

Lucid Dreaming Tools and Resources!

Welcome! This is a special guide made for listeners of the MindfulMeanings podcast. It's a collection of resources, tools and articles you can use to help you start Lucid Dreaming and controlling your dreams! I've included some great links here as well as some great product links which will help you also.

Articles to get started

[What is Lucid Dreaming?](#)

[How to start lucid dreaming for beginners](#)

[The Wake Induced Lucid Dream technique](#)

[Advanced Lucid Dreaming](#)

Courses/products/Extras

[My beginners Ebook guide](#) (Very personal from me)

[Lucid superpowers Guide](#)

[Lucid Whiteboard course](#)

[Best supplements for lucid dreaming](#)

[More resources](#)

This should be more than enough to get you started, and if you follow the articles here you'll surely have a lucid dream within a month or so.

If you are reading this, you should have signed up to my email list, which means you can email any questions you may have if you're stuck. Bare in mind that I get a lot of emails and I can't always reply to them all.

Thank you for listening! Happy dreaming.