



Lucid Tonight

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In this report we're going to look at a lesser known technique for having Lucid Dreams. Since I heard about this technique after writing my Lucid Dreaming books, I decided to write about it separately. I think it's one of the easiest ways to have your first experience of what it's like to wake up in your dreams. Or perhaps you've done so spontaneously before and just want to reassure yourself you can do it again.

The special advantage this method has is that it has a high and fast success rate, with some people reporting Lucid Dreams on the first night or first few nights. The other advantage is it doesn't require any special mental effort. Unlike most techniques, you just go to sleep as you normally would and let it happen!

As I said, this is a great starter method, but it does have a disadvantage too. Due to the way it works, the resulting Lucid Dreams are usually pretty short, although, you may also have several short lucids in a row with it. Other techniques may be a bit slower and require a little more effort, but they are definitely worth it too considering they build up your dreaming abilities too.

More on that later. Right now let's get going with this method so you can get a taste of lucidity. This technique has loosely been termed 'rhythm napping'. It relies on using the body mechanism to trigger lucidity during the first part of the sleep cycle, by interrupting the sleep process at certain intervals.

Basically, this is done by setting a series of alarms to keep waking you up over a period of an hour and a half or so. Now this might seem a bit funny or contradictory since we are intending to wake up in our dreams and not from them, but there is of course a method to this madness...

As you may know, the body has it's own internal clock. Almost everyone has experienced waking up a minute or so before their alarm clock goes off. To avoid the expected shock of the alarm (or maybe just to show off) the body has woken you up a little ahead of time. This little snippet of info is what we make use of in rhythm napping.

The first alarm is set to 20 minutes to let you fully get to sleep - before waking you up again! This let's the body relax and the natural sleep process kick in. Try not to move when the alarms wake you, simply go back to sleep again. The second alarm is set to go off 5 minutes after that, and the third 5 minutes after that. (Don't worry about having to set these alarms for now, I'll be giving you a shortcut soon.)

Now we've set a pattern and the body is expecting to be woken every 5 minutes. So instead, we set the fourth alarm for 10 minutes... Halfways through, the body will send a pseudo-waking trigger message to your mind, but instead of waking up from sleep, you may find yourself awake in a dream! We've effectively 'tricked' the body into triggering lucidity for us.

Well, it may not happen the very first time, so of course we keep up with a series of alarms for a longer period, and at some stage the conditions will trigger a Lucid Dream. The total pattern looks like this:

1. 20 minutes
2. 5 minutes (25 minute mark)
3. 5 minutes (30 minute mark)
4. 10 minutes (40 minute mark)
5. 5 minutes (45 minute mark)
6. 10 minutes (55 minute mark)
7. 5 minutes (60 minute mark)
8. 15 minutes (75 minute mark)
9. 5 minutes (80 minute mark)

This gives us about six or seven opportunities to trigger a Lucid Dream, because the 5 minute pattern is set up pretty solidly, so you may have one after the alarms finish too.

The other reason this method works is because we are dipping in and out of the conscious waking and subconscious dreaming, keeping ourselves from staying in either one. By maintaining this alternation, sooner or later we end up striking a balance in the middle ground and find ourselves conscious and dreaming. Nice.

Okay, remember I said not to worry about having to set your alarm for this over and over? I've put together a little shortcut for you... There's two audio files available from the download area (that's [here](#) if you lost it) which are of this series of alarms strung together with blank sound space. Simply burn one to a CD, or put it on your MP3 player and press play when you go to sleep. (Or I suppose you could do it straight off your computer if it's in your bedroom.) Too easy!

A note about the volume for the alarms. It seems to work better if the alarm is near your head and loud enough to wake you up. If you set it too softly it is too easy to sleep through, if it is too far away it may be ignored as 'background noise' even if it's loud enough. Try adjusting the position and volume first if you find you are ending up 'too awake' or 'too asleep' for this to work.

Another thing to note is you need to use an alarm sound that will actually wake you up. If you're tired this can be no easy feat. It might be a little annoying, but you need to use a harsher sound to wake you up if you're tired or a deep sleeper. If you're just napping or a light sleeper, you can use a softer sound. Again, so long as it does wake you up each time. I've provided both a 'soft' and 'hard' alarm audio for this reason.

Of course, anyone can create a similar audio pretty easily. In fact, if you wish to modify the intervals or use a different alarm sound, go for it. I've put links to some tools in the download area. If you can't get back to sleep fast enough, you can extend the times to say a 6 or 7 minute base. Or if you end up sleeping through some alarms, you could put them closer together to say 3 or 4 minute base. Everyone is different, so try 5 minutes to find out first.

But that's the optional stuff for later. For now, go get an audio file ready and try it! Even if it takes a few nights, that's nothing compared to most methods. I wish you success... Lucid Dreaming is truly one of the most fascinating and exhilarating experiences humanly possible!

May you become **Lucid Tonight!**

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