

Detox

Detoxing Heavy Metals



Relaxation techniques

Breathing techniques will assist in the body's ability to relax and start the healing process so that your system can regulate it's CNS (central nervous system) and you'll have more control over your emotions.



Environment

Attempt to give yourself the most serene environment at home you possibly can. Stress is the culprit behind the body's aging process. Alleviate stress and you're halfway there.

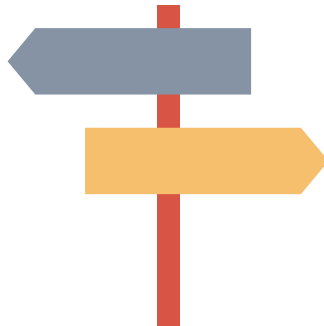


Good Company

The people around you have more of an effect on you than you think. Your biofield reacts when you aren't able to safeguard it, so protect it by not allowing the harmful energies to engage your aura. Beware the energy vampires! They have no power unless you allow them to.

Supplements

Dragon's blood and other supplements can reduce neurological inflammation and detox heavy metals.



Exercising

Getting a good sweat in will help the body flush out toxins held in the biggest organ in your body (the skin). Try and get a good sweat in at least once a week.

EMF Protection

Shungite has been known to greatly reduce the inflammatory effects of EMF (Electro Magnetic Frequencies). Wearing just a gram of it makes a big difference.



Refreigning

Protect your REM



THC

THC Delays Lucidity. Cannabis reduces dream recall by shortening REM latency; abstain to restore vividness.



Alcohol

Even one drink fragments your deepest dream cycles. Avoid it for at least 2 weeks.

Reduce Bluelight

Try and reduce screen time at least an hour before bed. Blue light disrupts REM sleep.



No Smoking

Nicotine disrupts sleep onset. Stimulants keep your sympathetic nervous system active, delaying the hypnagogic state.



Caffeine Cutoff

Stop all caffeine by 2 PM to prevent adenosine blockade during early REM windows.



Medication

Sedatives Dull Awareness. Sleeping pills and benzodiazepines blunt the prefrontal cortex; the seat of self-awareness. Reduce them as much as possible.



Natural Baseline Restoration

Within 14 days your acetylcholine and dopamine levels rebalance, sharpening dream memory. Applying any of these techniques will help.



Dream Tea

Boost your lucidi-tea



Blue Lotus

Gentle euphoria that amplifies visual vividness and colors in dreams. It's known to enhance dream recall and increase the amount of lucid dreams one experiences.



Ingredients

Blue Lotus, Mugwort, Mullien, Passion Flower, and Chamomile.

Passion Flower

Reduces anxious thought-loops that prevent the transition into REM. Traditionally known as the "dream plant" by Native Americans.



Mugwort

Classic dream herb that increases recall, intensity, and the frequency of lucid episodes.

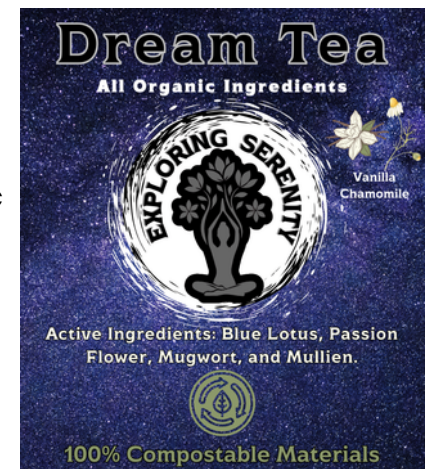
Chamomile and Mullien

Calms the nervous system while opening respiratory pathways for deeper, oxygenated sleep.



Ritual

Sip slowly as a ritual. The bitter and floral notes signal your limbic system to shift gears. One cup nightly creates a conditioned cue; the taste itself becomes a sleep trigger.



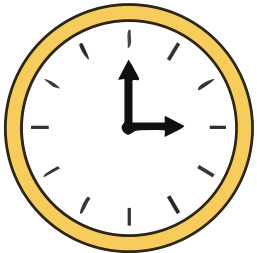
BUY AT www.EXPLORINGSERENITY.com

Intention Setting

Increasing Nighttime Awareness



Self-Hypnotic Countdown



Lie still and count backward from 20 to 1, suggesting each number brings you closer to dream-awareness.

Verbal Affirmations

Repeat affirmations before bed like:

"I am more than my physical body."

"I will have a lucid dream tonight."

"Lucid dreaming comes naturally to me."

"I will remember my dreams and become lucid."



Visualization

Picture what you would like to dream about. Really think about the emotions that would come with such a dream, and then embody that emotion.



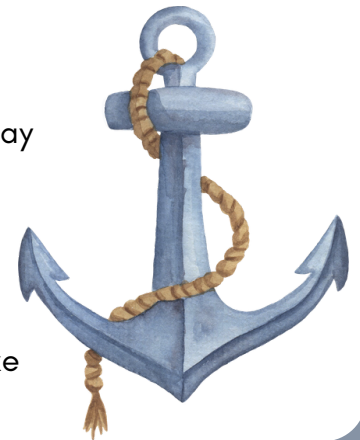
Reality Checks

Throughout the day, ask the question, "Am I dreaming?" Then perform a reality check. A popular one is trying to put one hand through another. If you can you know you're dreaming. Don't just ask the question. Really think about the question. Are you dreaming?

Could you be dreaming right now?

Anchoring

Once you become lucid, be sure to stay as calm as possible, do a 360 degree circle slowly, take inventory of your surroundings, and fulfill your original intention. Getting too excited too quickly can increase your HR and wake you up.



Journaling

Recording and Recognizing



Keep a Dream Journal

Capture every fragment you can as soon as possible. Dreams fade quickly. Even if you don't remember your dreams it can still help to just write how you feel upon waking. Sometimes a voice to text app can help also, but try not to stare at any screen while doing so if you plan on going back to sleep..



Note Pad

Sometimes waking up in the middle of the night you won't want to write the whole dream down because you're too tired, don't have time, etc. A note pad next to bed and just a few words written in the middle of the night can be very helpful with recall when you wake up in the morning.



Highlight Lucid Dreams

Be sure to notate dreams you become lucid in somehow. Then go over these dreams more intensely and see what themes you notice. Perhaps there is a pattern that you can begin to recognize.



Review Progress

Notice what conditions you tend to dream in more. For example, what position you wake up in after a lucid dream. Laying on your back can help with lucid dreaming for some people, as well as recognizing the moon cycle when you tend to dream more vividly. Track these events.



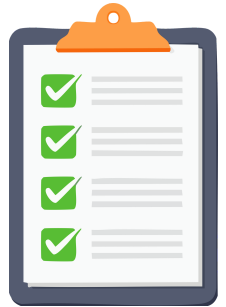
Consistency

Rewiring your Brain



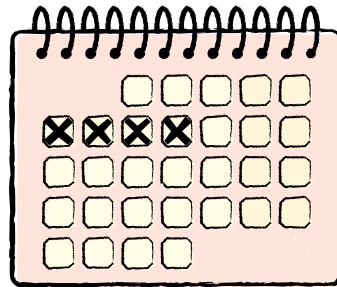
30 Day Challenge

Challenge yourself to stick with this for at least 30-60 days. Most neuroplastic changes begin around day 30. Stick with it past the initial excitement and the rewards will begin to snowball.



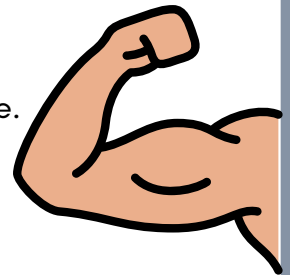
Daily Practice

Do every step (detox, tea, affirmations, journaling) each night without exception. Consistency is key with any training. The reward will be higher dream recall along with a higher percentage of lucid dreaming..



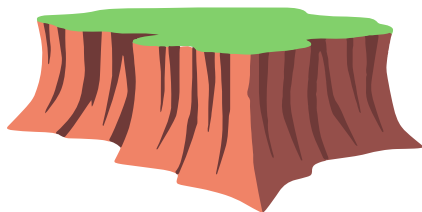
Build the Muscle

Treat it like you're training for an event, or trying to build a muscle. Missing one night sets you back three. Consistency beats intensity every time.



Expect Plateaus

Understand that there will be times where lucidity won't happen for days, and even weeks at a time. Don't let these dry spells deter your consistency.



Tracking your Rhythm

Learn to track your circadian rhythm. Learning when you have your REM sleep will help with WILD and teach you when the sweet spots are to wake up and go back to sleep to induce lucid dreams. Go to bed and wake up at consistent times to entrain your rhythm.



Celebrate Wins

Whether big or small, celebrate any lucid events. Even celebrating dream recall will entrain your brain to wire it for more success.



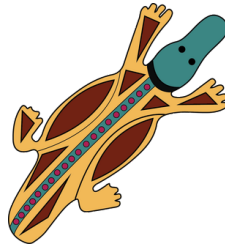
Community

Sacred Tradition



Ancient practices

American Indian Tribes would gather each morning to recount dreams as communal guidance for hunting and healing. In ancient Egypt Dream temples were built for incubation and public interpretation by priests. The Austrailian Aboriginales Ancestral stories were passed through shared nocturnal visions. Dreams were law.



Break the Isolation

Whether big or small, celebrate any lucid events. Even celebrating dream recall will entrain your brain to wire it for more success.

Get Verbal

Your voice is powerful. Speak about your dreams in the morning to others when possible. Speaking a dream aloud forces your brain to organize chaos into language, reinforcing recall.



Accountability Buddies

Just like when going to the gym, it helps to have a friend who you can share wins and talk strategy with. Find friends and create your own dream circles to strengthen your bonds with lucidity.

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