



## GERRY'S GUIDED MEDITATIONS: LUCID DREAMING

A lucid dream is a dream during which the dreamer is aware that they are dreaming. During a lucid dream, the dreamer may gain control over the dream characters, narrative, and environment; however, this is not actually necessary for a dream to be described as a lucid dream.

A lucid dreamer is...

1. Aware they are dreaming
2. Capable of consciously attempting to control the narrative of the dream
3. Able to remember the dream in all its amazing detail
4. Often times you can choose to fly, or travel to anywhere in the universe, or meet anyone you want, or have any experience you choose without any physical limitations whatsoever
5. And, much more...

My guided meditation is the ONLY guide to meditation I have ever seen that actually works (for me). And, it works very well (for me).

That said, it may or may not work for you.

To use this guided meditation, you need to use headphones (comfortable earbuds, ideally) when you sleep. Listen to the guided meditation for at least 3-nights in a row.

That's it!

I was able to start having lucid dreams by the 3rd night.

The concept is that the audio file audibly asks the question: Am I awake? Or, am I dreaming? to your subconscious mind as you drift off to sleep and after you are deep asleep.

This question can drift through to the subconscious mind and trigger "awareness" on the subconscious layer of the mind... thereby placing you into a state of awareness while still remaining in the sleep state.

It is key that IF you bridge back over into consciousness, keep your eyes closed, try not to think too much and allow yourself to drift quickly back to sleep.

Don't wake up fully or you'll lose your lucid state.

Again, this is THE ONLY method for easily lucid dreaming that I know of. Most guides to lucid dreaming are quite weak and ineffective.

I hope this works for you as well as it has for me...

The benefit of lucid dreaming is multi-fold...

1. It reminds you that our imaginations are INSANELY powerful
2. It allows you to effortlessly be creative and inventive with amazing clarity and vivid visuals
3. It is just straight up COOL and something I hope you get to experience at least once in your life
4. It's mind-expanding
5. It's a reminder of how DEEP the subconscious mind actually goes

DOWNLOAD THE ATTACHED WAV/MP3 FILE(S) BELOW:

[STANDARD QUALITY \(MP3 – SMALLER FILE SIZE\)](#)

[HIGH QUALITY \(WAV – LARGER FILE\)](#)

Good luck!

Gerry Cramer  
Ultimate Freedom

P. S. Please report your successes in the comments section below this 60 Day Accelerator video along with any questions you may have in the Inner Circle Members Area!