

Quick-Starter PDF – Achieve a Lucid Dream in Just a Few Days

Improve Sleep Quality (*extremely important for lucid dreaming*)

- Sleep as long as possible → higher success rates
- Use earplugs if there is too much noise
- If the bedroom is too bright → use a sleep mask

Motivation and Mindset

- Write down your goals and plans for the lucid dream in detail and keep them in sight
 - Important: Always maintain a very relaxed state of mind and under no circumstances approach the whole topic in an overly forced way...
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A Possible Technique — (very compact)

(*most effective with WBTB, see page 2*)

1. **Set your intention:** Before falling asleep, tell yourself, for example:
“When I wake up, I will stay completely still and immediately perform the technique.”
 2. **(Upon waking up, WITHOUT an alarm) Mental movement:** Imagine yourself running, swimming, or cycling — as if you were actually doing it.
 3. **Observe sensory impressions:** As soon as you see/feel/hear something, you are often already in the dream. The dream is often still very blurry; here it can help to look around, touch your surroundings, and follow your lucid-dream plan.
 4. **If nothing happens after about 5 seconds:** Switch the imagined movement (e.g., instead of swimming → cycling).
 5. **If not successful:** Continue switching between movements every 5 seconds for up to one minute. If nothing works after roughly a minute, fall asleep again with the intention to perform the technique during every subsequent awakening...
 6. **In general:** Strong intention, no analyzing — **just perform the technique.**
It's not really important *what* you do, but *when and how* you do it.
→ Directly upon waking up, fully focused on the technique.
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Why this technique, and what makes it so effective?

- The intention alone can make you realize that you are dreaming
- The technique can be applied during every awakening (many attempts)

For optimal results, combine the technique with WBTB — see the next page

WBTB – (Wake Back To Bed) – Instructions

Ideal for beginners to follow a very clear, structured guide...

0 Before the attempt

- Try a maximum of two attempts per week
 - Only if you can sleep in
 - Keep your lucid-dream plans in mind
 - Optional: Physical activity → better sleep quality, potentially easier to fall asleep again
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1 Sleep phase

- Sleep from (e.g.) 22:00 to 04:00 → wake up with an alarm (approx. 4.5–6 hours)
Guideline: Not too tired, not too awake
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2 Waking phase

- Get up and stay awake for 30 minutes
Guideline: 5–60 minutes; 30 minutes is ideal for beginners
If you cannot fall asleep afterward → reduce the time you stay awake
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3 Possible activities during the wake phase

- Drink a glass of water
- Go to the bathroom
- Meditation or breathing exercise (e.g., 20 min during a 30-min waking phase)
- Review your lucid-dream plans
- Repeat the technique and procedure
- Set the intention to stay still upon all subsequent awakenings and to perform the technique **immediately**

Keep in mind: “If it works, great. If not, no problem.”