

8 Ways to Prolong Your Lucid Dreams

1. Stay Calm

Avoid running around or shouting "I'm dreaming!" at every man and his dog. Just get a grip on your emotions and try to relax back into the dream.

2. Rubs Your Hands Together

Movement stimulates the conscious brain and increases your awareness of your dream body, helping to ground you in the dream.

3. Look at Your Hands

Focusing on your hands close-up draws your awareness to the finer details, enhancing your lucidity in the moment.

4. Do a Reality Check

Push your fingers through your palm, or a solid object, or do your standard [reality check](#) and remind yourself clearly "I'm dreaming".

5. Demand "Clarity Now!"

Shout it out loud and mean it! Your dream scene will instantly snap into focus, as per your willful instruction.

6. Do Some Math

Do a simple arithmetic sum in your head, such as $4 + 4$, to engage the conscious brain within the dreamstate.

7. Spin Around

Spinning can help stabilize your awareness in the dream. Sometimes it can also make the dream scene go black, so it's also good for changing scenery. Just visualize the next scene you want to visit and it will appear clearer.

8. Fall Backwards

This relies on the principle that movement helps increase your self awareness within the dream, although be warned it may also jolt you awake or into a false awakening! See below for troubleshooting...

How To Stay Lucid: 8 Ways to Prolong Your Lucid Dreams

Today we'll examine **how to stay lucid in dreams** - transforming a few brief seconds of lucidity to many long, memorable experiences.

This is based on my own dreams as well as lucidity expert [Dr Stephen LaBerge's](#) lucid dream stabilization methods.



When Lucid Dreams Collapse

My [first lucid dreams](#) were very short. We're talking seconds. I would realize I was dreaming and then get excited and run around telling everyone about it. This is a common mistake among newbie lucid dreamers. The fact is you have to keep a cool head, or you'll most likely wake up.

So next time you become lucid, immediately perform these simple dream stabilizing techniques to increase your self awareness in an instant. This will enhance the clarity of the dream, making it easier for you to recall your lucid dream intention and explore your new surroundings.