

# Lucid Dream Induction 90 Minutes Trance - Subliminal + Delta Binaural Beats (sleep cycle)

Welcome to 90 minutes of binaural beats, subliminal hypnotherapy and ambient space sound to induce lucid dreaming. Full sleep cycle, REM, deep relaxation and good sleep. The best subliminal hypnosis meditation to induce lucid dreaming.

This session takes you from alpha waves (8hz) to delta waves (3 hz). Base frequencies used in this session:

741 hz (first 30 minutes)

211.44 hz (last 60 minutes)

Achieve big dreams by listening to subliminals on a constant basis visit <http://www.vortex-success.com>

3 hours Deep sleep \*subliminal\*Binaural\* - <https://www.youtube.com/watch?v=aXF89...>

This session will increase your chances to experience a lucid dream. If it doesn't happen after the first time you are listening to the Binaural beats and subconsciously absorbing the affirmations, give it time. It will happen sooner or later.

The subliminal affirmations of this session:

I am fully aware of when I am dreaming | I am in full control of my dreams | My subconscious is programmed to experience lucid dreaming | My dream awareness is growing stronger | Lucid dreaming comes easily to me | I feel great when I experience lucid dreaming | I become more and more of an expert in lucid dreaming | Whenever I want, I can wake from my dream | Listening to this session increases my chances of experiencing lucid dreams