lime Wrote: [\[CITE\]](#) Is the reason you want to lucid dream, just entertainment? I feel like it's a process that would mess up my sleep so I don't bother trying it.

Not at all ! i feel like it can improve the way i sleep overall.

i have nightmares often, so by controlling the dream i could avoid "panic-wake" and stay clam \ sleep more relaxed.

Bacardi Cola Lime - June 13, 2020, 8:46 am

(Jun 13, 2020 08:43 AM)MightyOne Wrote: [\[CITE\]](#) Not at all ! i feel like it can improve the way i sleep overall.

i have nightmares often, so by controlling the dream i could avoid "panic-wake" and stay clam \ sleep more relaxed.

Ok it makes sense and I never thought of it that way. Good luck!

MightyOne - June 13, 2020, 9:07 am

(Jun 13, 2020 08:46 AM)Bacardi Cola Lime Wrote: [\[CITE\]](#) Ok it makes sense and I never thought of it that way. Good luck!

Thank you ! :)

i will update my progress here if anyone will care.

Megatron - June 13, 2020, 11:23 am

I don't think I have lucid dreams. I may have gotten them once or twice, but I'm not sure. My dreams are usually very vivid, though.

Filthy Frank - June 13, 2020, 2:58 pm

I have lucid dreams every now and then, if you're not scared of sleeping paralysis you can do the following to somewhat force a lucid dream:

- Go to sleep like normal
- Wake up 5 hours after falling asleep (alarm)
- fully wake up (do a light activity like reading for 30 minutes)
- Go back to sleep

As you're falling asleep you can experience sleeping paralysis (since you distrurbed your sleeping cycle in your REM sleep)

if you succesfully fall alseep again, you know actually do know/remember that you fell asleep, which should give you a lucid dream for as long as you can realise you're dreaming.

Also I have lucid dreams every now and then without having to wake up first, but waking up and falling back asleep is the most consistent method for me.

Wespa - June 13, 2020, 3:36 pm

Ive had them three times, best experiences of my life to be honest.

MightyOne - June 14, 2020, 2:09 am

(Jun 13, 2020 02:58 PM)Filthy Frank Wrote: [\[CITE\]](#) I have lucid dreams every now and then, if you're not scared of sleeping paralysis you can do the following to somewhat force a lucid dream:

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That is awesome i had no idea you could "force" somewhat the lucid dream.

lets juts hope i wont get a sleep paralysis xD

Skateboard - June 21, 2020, 8:47 am

(Jun 13, 2020 02:58 PM)Filthy Frank Wrote: [\[CITE\]](#) I have lucid dreams every now and then, if you're not scared of sleeping paralysis you can do the following to somewhat force a lucid dream:

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Also I have lucid dreams every now and then without having to wake up first, but waking up and falling back asleep is the most consistent method for me.

I've never tried to force a dream before! But this is 100% true.

A + - June 21, 2020, 11:00 am

I've done it a few times. I usually notice it if I'm jumping really high (on top of buildings and that sort of thing), then I just go with the flow. It's strange, I'm aware that I'm dreaming but weird things still happen. If I'm having a nightmare that is something too terrible to normally happen in really life I usually shake myself to wake up.

I don't really like my dreams to be lucid. I would rather them just be dreams most of the time.

MightyOne - June 21, 2020, 11:22 am

(Jun 21, 2020 11:00 AM)SuitedPear Wrote: [\[CITE\]](#) I've done it a few times. I usually notice it if I'm jumping really high (on top of buildings and that sort of thing), then I just go with the flow. It's strange, I'm aware that I'm dreaming but weird things still happen. If I'm having a nightmare that is something too terrible to normally happen in really life I usually shake myself to wake up.

I don't really like my dreams to be lucid. I would rather them just be dreams most of the time.

Yha so basically when things are really un-realistic to you, you do realize something is off!

Think that you could notice a lot simpler stuff and then enjoy or manipulate the dreams differently

Nalright - June 21, 2020, 12:36 pm

One time I had a dream I was being surrounded by zombies and was like nah this cant be real and gave myself a shotgun to escape. Only time I guess you can say I became aware I was dreaming.

Wespa - June 21, 2020, 1:13 pm

(Jun 21, 2020 12:36 PM)illadelph Wrote: [\[CITE\]](#) One time I had a dream I was being surrounded by zombies and was like nah this cant be real and gave myself a shotgun to escape. Only time I guess you can say I became aware I was dreaming.

That must have been so scary at first and then just fun.

Blasting zombies the same way you play doom :P

maleekberry - June 21, 2020, 1:33 pm

Reminds me of the movie "Inception" I really like the idea of lucid dreaming

A + - June 21, 2020, 1:45 pm

(Jun 21, 2020 11:22 AM)MightyOne Wrote: [\[CITE\]](#) Yha so basically when things are really un-realistic to you, you do realize something is off!

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It's funny that you mention that [Nalright](#) . I was having the most vivid lucid dream of my life (took sleeping medicine). Everything was super colorful, and I was very aware that I was dreaming. I was running around walls and stuff like Sonic The Hedgehog. Doing so much cool stuff, and towards the end a bunch of zombies popped up like in a video game. I was just jumping over them like this is easy to get away from. But a lot more started popping up so I shook myself to wake up. My nightmares can be pretty intense and I wasn't going there.

But yeah, it's like you know you're dreaming and do cool stuff, but random stuff still happens (at least for me). Idk, I still kind of wish I had never learned. Other than waking myself up I would rather my dreams just be dreams.

LSD - June 21, 2020, 2:07 pm

Yea I've had a lucid dream a few times, your moms a nice lady.

Beherit - June 22, 2020, 2:10 am

For a few nights, I would meditate as I'm laying down before falling asleep. Since it's easier to meditate before bed, I'd go deeper and deeper into meditation and eventually fall asleep and have these weird dreams.

A few nights ago, I was in some other dimension and it was really colorful. There were these creepy eyes opening up in the colors I was seeing but I woke up shortly after becoming curious enough to stretch out my hand to touch whatever it was. I've been itching for that experience so I've been experimenting with different frequencies, like Solfeggio and others.

Nalright - June 22, 2020, 6:08 am

(Jun 21, 2020 01:45 PM)SuitedPear Wrote: [\[CITE\]](#) It's funny that you mention that [Nalright](#) . I was having the most vivid lucid dream of my life (took sleeping medicine). Everything was super colorful, and I was very aware that I was dreaming. I was running around walls and stuff like Sonic The Hedgehog. Doing so much cool stuff, and towards the end a bunch of zombies popped up like in a video game. I was just jumping over them like this is easy to get away from. But a lot more started popping up so I shook myself to wake up. My nightmares can be pretty intense and I wasn't going there.

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I really want to have it happen again! (Without Zombies)

MightyOne - June 22, 2020, 6:25 am

(Jun 22, 2020 06:08 AM)illadelph Wrote: [\[CITE\]](#) I really want to have it happen again! (Without Zombies)

You can work towards it!

With lucid dreams you can control you dreams.

Think about it during the day as much as you can, make it a "norm" then when you go to sleep tell yourself you will dream about something like this!

You can totally make it work <3

funtela - June 22, 2020, 7:41 am

I used to practice doing it until I started getting way too much sleep paralysis in the process

Morphine - June 22, 2020, 7:43 am

i have lucid dreams very often

DubIA - June 22, 2020, 8:14 am

usually if i sleep, i set an alarm to wake up after a few hours, then when I return to sleep, I can have semi lucid dreams

Nalright - June 22, 2020, 9:34 am

(Jun 22, 2020 06:25 AM)MightyOne Wrote: [\[CITE\]](#) You can work towards it!

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You can totally make it work <3

I tried this, also tried to get myself into the habit of dream checks, sometimes I will have dreams where I know I am dreaming, but cannot take control. Like the I will see time changing and texting changing, but doesn't make me dream.

Connected - June 22, 2020, 2:42 pm

I lucid dream around 3-4 times a week. The times I don't lucid dream, I can still control what's going on in my dreams though, but those dreams just feel more realistic. Usually when I lucid dream though, I end up taking psychedelics in my dreams lol

Artisan - June 22, 2020, 4:40 pm

I used to be a hardcore procrastinator when it came to my own studies at uni. So one time I had to stay up for around 60 hours to study for an exam. I had a lucid dream while I was heading home after the exam. Scared the crap outta me. Headed home and went straight to bed and I try to sleep regularly ever since then. Also helped me develop a habit of not pulling all nighters. That shit is not healthy!

Skateboard - June 25, 2020, 7:25 am

Lucid dreams are terrific! I'd love to be able to have this ability.

Joel - June 25, 2020, 7:31 am

I would love to have one of these haha. It would be so much fun.