

Lucid Dreaming and Floatation Tanks: Exploring Consciousness with Lucid Dreaming Techniques and Stress- Relieving Floating



FLOAT YOUR WAY INTO A LUCID DREAM

Lucid dreaming – a dream where you know you are dreaming – is not just a far out, trippy state. Lucid dreaming can also be used as a tool for higher consciousness and empowerment – by virtually anyone who’s willing to take the time to learn. It helps with problem-solving, facing fears and trying out alternate realities – a little like trying on different avatars and fighting battles, but with maybe more application to real life. There are lots of techniques to develop the ability to lucid dream, and to find more control over your

dreams. [Floatation Tanks](#), with their super-relaxing and de-stressing uses, are one of the easiest ways to kick-start your lucid dreaming abilities. Read on to find out some [lucid dreaming tips and techniques](#) and learn more about floating!

GIVE YOUR RIGHT BRAIN A BREAK AND GO FLYING: EMPOWERMENT AND STRESS RELIEF WITH LUCID DREAMING & FLOATATION TANKS

A lucid dream can [feel](#) as real and vivid as real life. In a lucid dream, your [more literal right brain](#) takes a break, and you can experience yourself free from all your fears and inhibitions – giving you insights you can then take into your waking life. Plus, it can be a lot of fun playing in your own virtual reality dream world. Use lucid dreams to try out different realities, which can improve your creativity and problem-solving skills. And yes, you can give flying a go – test your powers! The emotional experience can be intense. But apart from the ‘bells and whistles’, you can access amazing wisdom. You can ask questions of your [‘dreamer/inner self’](#) or unconscious mind in your lucid dream, such as ‘How can I be happier in my life?’ – and your dream will show you. You can ask people in your dreams what they represent. Far out! Is lucid dreaming dangerous? If you are in a mentally stable state, no dangers have been found with lucid dreaming. But as fascinating as it is, you don’t want to get so into sleeping and lucid dreaming that you forget about your waking life – you know, goals and stuff. As well as being the ultimate chill-out aid and a rejuvenator deluxe, some participants find that [floatation tanks](#) are a happy, fast and easy aid to lucid dreaming – though it can take a few sessions to work. Nothing like floating around in a tank to let go of the stresses and over-stimulation that is so rife in our Facebook and Twitter world. You will feel like you’re floating in air – or maybe Jello, some say. Your brain will release stress-busting happy-feeling endorphins as your brainwaves slow from alpha to theta – a dream-like state. And apparently the effects can spill over into your dream life when you’re back at home – into an ability to have more control over your dreams and to enter a lucid dreaming state more regularly. You could, of course, also have lucid dreams while in the floatation tank. Floatation tanks pack a punch with health issues like depression, ulcers, and even cancer. Basically, one hour in a floatation tank is like four hours of sleep. Floatation tanks are safe as long as you are not under the influence of drugs or alcohol which can obviously increase the risk of drowning. The water is less than a foot deep and the salts keep your body afloat, so you can relax and enjoy.

CARLOS CASTENEDA, LUCID DREAMING TIPS AND HOW TO GET STARTED WITH FLOATATION TANKS

To read some lucid dreaming stories and get some lucid dreaming techniques under your belt, check out these books: '[Lucid Dreaming: Gateway to the Inner Self](#)', '[My Adventures in Lucid Dreaming](#)' and of course the classic, Carlos Casteneda's '[The Art of Dreaming](#)'. The Richard Linklater film '[Waking Life](#)' explores the concept of dreams and the cross-over of different states of consciousness in a pretty trippy way. If you want to increase your chances of having a lucid dream, it's suggested that you practice [mindfulness meditation](#) daily, [record all the dreams you can remember](#) (you'll start to remember more that way), and do [reality checks](#) to increase your awareness several times a day, such as looking at your hands or trying to read a clock face. This way, you are more likely to remember to do a reality check in your dreams, which will make you aware that you are dreaming: your hands won't look normal in a dream, and may be missing a finger or two, and it will be hard to read numbers on a clock face. Floatation tanks are found all over – to get floating, check out this [directory](#), and check out this [guide for first-time floaters](#).

THE DREAM WORLD, WILD DREAMING & MULTI-DIMENSIONAL BEING

You might ask, why would you want to have more lucid dreams – aside from the handy ability to escape from a nightmare? Wisdom teachers through the ages, like [Carlos Casteneda](#), taught that the dream (or 'astral') world is just as real, in its own way, as the world we walk and talk and surf through in our waking life. It is said that we are '[multi-dimensional beings](#)'. We grow our power and clarity when we can integrate wisdom and knowledge from *alldimensions* of our being, not just the logical waking-life dimension that often consists of staring at a screen. [Carlos Casteneda](#) reported his experiences with Mexican Yaqui Indian sorcerer don Juan Matus, where he learned to have control over his dreams and had all kinds of far-out adventures in the spiritual realm. In research on states of consciousness, floatation tank users have found that they experience spontaneous bright images which are like a vivid dream – although they are awake and conscious. The images can be scenes from long-ago memories, or random images. This is sometimes called a 'WILD' or [Waking-Induced Lucid Dream](#). Floatation tanks are well known to help with [meditation](#), as well as better sleep and radical [de-stressing](#). They are sound and light-proof, filled with skin-temperature water infused with medical

grade [Epsom salts](#) – which are great for detoxifying physically and emotionally, and top you up with magnesium which is stress-reducing.

Lucid dreaming was only recognized by science in the late 1970's, but the [recorded history of lucid dreaming](#) dates back thousands of years – and the practice of lucid dreaming probably goes back even further than that. The study of lucid dreaming was demonized and suppressed by the [Judeo-Christian culture](#) – and even today, lucid dreaming is sometimes associated with witchcraft and Satanism. In the 17th century lucid dreaming enjoyed a bit of a come-back – and some scholars even suggest that Descartes' scientific methods came out of his lucid dream discoveries. Carlos Casteneda's work in the 20th Century brought lucid dreaming to a wider audience and in the past ten years it's become a household term. Interestingly, the term 'lucid dream' is a Western concoction. In lots of other cultures both in the past and today, dreams are ordinarily respected as a key to wisdom, with no need for the concept of 'lucid dreaming'. [Dream research studies](#) show that people today are having more lucid dreams than ever before. For more on the recent history of lucid dreaming see here. Now for a bit of history of floatation tanks... Floatation tanks were once called sensory deprivation tanks. [Professor Dr John C Lilly](#), a neurophysiologist interested in investigating conscious activity in the brain, developed the first *floatation tank in 1950. He developed it to perfection in the 1970's, by adding elements such as salt water to enable easier floating. In the early 1980's floatation tanks started to be used in Health Spas and Hydro's, and have become a huge hit in recent years.*

WHY IS IT RIPE AND READY

Lucid dreaming is an empowering experience of trying out different realities and experiencing yourself in a whole new way. As well as helping you to lucid dream, floatation tanks are radically de-stressing and relaxing and give a re-boot to your whole system.

LINKS

- wholistichealingresearch.com/133hocking.html
- floatcenter.com
- samadhitank.com/firsttime.html
- world—of-lucid-dreaming.com
- dreaminglucid.com/fivetechiniques.html