

How to Use Binaural Beats for Lucid Dreaming

Written by Claire Hood
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Using binaural beats for lucid dreaming takes out much of the practice that other methods for lucid dreaming require. To have excellent lucid dreams, you need to prepare your mind and thought processes to be receptive to the dreaming, alert to signals, and able to deal with the lucid dreams. Binaural beats work with brainwaves to alter mental states organically within the mind, making this method unobtrusive, yet effective. Many people try to achieve a lucid dreaming state to experience the dreamlike freedom that lucid dreaming provides. A lucid dream can be the tool to make your imagination come to life and experience things you never thought possible. Binaural beats are one way to get to this dreamlike state.

A lucid dream happens when you are dreaming and your conscious mind is able to interact with the dream instead of your subconscious mind. This results in more control of your dream, and the ability to make certain things happen, or not happen, while dreaming. Many people use lucid dreaming to experience new adventures, work through problems, take part in sexual fantasies, or do things otherwise unimaginable in real life. To use binaural beats for lucid dreaming, you'll first need to find a binaural beats recording that is specifically designed for lucid dreaming and purchase the recording. Be aware of what frequencies are used in the recording, as they directly effect what will happen in your mind when you hear the recording.

Human hearing is limited to the range of 20Hz to 20,000Hz frequency levels. However, when binaural beats are used, the brain is capable of hearing frequencies much lower. These low frequencies are where the alteration of brainwaves creating altered mental states occurs. As you get lower on the frequency range scale, more meditative moods result. The range from 13-39Hz is called beta and is normally associated with active thoughts, arousal, concentration and paranoia. Alpha waves are the range of 7-13Hz and are associated with a state of relaxation while still awake, REM sleep and dreaming. The 4-7Hz Theta waves range is associated with deep, NREM sleep. Under 4Hz is known as the Delta range when deep, dreamless sleep occurs.

After you have chosen your binaural beats recording for lucid dreaming, you will want to lay down in bed and get in a completely comfortable position that will allow you to fall asleep. Binaural beats recordings must be listened to via stereo headphones, so make sure that you have the correct headphones and media listening device available as well. Binaural beats recordings for lucid dreaming will begin with beats that will lull you to sleep. Once in a sleeping state, the binaural beat frequencies will shift to bring you into REM sleep, and then shift again to raise brainwave frequencies. While sleeping, a raise in brainwave frequencies to a different range will wake up the mind, but not the body. This is what needs to occur for lucid dreaming to take place.

Binaural beats recordings for lucid dreaming are engineered to keep your body asleep while waking up the mind. When this happens, you will be able to interact with your dream and experience true lucid dreaming. Binaural beats can also prolong your lucid dream. One of the problems many people experience when trying to achieve successful lucid dreaming is that the body wakes up before the lucid dream is over. Binaural beats allow for complete restful sleep within the body while only alerting the mind. Binaural beats can also cut down on the time it

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takes for you to have your first lucid dream. While practice will most likely result in lucid dreams after a period of a few months, binaural beats can allow you to experience lucid dreams more quickly because of the science behind altering brainwaves to create lucid dreams.