

First, I want to say that I've been using this method for quite a while, and it's been showing some **AMAZING** results. I think it's the easiest approach and has shown the best, most consistent results, and I've been trying them ALL for the last 2 years or so. It is far easier to induce out of body experiences while in a lucid dreamstate, and this method works well whether you are inducing lucid dreams or out of body experiences. By using this method I have around a 60% chance of successfully inducing a lucid dream or an OBE whenever I make the time to use it.

So needless to say, I'm awestruck with the dramatic increase and attribute it to this technique which I'm going to pass along to anyone who hasn't heard of it. It's been mentioned a lot before and it is actually alluded to in the MILD technique by Stephen LaBerge and some people refer to it as the "napping" technique, but I think "napping" is too general a term for the process.

### **THE Sleep/Wake/Back to Bed METHOD**

- 1) **go to bed for 6 hours or so**
- 2) **then wake up**
- 3) **stay awake for an hour or so** (about 20-60 minutes)  
(or at least until you are "awake"  
and not sleepy-headed or foggy-minded  
...get out of bed and do something  
...you **HAVE TO** get out of bed!!!  
preferably record your dreams in your dream journal  
or do some reading about lucid dreaming.
- 4) **THEN go back to bed**  
using whatever technique you normally use to induce your LDs  
( i.e. MILD technique, affirmations, counting, trance induction, visualization,  
grounding your awareness, etc...)  
**Then it is lucid dreaming time!!!**

The timing can be adjusted to suit your purpose but it is advisable to get a lot of sleep (6 hours is perfect ) and then stay up until you are no longer groggy minded and sleepy-headed. Once you are awake, sometimes 20 minutes will be enough for me, and then I'll go back to bed with amazing results.

One key thing I've learned is to "**set the pattern**" by establishing a routine of doing this on a regular basis. I've been doing it off and on with good results, but once I buckled down and made it a priority the results were phenomenal. The **KEY** is to be consistent and get the routine engrained and absorbed into your subconscious. With time it seems to be getting easier and easier, and as a bonus effect of all this induced lucidity you can expect to have extra spontaneous lucid dreams during the night. It's like an added bonus plan.

It literally works like magic. The only thing you have to do is arrange your sleeping pattern so that you can use this **Sleep/Wake/Back to Bed method**.

Visit the BRAINWAVE MIND VOYAGES Website at: <http://go.to/mindvoyages>

Or visit BIRD'S LUCID DREAMING WEBSITE at: <http://how.to/luciddream>

Or **GET INVOLVED** at The dREaM Initiative at: <http://come.to/dreamresearch>