

Using Switchwords to Elicit Lucid Dreams

By Kat Miller

What is a Lucid Dream?

A Lucid Dream is a dream in which the person is aware that he or she is dreaming while the dream is in progress. During Lucid Dreams, it is possible to exert conscious control over the dream characters and environment, as well as to perform otherwise physically impossible feats. Lucid Dreams are known to be extremely real and vivid (definition from wikipedia.org).

Why would you want to inspire Lucid Dreams?

Lucid Dreams are often very colorful, joyful, exciting, rememberable, and full of symbolism. One also often awakens from a Lucid Dream energized and ready for a joy-filled day.

Use Lucid Dreams to help solve life problems.

You are your most creative self when you are dreaming. Wouldn't it be great to tap into all that creative energy to solve problems and open up new avenues in your life? Some of our greatest ideas and creations are the results of dreams. Using Lucid Dreaming to help with your creative process and to help you remember the dreams may help you create the world you want.

Use Lucid Dreams to help heal yourself.

My daughter told me a while back that she had a dream where she was working on healing herself. She has learned the same healing techniques I use, and in her dream she was creating a new technique while working on herself. In her dream she was two people – herself separate and her healer. She also gave to me 4 additions to the new vial technique a friend and I are developing. These additions are things that she gave to herself in one of her Lucid Dreams.

A friend of mine has been using Lucid Dreams to bring more healing power to him as well. In his Lucid Dreams he brings his healing practitioner to him, who then helps him in his healing efforts. He says that since he has been doing this his health problems have really started to diminish.

I'm sure others have additional creative ways they use Lucid Dreaming, and it would be a lot of fun to hear from you how you plan to or are using Lucid Dreaming.

Using Switchwords to inspire Lucid Dreams:

There are two Switchpairs which have been helpful in inspiring Lucid Dreams. These Switchpairs when used nightly for a month have been showing success in inspiring Lucid Dreams. It is recommended that you use both Switchpairs, as they have different functions:

GO-CRYSTAL - gain control of situations and characters while dreaming

CRYSTAL-WAIT - make dreams more vivid, symbolic & memorable

Note to Emotional Freedom vial owners:

You can access both of these Switchpairs and run them through the EF vial with the Switchpairs file without having to remember them:

Say "Switchpairs – Lucid Dreaming", then run the vial and the vial will run both Switchpairs through energetic EFT 999, 000 times.

If you choose only to use one of the Switchpairs, you may find that you will not get fully into the Lucid Dream state. When the Lucid Dream Switchpairs were first introduced, someone who was using only CRYSTAL-WAIT alone told me that they were getting "half Lucid Dreams" with very vivid, symbolic and memorable dreams, but they had no control over what was going on in the dreams.

So, if you wish to try to inspire Lucid Dreams, check out these two Switchpairs, take them for a spin and see what happens.