

**Hemi Sync**  
By Monroe Products

# Lucid Dreaming Series



**DVD Instruction Manual**  
**Please read before beginning the exercises.**

## Lucid Dreaming Series

Welcome to the world of lucid dreaming. This series is designed to teach you how to program and consciously participate in your own personal dreamscape.

Clinical research suggests that focusing on the dream you wish to experience while remembering that you can consciously participate in your dream state can dramatically increase your chance of success. The *Lucid Dreaming Series* provides a substantial advantage for those interested in lucid dreaming by incorporating the hemispheric synchronization (Hemi-Sync®) sound technologies. The Hemi-Sync® sound patterns on these exercises were designed to facilitate the brain-wave states found in naturally occurring sleep cycles. Accordingly, each of the first three exercises is 90 minutes in length.

Please note the *Lucid Dreaming Series* was originally designed to take advantage of one human 90-minute sleep cycle. In 1999, when the series was first released, the only playback format that could reliably deliver a recording of that length was the audio cassette. Therefore, like many of our earlier Hemi-Sync® titles, you will hear references to the work “tape” on these recordings. Please disregard any verbal instructions in the exercises that refer to tapes, cassette players or auto-reverse functions, which no longer apply to the digital format of these exercises.

Furthermore, current digital technology, such as the AC3 format (DVD) has allowed us to create recordings much longer than the 90-minute parameter originally imposed by cassette length. With the expanded capacity

of DVD, Exercise 4 is designed for a full eight-hour sleep period to support your lucid dreaming practice. This recording is brand new and replaces Exercise 4 of the original tape series.

Finally, we are often asked if digital compression technologies degrade the quality of the Hemi-Sync® tones or their ability to support expanded states of awareness. The answer is no. Our Hemi-Sync® signals are laboratory tested before they are released into commercial recordings. After several research studies, we have concluded that compression methods that emulate “CD quality” or better will preserve the integrity of the Hemi-Sync® signals. We do not, however, recommend compressing our audio below CD-quality (128kbs), nor do we recommend compressing an already compressed audio file (such as the exercises in this series).

## Getting started

To begin, you will need stereo headphones ~~and a DVD player~~. Alternatively, if you prefer to work without headphones, position yourself between your left and right speakers for optimum effects. Following are some helpful hints:

- Remember that lucid dreaming is a skill that is mastered through practice and intention. Don't get discouraged if you don't achieve lucidity immediately upon dreaming. Initially, you may find that you are simply developing greater recall of your dream content. With practice and intention, you will achieve greater success with lucid dreaming.

- Establishing your intention is important. Take time before entering the sleep state to prepare for this new adventure. Many find that writing down a desired dream scenario helps to circumvent the seemingly random nature of the dream state.
- Keep a dream journal. A journal will help you recall the events of your dreams over time. Frequently, paying attention to dream content can help in solving the problems encountered in everyday life. Keeping a journal can help you monitor your progress in becoming lucid dreaming during the dream state.

**Exercise 1** introduces you to the stages of sleep. You will learn a proven method of deep relaxation and move into a state known as *hypnogogia*. We refer to this state as Focus™ 10. This is the familiar state, often rich in imagery or sound, which we all experience just before losing consciousness in sleep.

Although you would normally lose consciousness before the beginning of deep sleep, the Hemi-Sync® sound patterns on Exercise 1 will assist you in maintaining awareness for a short time. You will hear the sound of rainfall accompanied by affirmations to help you know that lucid dreaming is possible. The sounds of rainfall and Hemi-Sync® will assist you in moving into state 3 and stage 4 sleep (also known as deep sleep). The affirmations and rainfall will continue during your natural sleep period. When your dream cycle (REM sleep) begins, you will be reminded that “you are dreaming now”. This occurs approximately

1 hour and 26 minutes into the sleep period. After a few minutes you will be encouraged to wake up fully so you might train yourself to become aware during the dream state. Don't forget to record your experiences in a dream journal following the exercise.

*Note: Exercise 1 is designed to awaken you at the end of the 90-minute sleep cycle. Therefore, use the exercise when it is not necessary for you to get uninterrupted sleep. Work with Exercise 1 until you are comfortable with this portion of the training, then move in to Exercise 2.*

**Exercise 2** employs a simple counting method, accompanied by the appropriate Hemi-Sync® signals, to move you through the relaxation process and into Focus 10. You will then be introduced to the *creative imagination* sequence and asked to incorporate your desired dream scenario with the sound of rainfall. You might imagine yourself simply walking in the rain or perhaps you would prefer to imagine something more elaborate. It is important to engage yourself fully in the experience during this time.

Once again you will follow the sound of rainfall and Hemi-Sync® into deep sleep and be reminded that “you are dreaming now” at the appropriate time. This tape will not awaken you. The sounds will simply fade and present an opportunity for personal decision and action.

*Note: Exercise 2 is designed to play one time through its 90-minute cycle. Ideally, you should allow time to participate in whatever degree of lucidity you achieve for as long as it lasts. Again, it is recommended that you record your experiences. Work with Exercise 2 until you*

*are comfortable with this portion of the training then move on to Exercise 3.*

**Exercise 3** Now that you have begun to have some results, you are ready to move on. Perhaps you have started to become lucid in your dreams, but are having difficulty maintaining lucidity. Or, perhaps, you have become more lucid, but aren't dreaming your intended dream. Remember, practice and intention are key.

You will be flying solo into the world of lucid dreaming with Exercise 3 since, unlike the first two exercises, there will be no sound of rainfall. Your Focus 10 imagination sequence will be carried with you into deep sleep. As before, you will be reminded "you are dreaming now" when the dream cycle (REM sleep) begins.

*Note: Exercise 3 is designed to play one time through its 90-minute cycle. If you have not achieved some level of lucidity after working with Exercise 3, you have several options.*

1. Consider changing the time you work with the exercises. For some, nighttime hours are best used for rest and regeneration rather than for exploration.
2. Consider working more with Exercise 2 or reviewing Exercise 1, remembering that learning the art of lucid dreaming should not be rushed.
3. Move on Exercise 4. The lack of verbal guidance on Exercise 4 may be your catalyst for success.

**Exercise 4** incorporates Hemi-Sync® sound patterns to assist you during all four stages of sleep, over the

course of an entire eight-hour sleep period. **This exercise contains no verbal guidance or sound effects.** You are fully in charge of your dream programming and lucidity during the dream state. There are five periods of REM sleep during this eight-hour recording, and lucid dreaming is most likely to occur in these periods. It is your choice to record your dreams should you awaken during the recording. Since this exercise is longer than the three 90-minute exercises you have been working with, you may find it difficult to remember your dreams in the earlier hours of the sleep period if you don't record them. You do not need to restart the recording from the beginning if you are awakened at any point, simply allow yourself to fall back to sleep and let your body and the recording do their work.

## **Frequently Asked Questions**

***Q:** I sometimes wake up tired in the morning after using the Hemi-Sync® exercises. Why?*

**A:** However subtle it might seem, you are making an effort to obtain lucidity. This might be considered “working” when you are normally passive. Try listening to the exercises at another time of the day.

***Q:** I have only achieved nominal success with the lucid dreaming exercises. Any suggestions?*

**A:** Practice and intention are key. Keep at it. The process takes a little longer for some but with persistence you will overcome any barriers you are experiencing.

***Q:** Is lucid dreaming the same as an out-of-body experience?*

**A:** While some equate the two, Robert Monroe

considered them to be quite different. OBEs often take place while one is moving into sleep with consciousness never being lost. Lucid dreaming allows for the mind to lose awareness of its surroundings when moving into sleep. Conscious awareness (lucidity) is regained when the dream is in progress. Also, OBEs often follow a linear sequence of events taking place in current time/space. Dreams are frequently nonlinear or diffuse in nature, moving from image to image.

**Q:** *I don't dream. Can the Lucid Dreaming Series help me?*

**A:** Yes. It is more likely that you are simply not able to remember your dreams. The *Lucid Dreaming Series* may introduce you to another world of experience by allowing you to recall your dreams.

**Q:** *I am achieving lucidity but I can't maintain it for long. Any recommendations?*

**A:** The excitement of achieving a lucid dream awakens some people. Conversely, other have a tendency to fall asleep after a short period of lucidity. In either event, mastering lucid dreaming takes practice. You may wish to work with Exercise 1 again to re-enforce the idea of becoming lucid during the dream. Also, be sure to focus your intention on maintaining lucidity during the dream.

**Q:** *I have been achieving great success with lucid dreaming. Should I continue to use the exercises?*

**A:** The exercises are designed as training tools. After you have become successful in lucid dreaming you may continue to use the exercises or you may rely on your intention for continued results.

## **Final Notes**

Lucid dreaming provides a unique opportunity for individuals to benefit from states of expanded awareness during the times we are not normally conscious. It is widely considered, among research professionals, that some of our thoughts, fears, and desires, await a form of release or subconscious processing during the dream state. For many, conscious interaction during the dream state can bring about dramatic life changes. It is easy to appreciate why the art of lucid dreaming has been pursued for thousands of years as a means to access the subconscious mind. In addition, lucid dreaming can be fun. We hope you enjoy this new adventure.

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