



Ask Rose Ariadne
<http://www.askroseariadne.com>

Hypnosis Lucid Dreaming

Dreams carry us into magickal realms where spiritual entities that we may have known in the past communicate with us. Other individuals whom we may meet on our dream journeys include guardian angels, ancestors, allies from other worlds such as the animal kingdom, and so on. We also receive responses to petitions we have presented and answers to oracles that we have requested.

There are many ways to trigger amazing, eye-opening, helpful experiences that replenish our psychic abilities. Every human being is said to have around five dreams every night.

We can use botanicals to enhance the quality of our dreaming, to help us remember our dreams and to produce the dreams we want to see happen. The dreams, in which we are aware that we are indeed dreaming, are termed lucid dreams.

How do we plan our dreams and influence our mind in to achieving the dreams we wish for? Hypnosis is one way. This method of creating lucid dreams is called Hypnois lucid dreaming. Using this method, we can enjoy our own private dreams that we have created beforehand. We can replenish our psychic abilities and strengthen our personal power. We can also overcome some of our deepest phobias in life.

Dream spells can help to induce hypnosis lucid dreams. Here is a spell you can do to stimulate a specific, new course of dreaming:

STEP 1. Get 20 drops of mugwort flower essence remedy (IMPORTANT- do not mistake this for mugwort essential oil !).

STEP 2. Prepare a nice, warm bath just before turning in for the night. Add the 20 drops of mugwort into the water. Sit in the bath and visualize the dream that you desire to have.





One of the ways in which you can induce lucid dreams is to actually imagine that you are dreaming. (Make sure you are safely in bed before you do this).

Most of us have been falling into sleep when we are jolted by a "start" in which we feel like we are falling off a set of stairs or something similar. This is believed to be the hypnotic state between sleep and wakefulness. At the point where you feel sleep taking over your body, keep repeating to yourself "I am dreaming, I am dreaming". This is the one way to enter the dream state while you are awake and aware.

Lucid dreaming can help you work through issues you may have with other people who may even be refusing to talk to you. We can also work through phobias (eek, spiders!) or something that is making you unable to live life fully.

You can also enter lucid state by counting each breath when you inhale or exhale. Imagine that you are falling into sleep, from your foot upwards and visualize the parts of the body falling "asleep" and getting heavy. As the visualization moves upward, you will feel like you are falling asleep and move on to the dreaming state, fully or partially aware of your thoughts and dreams.

For people who are interested in this subject and cannot get themselves hypnotized enough to move on to the lucid dreaming state, try getting a CD or even consulting a hypnotherapist to help you get into a lucid dreaming state.

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