How To Use Binaural Beats For Lucid Dreaming
Dream hackers have been using binaural beats for years to induce lucid dreams. In many instances, binaural beats make the induction process a lot easier and faster to accomplish.

For example, many people struggle with mental focus while trying to perform Wake Initiated Lucid Dreams (WILDs). It can take many weeks (or months) of meditation before you can effortlessly perform them. However, binaural beats make it easier to maintain the mental focus and conscious awareness when performing WILDs. All you have to do is lie down and be willing to relax.

When it comes to lucid dreaming and binaural beats, theta waves (4-7 Hz) are ideal to listen to while falling asleep. Theta waves are associated with light sleep, and help improve focus, relaxation, and mental clarity.

Listening to a theta mix can indirectly assist you with lucid dreaming by allowing you to quickly relax while you maintain conscious awareness and drift into sleep.

With this guide, you should have access to a 60-min session of high quality, powerful binaural beats for your lucid dreaming benefit.

Here’s how to make use of them...

In order to use binaural beats you will need a pair of headphones, either stereo or in-ear. Some of our students ask if it’s okay to just play them on a speaker. Unfortunately no, you have to use headphones because using binaural beats require that each ear hears a different tone.

This binaural beats session combines alpha and theta waves to put you in a calm and meditative state. In the first 20 minutes you will be taken from high alpha waves (12 Hz) all the way to low theta waves (4 Hz) where you will remain until the end of the audio.
Theta waves are characterized by calm meditative states, as well as dreaming and light sleep. This will help give you focus and mental clarity to increase your chances of having a lucid dream.

The best way to use binaural beats for lucid dreaming is to use it with the Wake Back To Bed method (WBTB).

Here are the steps for using binaural beats with the WBTB method:

**Step 1:**

Wake up after 4-5 hours (assuming you sleep 8 hours a day). Make sure you get out of bed.

**Step 2:**

Stay up for 30-60 minutes and listen to binaural beats before going back to sleep.

The purpose of staying up is to increase your mental clarity before returning to sleep.

While listening to the binaural beats pay attention to your breathing and try to relax your body.

Don’t become so relaxed that you fall asleep, or so agitated that you’re wide awake. The trick is to find a balance where you are alert but relaxed enough to fall back to sleep.

Use this time to review your dream goal. What do you want to achieve in your lucid dream?

Visualize yourself flying across the sky or exploring alien worlds. While doing your visualization, also add a lucid dreaming affirmation (e.g. “I will be lucid in my dreams”).

**Step 3:**

Go back to sleep.
When you are in this relaxed state of mind, and have a clear goal of what you want to achieve in your dreams, turn the binaural beats off and return back to sleep.

You will have a much higher chance of having a lucid dream that night! If you think you are in a dream make sure to do a reality check to confirm that you are dreaming.

Also, make sure you perform a dream stabilization technique to calm yourself so you can have greater dream control. These techniques are explained in our blog.

You may not succeed the first night, be dedicated and try again next time.

If you have trouble falling asleep (due to too many thoughts and stresses) binaural beats can also be helpful in calming your restless mind and helping you fall asleep.

Keep in mind that binaural beats are only a supplement.

If you’ve never experienced a lucid dream, using binaural beats are said to greatly increase your chances of having one – IF you’re also applying the fundamentals of lucid dreaming properly.

Which is why we want to make it clear to you that binaural beats won’t magically get you lucid dreaming – it’s only a supplement.

Not sure if you’ve noticed this but those people who are lucid dreaming almost every night have one thing in common:

They took the time to learn the best techniques to control their dreams.

They didn't rely only on "quick fixes" like supplements and binaural beats. Don't get me wrong – these are great hacks, but the problem is that they don't work 100% of the time.

Imagine being able to lucid dream on demand! Whenever you want…

That’s what we’ve spent months and years trying to figure out how to do.

And we’ve figured it out…
Even if you have had lucid dreams naturally, you know that it’s only a ‘once in a while’ experience.

You’re often left longing for more... with an empty feeling, hoping to continue that dream the next night.

The problem is that no one out there is showing you how to lucid dream regularly and on-demand in a simple, easy-to-understand, step-by-step fashion…

Which is why we created an online video course that is actually built for anyone who wants to learn how to lucid dream whenever they want, however much they want – in an easy, step-by-step format!

Today, we have a community of over 1,400 of lucid dreamers who have joined the course to learn how to lucid dream all the time!

Our complete Dream Hacking course (Lucid Dreaming: How to Control Your Dreams in 30 Days or Less) covers all of the fundamentals needed to become a regular lucid dreamer...

And you will learn it in the easiest, fastest way possible. By learning how to:

- Recognize that you’re dreaming once you’re in a dream
- Stay in control and not quickly wake up once in a lucid dream
- Make your dreams more clear, more like real life
- Meet your dream characters and receive life-changing insights
- Make the most of your lucid dream adventure by flying, or practicing real-life physical skills, or overcoming all real-life fears and anxieties...
- And tons more!

You learn all of this because you’ll have life-time access to:

- Over 63 lectures and 6.5 hours of video content
- Downloadable high quality MP3 audio lectures
- Over 100 pages of PDF summary notes for each lecture
- A community of Dream Hacking students learning together
• Lucidity Expert guidance & quick feedback to make sure you achieve your goals
• 3 Downloadable premium binaural beats MP3s ($30 Value)
• Downloadable dream control tools & templates
• Free unlimited course add-ons & updates
• A full downloadable lucid dreaming work out plan
• iPhone, iPad, & Android Accessibility
• Dream Hacking community discussions on lucid dreaming
• A 30 Day "Lucid Dream or Your Money Back" Guarantee
• And much, much more...

This course is currently priced at $40, which is a huge bargain for everything you get.

OR you can simply get the deal we’re bringing you today (for a limited time – and only for people who downloaded our binaural beats) at the ridiculous price of only $20!

**Click here to enroll now and get 50% OFF before the deal is done!**

(Or click here to watch FREE preview lectures before deciding!)

This course is taught by Arnov Rahman - an expert Lucid Dreamer who has been controlling his dreams almost every night for the last 5+ years and is one of the best instructors on the subject.

He always answers EVERY question on the community discussion board…

Just ask his students (25+ reviews) when they think of him:

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29 ratings
Click here to read more student reviews (scroll to the bottom).

Once you’re done, you will be going to sleep every night, knowing you’re about to start controlling your dreams.

Want more lucid dreams than you’re already having right now?

If you enroll in this course and spend only 15 minutes a day for the next 30 days practicing the Dream Hacking system of lucid dream induction…

You will not only have your first lucid dream (if you’ve never had one before)...

But you will also know how to keep having them over and over and over and over. Guaranteed.

If you don’t, email us and we’ll personally help you out… If we can’t, we’ll refund you 100% of your money - no questions asked. That’s how confident we are in this lucid dreaming training...

You need this course if you:

- Want to experience all the things that are ‘impossible’ in real life
- Want to improve yourself mentally, spiritually, and emotionally (lucid dreaming originated over 1,000 years ago as a spiritual practice)
- Want to make the most of 1/3 of your day you spend sleeping

You’ll be hard-pressed to find a better place to start lucid dreaming than with this course.

Normally this course would cost you $40. A steal considering most lucid dreaming coaches out there charge 10x as much and don’t let you learn at your own pace, on your own schedule, or with a community of over a thousand other dreamers.

But today you can get this course for only $20.
Plus once you learn how to lucid dream, you can't unlearn it. It's like riding a bicycle!

Which means your one time investment of $20 = your lifetime ability to control your dreams.

Click here to get it now and become a regular lucid dreamer today (free preview lectures available)!

Please Note: We can only give away a certain number of codes. Once they're gone, the deal is over!
Now is the time to start exploring your dream world, to start discovering the hidden universe inside your mind.

Don't sleep through this opportunity...

Click here to enroll now or learn more.

Look forward to seeing you on the discussion board!

We hope you enjoy the binaural beats!

Sincerely,

“Your Lucid Dreaming Mentors”...

The Dream Hacking Team

P.S. You have 2 choices right now if you want to lucid dream regularly…

You can read through long books that tell you about the history of lucid dreaming and a bunch of unnecessary information that act more as a barrier to learning lucid dreaming.

You can scroll through never-ending forums and blog posts written by unidentified and unreliable writers, who once again, give you long, unedited texts to read.
Or you can skip all of that…

And make a $20 one-time investment in what is currently the BEST complete online video course on how to lucid dream…

Remember, in this course…

✓ You are taught by an advanced lucid dreamer with over 5 years of recorded lucid dreaming experience
✓ You are given ONLY that relevant information in a step-by-step format, that will get you lucid dreaming as soon as possible
✓ You get more high-quality binaural beats not only for lucid dreaming, but also for meditation and sleep optimization
✓ You learn by watching 60+ professional, straightforward, and high-quality lecture videos
✓ If you prefer reading, you have access to video lecture notes summarized in 100+ downloadable PDF pages – a Dream Hacking book essentially, without the unnecessary information
✓ And so much more…

Find out more about the course by clicking here.