

# If nothing works... 🌙 ✨ ✨

## Short intro

If nothing has worked for you so far, this document may help you. You will find lots of tips, tricks and little routines that can really make a big difference.

You can either combine these tips or use them separately from each other.

Good Luck!

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## What Is Guayusa? 🍵 🌿

Guayusa is a caffeinated tea from Ecuador, known for its smooth, long-lasting energy. Unlike coffee or regular black tea, it doesn't create jitters — quite the opposite: many people report enhanced mental clarity paired with deep relaxation. The secret lies in the natural combination of caffeine and L-theanine. ✨

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## Why Does Guayusa Support Lucid Dreaming? 🧠 zzz

Caffeine increases alertness — great for sharpening awareness inside a dream. 🍵

L-theanine balances out the stimulating effects, calming the nervous system and supporting a relaxed, restful sleep. You can think of L-theanine as a natural counterweight to caffeine. Guayusa offers a higher chance of lucid dreams without trouble falling asleep or a racing heart. 🧘

# Preparation

For optimal effects, you prepare a concentrated extract. Use one tablespoon of loose Guayusa leaves per liter of water. Bring everything to a light simmer and let it reduce until only half the liquid remains (1L → ~500ml).

Afterwards, pour the tea into a container and drink it right before going to bed for best results (200–300ml is a good reference amount). 🍵 ⏳

1) For the L-theanine / Guayusa section:

*(Note: Studies report varying L-theanine levels in Guayusa; the data is not fully consistent.)*

2) For the concentrated extract:

*(Note: Reducing the tea creates a strong caffeine concentrate — adjust carefully if you're sensitive.)*

*(Tip: You can also drink the tea in combination with WBTB for maximum results)*

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## The Placebo Effect 🎲 ✨

The path to lucid dreaming is rarely straightforward. A surprising — yet highly effective — helper along the way can be the placebo effect. Sounds paradoxical? It isn't. Here's why even seemingly insignificant things, like placing crystals under your bed, can boost lucid dreaming — if you believe they do.

### What Is the Placebo Effect?

The placebo effect describes a measurable, positive impact on the body or mind — triggered solely by the belief that something works. Even if the method (or object) has no direct, objective influence, our expectations can shift our perception, motivation, and even our physiological state.

### Why Does the Placebo Effect Help With Lucid Dreaming?

Lucid dreaming is tightly linked to mindset and expectation. If you believe that a certain action increases your chances of becoming lucid, that very belief can make it happen.

### Example: Placing Crystals Under the Bed

Objectively, it probably makes no difference whether you put crystals under your bed or not. But:

- if you genuinely believe that “crystals under my bed = higher lucid dream probability,”
- you automatically pay more attention to your mental state as you fall asleep,
- you think about lucid dreaming,
- and you set a clear intention — which is proven to be helpful.

**Belief Can Shape Reality.** In lucid dreaming, the placebo effect plays a far bigger role than most people realize. Whether it's a ritual, an object, or any other personal practice — if it

helps you believe that it works, it often does work. Not because of the action itself, but because of the inner state it creates. 🗨️🌈

I personally like to tell myself that **Guayusa tea and meditation** significantly boost my chances of lucid dreaming. Whether they truly do or not doesn't matter — I believe in it. 🙏

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## Extra Tips That Can Make a Difference



Sometimes, small tweaks can significantly increase your chances of having a lucid dream. These aren't direct techniques, but they are easy to apply and surprisingly effective:

### Change Your Sleep Environment

- Sleep with your head where your feet usually are. 🔄
- Try sleeping with or without socks. 🧦🚫
- Sleep on the sofa instead of your bed. 🛋️

All these variations have one thing in common: you are doing something different from your usual routine. This novelty can trigger lucidity simply because your brain notices something unusual. 🎯

### Boosters

- Guayusa Tea: As already mentioned, this is a natural and gentle wakefulness booster that can help you maintain awareness while sleeping. 🍵
  - Alarm Clock: Short, strategic alarms can remind you to perform lucid dreaming techniques or help you wake during REM phases for higher chances of lucidity. 🕒
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## The Alarm Method 🛎️📣

Do you struggle with the technique from the Quick Starter Guide because you simply forget to apply it when waking up — or fall asleep again too quickly without entering a lucid dream?

The Alarm Method can help.

The basic idea is to set a very short alarm, lasting just one to three seconds, about one hour before your normal wake-up time. The alarm turns off on its own and serves as a cue to remind you to perform your lucid dreaming technique. Not only does it remind you, but it also wakes you up just slightly more than a natural awakening would — which is especially helpful for people who usually drift back to sleep immediately. Over time, you will associate that specific alarm sound directly with lucid dreaming. 🛎️➡️🛎️

## Practical Application

On iOS, the [Reminder](#) app works well for creating such a short alarm.

On iOS you could also choose a custom music file on your device and let it automatically play at a certain time (Shortcuts app).

On Android, the [Multi Timer](#) app is a great option.

If you want to use a fully custom sound, the [Tasker](#) app allows it — though it is a bit more complex to set up compared to the first two methods.

The key point is to choose a very short sound, or configure the alarm so it only plays briefly. You don't want to become too awake. Over time you can experiment, but generally it's best not to set the alarm too early, since REM phases increase toward the end of the night once the body has had enough deep sleep. 📱🔧

Note: You can either use this method in combination with WBTB, but you can also use it without WBTB.

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## Ultimate Mode — Total Madness

You can also go one step further and use the following method.

After 4.5–6 hours of sleep, REM phases become significantly longer. This creates the perfect window for an extremely powerful, but also very intense, method:

Set an alarm every 15–30 minutes, either:

- one that turns itself off, or
- one you have to turn off manually.

These frequent micro-awakenings make your sleep much lighter, and in this state it becomes dramatically easier to:

- perform your induction technique successfully, or
- notice that you are dreaming while inside the dream.

**Important:** Deliberately interrupting your night's sleep this often is incredibly effective, especially when combined with a strong induction method. However, it should be used **no more than once per week**, as it will otherwise negatively affect overall sleep quality. ⏳⚖️

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Now that you have probably had success with lucid dreaming or even builded up a routine, it is really important that you really use this great skill...

Imagine you have 100 lucid dreams, but each of them is only a few seconds long...

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# Stabilizing and Extending a Lucid Dream



## Stabilization

To prevent waking up right away, it is extremely helpful to focus downward and rub your palms together the moment you realize you're dreaming. While doing this, you can repeat phrases such as "I'm dreaming right now" or "Everything around me is just a dream." Feel free to repeat them several times. 🙌🔊

Looking at the ground and rubbing your hands works so well because most people feel highly excited at the beginning of a lucid dream. Focusing on something simple or monotonous helps calm the mind, while rubbing your hands anchors you physically into the dream. You will likely feel warmth building up, hear the friction, and notice the dream becoming sharper and more stable. 🔍🔥

*(Quick checklist — first 10 seconds after lucidity)*

- Look down. 👁️⬇️
- Rub your hands together. 🙌🙌
- Repeat "I'm dreaming" 🗣️
- Touch nearby objects. 🍷🧱
- Immediately after stabilization go for your plan of action

## Lack of Clarity

Even after stabilizing, your surroundings may still feel blurry. In that case, firmly say something like "Clarity now!" several times. As long as you expect the dream to sharpen, it is highly likely it will. You can also look at and touch objects around you to further engage with the dream environment.

## Staying Lucid for a Long Time

While carrying out your dream plan, make sure to periodically rub your hands again and remind yourself that you are dreaming. This helps prevent slipping into a non-lucid dream.

If you start following a random character or event that you had not planned beforehand, the chance of losing lucidity increases, as you get absorbed into an unintended storyline. If the dream becomes blurry or feels like it's ending, it's essential to tell yourself the opposite—believe fully that the dream continues. 🌀

A very effective technique is spinning around your own axis. The brain becomes busy processing the rapid movement and is distracted from waking up. Afterwards, you will either find yourself in the same place with renewed stability, or you'll appear somewhere entirely different. Since lucid dreams respond strongly to expectation, you will almost always end up where you believe you will. 🔄✨

## Re-Entering

Waking up from a lucid dream—whether short or long—does not mean the experience is over. Make it a habit to immediately perform the induction technique after waking up. Your chances of re-entering another lucid dream are very high.  