

Lucid Breakthrough Course Notes

MODULE: Techniques Masterclass: Long and Short Term Explained

'Lucid Dreaming Techniques' are essentially the things you DO in order to try and lucid dream. The step by step 'instructions'.

You don't NEED a specific technique to lucid dream. You can lucid dream naturally by following the best practices, but you could also refer to this as a TECHNIQUE, in the form of the MILD.

I'll explain each technique below in more detail, and in different video lessons. The important things to remember here are:

- **Your technique doesn't matter as much as the other things** like meditation, intention, reality checks, and your general level of awareness and lucidity in daily life
- How easily you lucid dream depends on a few MAJOR things, which we'll get onto when we start talking about ways to know for sure what's stopping you lucid dreaming
- **You should never focus on only ONE technique.** When you do that, you give the power away to the technique, and it's too easy to say 'the technique didn't work', when the real problem is probably something else that you CAN control

LESSON 7: Long And Short Term Techniques Compared

This is an incredibly important lesson, talking about the difference between 'long term' and 'short term' techniques.

You need to use BOTH if you want to lucid dream often. Also, I explain my custom technique that's the most effective of them all, in my opinion.

It takes BOTH types of technique to really master lucid dreaming!

You can use the 90ILD technique to make sure you have a lucid dream, to get you in the mood, and motivated. You should focus on LONG TERM techniques, because they don't involve interrupting your sleep quality

- **There are SHORT and LONG term techniques for lucid dreaming.** The short term ones usually damage your sleep quality, and you'll feel tired the next day

- You can use both types of techniques, but you should have a balance between them. **Remember that your sleep QUALITY is always the most important thing.**
- The 90ILD technique is a powerful way of lucid dreaming in the SHORT term, but I'll explain the 90ILD more in the specific video for that technique, and the notes below

LESSON 8: Long Term Techniques

Long term techniques refers to things you can do that will make it likely you'll lucid dream RANDOMLY, in the future without needing an alarm, supplements, devices or anything else.

This is what I would suggest you spend most of your time trying to learn, once you know you can lucid dream, and you know roughly what to expect.

It might take a bit longer to get results with this, and it's a bit less exciting. That's because you can't MAKE SURE you'll lucid dream with a long term technique.

That being said, please stick with it and be patient.

It's worth learning this the right way, otherwise you'll become one of those obsessed crazy lucid dreamers who are sacrificing sleep QUALITY for short term lucid dreams.

- Read: *The MILD technique explained* (A very reliable long term technique)
- Read: *The book written by the author and creator of the MILD technique!*

LESSON 9: Short Term Techniques

Short term lucid techniques are a little bit more exciting!

They refer to techniques that you can do TONIGHT, and make it quite likely you'll lucid dream the first or second time you try them.

I know that sounds better, but trust me, it's not. It's good at the start, and I would encourage you to try these techniques at the start of your journey, but not long term. If you've NEVER had a lucid dream, then yes, try these techniques.

The reason is that short term techniques damage your sleep quality, and one of the main reasons I learned how to lucid dream was to IMPROVE myself.

You can't easily improve yourself if you're feeling tired, weak and depressed the next day, because you didn't sleep well.

- *Watch: [The stages of sleep explained](#) (Better understanding of how sleep works, and why it's important to get ENOUGH sleep)*
- *Read: [Improving your REM sleep in easy steps](#)*

LESSON 10: 90ILD Technique

- **The 90ILD technique is a short term technique that will make it easy to have lucid dreams in the short term.** This is very similar to the 'emergency lucid dreaming' technique I explained previously
- It's easy to replicate this, and **it should never be used more than one day in a row because your sleep quality will decline** rapidly
- **Set your alarm to go off after 90 minutes, and EVERY 90 minutes throughout the night.** This interruption will make it very likely you'll wake up just before your REM sleep, meaning you're VERY likely to lucid dream and remember them
- **Then as you're woken up, go back to sleep with the STRONG intention to lucid dream.** Tell yourself 'I am dreaming' over and over
- **Mix that in with other affirmations like 'I can control my dreams' and 'I'm dreaming right now'**
- **As you get more and more relaxed, focus on your SENSES.** Go through all of your senses one by one, and focus on first what you can HEAR, then what you can SEE (hypnagogic imagery on your eyelids, or imagination), then what you can SMELL or FEEL
- **Do that in 'cycles' and repeat it a few times** as you drift off to sleep
- **You should be able to remember about 3-5 vivid dreams in one night,** and at least 1-2 of them should be lucid, even if it's just for a few seconds
- **The first time it wakes you up, nothing might happen.** Stay patient, and focus on doing this for the WHOLE night, and see what happens
- *You might find it useful to [use my free lucid dreaming app](#) to set these reminders and wake yourself up at these random times in the night*

LESSON 11: WBTB Technique

The WBTB refers to the 'wake back to bed' technique. This can actually be modified a few ways, and there are some different variations of this. It refers to any technique where you set an alarm, wake up, and then go BACK to bed.

Usually you'll go back to bed with the INTENTION of lucid dreaming. This alone is normally enough to get you to become lucid, but you can vary it a bit and add in different twists.

The REASON this technique involves waking up and going back to bed, is because you're trying to do two things:

1: To interrupt your sleep to get a spike in serotonin, which makes it more likely you'll become lucid, and:

2: To wake up just before your REM sleep, and then go back to sleep with the intention of directly entering a lucid dream. (This is also the most effective time to take dream supplements, if you're going to take them).

- To do the WBTB technique, **set your alarm to go off after about 6 hours of sleep. When it goes off, DON'T move.**
- **Try and turn off the alarm while moving as little as possible.** IF you can do it with your eyes closed, that's a bonus and you should then try and go BACK to sleep
- **As you go back to sleep, tell yourself 'I will lucid dream' and 'I can control my dreams'.** Repeat those things to yourself over and over again until you directly enter a lucid dream
- You can also try **a variation of this, where you actually PHYSICALLY get up when you're woken up, walk around for 30 minutes and THEN go back to bed,** but I find it's not as effective. Please experiment, and try both ways
- When you wake up, you can either lay there and go back to sleep straight away, OR get up and walk around. **The one thing you DON'T want to do is look at screens or eat anything**

There are many variations, for example thinking about certain sensations, things, thoughts, emotions and visualisations AS you fall back asleep. you can play around with it to get the perfect mixture of habits and focus points.

- *Watch: [How to fall asleep even if you're not tired \(Makes the WBTB easier\)](#)*
- *Read: [WBTB VS WILD Technique \(To help you choose\)](#)*

LESSON 12: WILD Technique

The WILD technique is actually one of the most commonly taught and known techniques in the lucid dream space online. I'm not sure why though, as it's the most difficult and unreliable one, in my experience.

Also, in the experience of many beginners who try it, it's just not that effective. I should make it clear, the technique WORKS VERY WELL, when you can meditate, focus for a certain length of time, and know how it works.

But for beginners, it's tough to get it right, and if you don't time it right, you'll be laying there for potentially 60 minutes or more, WAITING to fall asleep (if you even do in the end!)

- **The WILD technique can be performed when you FIRST go to sleep, but it will take longer that way.** You'll have to wait until you REM sleep, which could be up to 90 minutes from the time you first fall asleep.
 - **To clarify, you have to essentially WAIT while your body falls asleep,** and your mind is kept awake. To enter REM sleep can take up to 90 minutes or more, and the longer time goes on, the harder it will be to stay focused and not want to turn over, get up, cough, swallow, or give up entirely and just fall asleep
 - **It's not comfortable, ESPECIALLY if you do this when you first go to sleep, but it can work** and once you're GOOD at doing this, it's reliable and direct
 - To do it, simply lay there on your side or back, without moving any muscles
 - **After a while (10-20 minutes), you're start feeling tingly, or pressure on your chest.** This is the onset of 'sleep paralysis' which is where your body paralyses your muscles to stop you acting out your dreams
 - **After your body has gone through the first 4 stages of sleep, you'll enter REM sleep and start dreaming.** Since your mind is still awake, you'll DIRECTLY enter a lucid dream
 - **If you do it right, you'll experience an incredibly stable, vivid and profound lucid dream** that seems to go on forever, and you'll have much more control since your lateral pre frontal cortex never really went to sleep, fully
 - It's most effective when combined with the WBTB, so where yo wake up after you've ALREADY slept and dreamed for most of the night (set your alarm to go off after 6 hours, and THEN try this)
 - **To make it even MORE effective,Track your sleep. When you know roughly when you have REM sleep, wake yourself up JUST before your REM sleep is meant to happen, and THEN do the WILD**
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- Watch: *Why the WILD technique can be so difficult*
 - Watch: *What if you can't go back to sleep very easily?*