Lucid Dreaming Induction Technique: Suggestion

"You're Getting Very, Very Lucid. . . ." Using Informal and Formal Suggestion

Psychologist and lucid dreamer, Patricia Garfield, advocated a simple, "Tonight I will have a lucid dream" in her groundbreaking book from 1974, *Creative Dreaming*. She found that pre-sleep autosuggestion resulted in an average of four to five lucid dreams a month. Suggestion creates a fertile mental field which helps 'allow' the growth of experience.

Many successful lucid dreamers have used self-suggestions, like these:

1) While lying in bed and preparing for sleep, repeatedly say to ones' self, "When dreaming tonight, I will realize I am dreaming."
2) Or, if you need to boost awareness, "Tonight in my dreams, I will be **much more critically aware** and when I see something odd or unusual, I will realize I am dreaming."
3) Or, "Tonight in my dreams, some part of me will stay aware and inform me when I am dreaming, so I will realize it and become lucid." (e.g., that part of you which wakes you up exactly on time, for example)
4) Or if you are task-oriented, "I must remember to do one thing tonight, so when I find myself in a dream I will realize it and become lucidly aware." You might even write it on a "To Do" list, before sleep.

Choose a suggestion that feels comfortable to you and stick with it every night. When finished, imagine yourself writing down a lucid dream and feeling success! Lucid dreamers who consistently use a proper suggestion before sleep invariably report a lucid dream. In fact, most every induction technique rests upon the idea of suggestion.

Note: Informal suggestion occurs all the time, and these are ways that you can promote it:
*   1) Read actual examples of lucid dreams before going to sleep,*
*   2) Talk to a friend about his or her lucid dreams, and really listen,*
*   3) Listen to a podcast on lucid dreaming*
*   And 4) Throughout the day, imagine yourself lucid and flying around the conference room, or up to the telephone pole. Get a 'living' sense of the joy of lucid dreaming!*