
Advanced Lucid Dreaming

The Power of Supplements

How to Induce High Level Lucid Dreams & Out of Body Experiences

Written By Thomas Yuschak
AdvancedLD, Ltd

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This book can be purchased at www.AdvancedLD.com
The Author can be contacted at:
tyuschak@AdvancedLD.com

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Thank you to my beautiful wife and to our amazing boys for helping to open my eyes, my mind, and my heart.

May this text help others go where I have been.

Disclaimer

This text summarizes how the author has used a variety of legal, non-prescription supplements to induce high level lucid dreams and out of body experiences. The author suggests that his approach may produce similar results in a wide variety of people of different background and culture. The author strongly recommends however, that any individual, who is interested in attempting an approach that utilizes supplements for the purposes of lucid dream enhancement and/or out of body experiences, consults a qualified physician before adding any supplement or any combination of supplements to his/her diet. The author and AdvancedLD, Ltd (from here on jointly referred to as AdvancedLD) also strongly recommends that any person who purchases or reads this book abide by the following:

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Table of Contents

Foreword	2
Introduction	6
Part 1: Theoretical Background	
Ch 1 - <i>Opening Remarks</i>	15
Ch 2 - <i>Review of the Sleep Cycle</i>	17
Ch 3 - <i>Review of the REM Rebound Effect</i>	20
Ch 4 - <i>Predominate Dream Theories</i>	22
Ch 5 - <i>Neurotransmitters and Dreaming</i>	28
Part 2: Individual Supplement Profiles	
Ch 6 - <i>Important Definitions</i>	47
Ch 7 - <i>Galantamine</i>	60
Ch 8 - <i>Choline Supplements</i>	66
Ch 9 - <i>Nicotine</i>	75
Ch 10 - <i>Piracetam</i>	81
Ch 11 - <i>Mucuna Pruriens</i>	88
Ch 12 - <i>Yohimbine</i>	94
Ch 13 - <i>5-HTP (5-hydroxytryptophan)</i>	100
Ch 14 - <i>Melatonin</i>	105
Part 3: Achieving High Level Lucid Dreams	
Ch 15 - <i>Are You Ready For This?</i>	111
Ch 16 - <i>Understanding the Strategy</i>	120
Ch 17 - <i>Primary Trigger Combination</i>	126
Ch 18 - <i>Counteracting Desensitization and Tolerance</i>	132
Ch 19 - <i>Multiple Trigger Combinations</i>	142
Ch 20 - <i>Supporting Supplements</i>	150

Part 4: Improving Your Odds

Ch 21 - <i>Daytime Practice</i>	156
Ch 22 - <i>Preparation and Transitioning</i>	160
Ch 23 - <i>Breaking Down the Wall</i>	172
Ch 24 - <i>Keeping an Up to Date Log</i>	176
Ch 25 - <i>Where Do I go From Here</i>	178
Reference	180
Index	186

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Foreword:

Conscious dreaming is a fascinating aspect of the human mind. Not until the late 1970's did there emerge a scientific proof that a person could recognize and be aware they were dreaming. Lucid dreaming has come a long way since then and we can thank Green, Tholey, Hearne, LaBerge, Woresly, Garfield, Blackmore and others for their essential contributions. By far the most valued contributions were made by LaBerge who has been active in this field for nearly 30 years.

Many techniques and innovations for lucid dreaming have emerged during this time, benefiting many a person wanting to explore their personal dream environment. Presently, the techniques available to prospective oneironauts (dream explorers) include: State-Testing, Intention, Reflection-Intention, Autosuggestion, MILD (Mnemonic Induction of Lucid Dreams), WBTB (Wake-Back-To-Bed), WILD (Wake Induced Lucid Dreams), CAT (Cycle Adjustment Technique) and others. These mental techniques involve training your mind to become more cognitively aware during dreaming, so you can become lucid. In addition to these entirely mental techniques, electronic techniques, in the form of dream masks, were invented. These included the DreamLight, NovaDreamer and DreamMaker. Electronic devices are intended to cue the dreamer during REM sleep (either optically or auditory), helping them to recognize they are dreaming and become lucid.

Fortunately, there is plenty of room for growth and expansion from new techniques and innovations. My own research into electronic means of helping induce lucid dreams led to the design of a lucid dream induction system (LDIS). This system was my attempt to improve upon the versatility and reliability of a dream mask based on modern electronics, imaging technology and software. After two working prototypes and some very encouraging test results, I can confidently state that a first-rate system is possible, one which can be produced affordably for the dreaming consumer.

So far I've mentioned two avenues available to the oneironaut, the mental and the electronic. Both of these approaches to learning lucid dreaming have found their place in the oneironauts toolbox. However, there is a third and exciting avenue that offers much potential for growth – this is the neurochemistry approach.

Neurochemistry is a branch of neuroscience that involves the study of the chemical processes in the brain. By studying these processes scientists are endeavoring to understand the underlying molecular bases for memory, emotions, cognition, behavior and diseases of the brain like Alzheimer's. Some of the molecules being studied are: Glutamate, Histamine, GABA (Gamma-Amino Butyric Acid), Acetylcholine, Serotonin, Dopamine, Norepinephrine and Nitric oxide. These neurochemicals, and others, are players in a fascinating electro-chemical drama that runs continuously in our brains from conception to death.

The same neurochemicals that play important roles in our waking state are also present in our sleeping state. Neuroscience has led to a clearer understanding of what's happening chemically in the brain during the sleep cycles. Chemicals, like Melatonin, change

during the course of a normal sleep period and help manage our circadian rhythms. Other chemicals are also present, in varying amounts, during REM sleep when lucid dreaming mainly occurs. Of these chemicals, the neurotransmitters are the most important, for they carry the electro-chemical signals throughout the brain's neural pathways.

Although there is no scientific study that links specific kinds and quantities of neurotransmitters to lucid dreaming, I surmise a relationship does exist. Many times would-be oneironauts will diligently practice a mental technique, like MILD, or combine it with a dream mask, only to experience discouraging results. Sometimes they try multiple techniques and still struggle. These techniques work superbly well for some and abysmally for others; the only difference may be the levels of certain neurotransmitters during REM sleep. If there were some way to safely boost certain of these neurotransmitters during REM sleep, the success rate may rise, turning frustration into joy.

The headline news is there exists a way to increase these neurotransmitters by ingesting certain dietary supplements. These supplements comprise a lucid dreaming technique which I term Lucid Dreaming Supplements (LDS). LDS are over-the-counter vitamins and supplements that aid in helping the brain attain a neurochemical state which is conducive to having a lucid dream.

Not surprisingly, LaBerge has also done some research into these neurotransmitters and identified a type of supplement that works remarkably well at boosting Acetylcholine (ACh) levels by inhibiting Acetylcholinesterase (an enzyme that breaks down Acetylcholine into choline and acetate). The presence of an AChEI

(Acetylcholinesterase Inhibitor) works by increasing the levels and activation of ACh. Cholinergic neurons are involved in the synthesis of ACh and believed to modulate our level of wakefulness. Taking supplements that effectively raise ACh levels affect the wakefulness of the dreaming brain and hence its ability to become more aware.

LaBerge was able to clinically show that ingesting certain AChEI's does improve the ability to become lucid. His study is just the tip of the iceberg in the LDS technique and underscores the fact that certain supplements favorably improve an oneironauts odds of becoming lucid. Many over-the-counter supplements are available that affect the various neurotransmitters; this makes the LDS technique fairly wide open to experimentation and refinement. I have personally taken some of these supplements and consequently enjoyed some long and memorable lucid dreams.

After corresponding with Thomas Yuschak on his approach to the LDS technique I am very pleased and impressed by his work. He has worked hard to identify specific supplements that, when taken at the right time and in healthy dosages, can open the doors to many oneironaut who need help. Either taken alone, or combined with the existing mental and electronic techniques, in a complementary manner, supplements can reward the oneironaut with a more powerful toolbox.

This book is an important first step in introducing to the oneironaut a new and exciting lucid dreaming technique: a technique that promises to make it easier to consciously dream, and explore an elusive aspect of our inner selves.

Scot L. Stride
Pasadena, California
October, 2006

Introduction:

Why I wrote this book: My main goal in writing this book is simply to share what I have learned through personal experience about the power of non-prescription supplements in achieving high level lucid dream experiences and/or out of body experiences. There is a quiet movement growing among lucid dreamers who have found that certain natural substances provide a catalyst to increased dream memory, vividness, and lucidity. Unfortunately, there is little information available to act as a guide for these individuals. This has led to much speculation, hearsay, and misguided approaches that have resulted in absolutely nothing spectacular. The few who have experienced positive results often find they fade with time and become infrequent at best.

Furthermore there are those who are putting their own health at risk because they do not fully understand or appreciate the correct approach and the important factors one must consider when utilizing a supplement approach to lucid dreaming. What is missing is a comprehensive guide that removes the guesswork altogether and sets people on the correct path of development. This book is my attempt at such a guide.

It is my sincere belief that lucid dreaming can have a dramatic and positive effect on the global society and culture as a whole, and can help to open our eyes to the potential we all hold inside of us. In order for that to happen however, advanced lucid dreaming must become available to the general public. Typical lucid dreamers struggle with lucid dream frequency, length, recall, vividness and control. The method presented in this book addresses all of these issues and opens the door for almost everyone to experience extremely high level lucid dreams.

At the time of this writing there is no other book available that provides a comprehensive method of using natural, and generally healthy non-prescription supplements as a means of producing extremely high quality and long duration lucid dream experiences. That sets this book apart from all others and will hopefully aid in waking up the general public to the wonders and powers of lucid dreaming.

What this book is and what this book is not:

This book is not a comprehensive list of supplements that have proven to have a positive impact on dreaming and/or lucid dreaming. There are many supplements available which have some effect on how and what we dream and it is not my goal to create a long and relatively useless list. Instead I focus on the supplements that have had the most profound effects on my own dream/lucid dream development and, more importantly, I provide a means of comparing all supplements by the mechanism they use rather than the names they are called. In this way I provide a method of comparing any other supplement that one feels might have the

potential to enhance lucid dreaming. Furthermore, I have included sections that discuss the effects of the supplements when taken individually as well as when taken in different combinations.

This book is not an overly technical treatise on the neuroscience of sleep or dreams. Although some basic concepts and definitions are included as a means of providing a better understanding of how supplements can function to increase the quality, frequency, and duration of lucid dreams, I have purposefully tried to keep the science talk to a minimum. It is my goal that the reader can fully understand and take advantage of the insights this book provides.

This book is not an authoritative reference on modern day dream theories; a fascinating topic, but one that is beyond the scope of this text. I will briefly summarize the two major schools of thought however, because they both play a major role in determining which supplements might work best.

This book is not a one size fits all book. What has proven to work excellently for me may not be right for you. Even though I will share my detailed supplement schedule, including exact doses and consumption times, you should consider this as a point of reference only. You will find that in general, I have placed a very high regard for my own personal health and happiness. I expect you to do the same. Blindly following a schedule may cause you harm in the long run, so I have tried to include the knowledge you need to optimize your own supplement program as well as experience first hand the effects of each of the supplements described.

Finally, this book is not a basic lucid dreaming book. I have written it primarily for experienced lucid dreamers who want to take

their explorations to a higher level. If you have not yet experienced a lucid dream then I strongly encourage you to put this book down and go buy one of the excellent books aimed at getting you started in this wonderful field. After you have “gone in” and seen for yourself what a lucid dream really is, then come back to this book and take advantage of the methods contained herein. Lucid dreaming is a skill you must develop with practice and moving at the correct speed will get you much further in the long run.

So what IS this book?

This book is my experience and my method of how I have successfully been able to generate high level, long duration lucid dreams on regular basis using a specific combination of legal, over the counter, and generally healthy dietary supplements. This book not only gives the final recipes that work for me personally but also details the means I used to determine these recipes so that anyone can intelligently develop the right combinations for themselves.

Lucid Dreams vs Out of Body Experiences

There is considerable debate about the relationship between lucid dreams and out of body experiences. Some people believe that an out of body experience is a special type of lucid dream. I am one of those people. Two types of lucid dreams are often talked about among enthusiasts: DILDs and WILDs. A DILD (Dream Induced Lucid Dream) is the more prevalent type of lucid dream in which a person is asleep and dreaming when they notice something odd and suddenly realize they are in the midst of a dream. DILDs start as regular non-lucid dreams. A WILD (Wake Induced Lucid Dream) is

characterized by moving directly from the awake state into the dream state with no loss of consciousness. One moment you are conscious in your physical body and the next moment you are conscious in your dream body. During the transition from the physical to the dream you can undergo some intense sensations such as a feeling of floating, strong vibrations, and/or rapid accelerations. These are the same sensations that are often referred to in most OBE accounts. Furthermore, when the transition from one body to the other is complete, there is about an 85% chance that you will find yourself standing in your bedroom. At this point you can walk around the house at your leisure. At some point the surroundings transition into a different locale either spontaneously or by conscious effort. This type of WILD is an OBE by all classical definitions and the methods described in this book result in WILDs about 90% of the time. To simplify the writing, I will refer to either lucid dream or WILD with the understanding that the experience is synonymous with OBEs.

What is a high level lucid dream?

The definition of lucid dreaming is, in my opinion, overly simplistic. According to Stephen LaBerge, a popular author and experimenter on the subject, lucid dreaming is defined as "dreaming while knowing that you are dreaming." Those experienced in lucid dreaming understand however, that the quality of the experience can vary greatly from dreamer to dreamer as well as from dream to dream. In the 10 or so years I have been practicing lucid dreaming I continually ranked my experiences by a number of criteria including: duration of the dream, sensory vividness, ability to recall the experience, and the ability to control my reasoning, emotions, and will; all while staying

actively involved within the dream. Another important criterion in advanced lucid dreaming is the frequency in which you can enter the lucid state. Here is a comparison of high level lucid dreaming to average lucid dreaming:

Criteria	Average LD	High level LD
Duration	5-10 minutes	Longer than 30 minutes
Frequency	Less than two nights per week	Two or more nights per week
Sensory Vividness	All senses functioning	All senses functioning at a heightened level
Dream Recall	Moderate - May forget details or have fuzzy memory	Excellent – memory is as good as waking events.
Control of Reason	Moderate - May remember some details of physical life while dreaming such as your name but may not remember what your goals for the dream are.	Excellent - Able to recall many details of the physical life while dreaming and are able to stay focused on dream goals.
Control of Emotion	Moderate - may get caught in a feeling of fear if events turn negative.	Excellent - Able to totally let go of fear because of absolute knowledge of the dream state.
Control of Will	Moderate - may be able to fly but may not be able walk through walls or alter the dreamscape around you.	Excellent - Nothing can stop you from what you want to accomplish. Advanced flying possible. Ability to alter the dream to meet your goals.

Using the supplement approach outlined in this book I have 2 to 3 nights per week of high level lucid dreaming. The dreams generally last in excess of an hour and can occasionally last as long as two and half hours. My senses function as well as they do in waking life and my dreams generally include the use of all my senses. I continually show high levels of control that include easy access to my memories from my physical life, total lack of fear even in the most adverse situations, the ability to successfully carry out my dream experiments, and the ability to easily manipulate my dreamscape. This isn't bragging, it's the power that the right combination of supplements can have on lucid dreaming. Furthermore, once one can repeatedly experience high level lucid

dreams, they can focus on unlocking the secrets that our contained within.

Although many readers will undoubtedly be drawn to the sections of this book that cover the “best of the best” of the available dream enhancing supplements or the sections that detail my personal and exact method of achieving frequent and consistent, long duration lucid dreams, I recommend reading this book from start to finish. This book has a wealth of information so you may want to revisit the first few chapters after you have finished the complete book. This approach will give you a deeper understanding of the topic and better prepare you to optimize your own personal supplement schedule.

If you are new to lucid dreaming I strongly encourage you to read some of the other wonderful books that describe the basic techniques. My favorites are:

The Lucid Dreamer

A Waking Guide for the Traveler Between Worlds

By Malcolm Godwin (1994)

&

Exploring the World of Lucid Dreaming

By Stephen LaBerge and Howard Rheingold (1990)

I have also included a reference section at the end of this book which contains some very useful links and articles. I encourage you to read as much as possible.

One Final Note

The supplements outlined in this book, enhance lucid dreaming by affecting the levels of specific neurotransmitters in the brain during sleep. These supplements are not hallucinogens and they are not controlled substances. They are available as over the counter dietary supplements and do not induce any type of drug like intoxication if taken while awake. With the exception of Nicotine, they are not addictive and are generally considered to be a healthy addition to your diet. One group is known to increase memory, another group is known to increase focus and attention, a third group is known to increase motivation and creativity, and the last group is known to reduce stress, improve mood and increase quality of sleep.

There are quite a few supplements described in this book. Everyone has a different comfort level when it comes to taking supplements and it is important to understand that it is not necessary to try every combination described here. Start with one or two of the main trigger combinations and build from there.

Part 1:

Theoretical Background

1

Opening Remarks

This section of the book summarizes some important concepts that have been developed in the field of neuroscience. Neuroscience is a field that is overflowing with its own terminology and it is important not to confuse or undermine the topic at hand by including unnecessary definitions or highly technical discussions. That being said, there are some concepts and insights that are absolutely essential to the understanding of how natural supplements can be used to enhance lucid dreaming. Therefore I have tried to keep this section as simple and straight forward as possible yet still include a basic understanding of the topic.

I should also note that I have mixed feelings about the field of neuroscience. On one hand it can not be ignored that the field is expanding our understanding and knowledge about how our brains process data and influence our thoughts and emotions. On the other hand however, it is impossible to hold in high regard a field that is built upon a foundation of destructive experimentation on other living animals. This inefficient and barbaric approach highlights our own ignorance and lack of real understanding as well as fully demonstrates the great strides needed in our own evolution.

Before introducing some of the important terms and concepts associated with the neuroscience of sleep and dreams, we need to briefly review the basic sleep cycle, the REM rebound effect, and the two predominate theories concerning how our brains dream.

A quick review of these topics will help clarify the relevance of the terms and concepts presented.

2

Review of the Sleep Cycle

Our sleep generally moves in cycles, first moving from wakefulness down into a deep, regenerative sleep, then coming back up toward wakefulness, then back down again and so on. Sleepers generally move through four to six of these cycles per night, with each cycle lasting between 70 and 110 minutes.

Each sleep cycle is divided into two distinct phases: non-REM sleep and REM sleep. Furthermore the non-REM sleep phase is subdivided into four stages that transition us from wakefulness (or REM) into deep sleep and then back up again. The cycles merge and transition from one to another in the smooth continuum we call sleep.

During the deepening stages of non-REM sleep the body becomes increasingly relaxed with brainwaves becoming slow and regular and with blood pressure, temperature and muscle tone all decreasing. REM sleep, on the other hand, is characterized by an increase in heart and respiratory rate, rapid and irregular eye movements, increased blood pressure, as well as paralyzed muscles from the chin down.

The first cycles of the night tend to have shorter REM periods and longer periods of deep sleep. This trend reverses as the night goes on. The later cycles have longer REM periods and shorter deep sleep periods.

By morning, most sleepers spend almost all of their time in stages 1, 2 and REM sleep with very little or no deep sleep (stages 3 and 4). Infants are unique in that they spend approximately 50 percent of their sleep time in REM sleep.

The National Institute of Neurological Disorders and Stroke provides this description of the five sleep stages.

Stage 1 (Drowsiness) – We drift in and out of sleep for about 5 to 10 minutes and can be awakened easily. Our eyes move very slowly and muscle activity slows.

Stage 2 (Light Sleep) – Our eye movements stop and our brain waves (fluctuations of electrical activity that can be measured by electrodes) become slower, with occasional bursts of rapid waves called sleep spindles. Our heart rate slows and body temperature decreases.

Stages 3 and 4 (Deep Sleep) – Slow brain waves called delta waves begin to appear, interspersed with smaller, faster waves. By Stage 4 the brain produces delta waves almost exclusively. It is very difficult to wake someone during stages 3 and 4, which together are called deep sleep. There is no eye movement or muscle activity. People awakened during deep sleep do not adjust immediately and often feel groggy and disoriented for several minutes after they wake up.

REM Sleep – During REM sleep, our breathing becomes more rapid, irregular, and shallow, our eyes jerk rapidly in various directions, and our limb muscles become temporarily paralyzed. Our heart rate increases, our blood pressure rises, and males develop penile

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