

Out Of Body Experiences (OOBE) Astral Projection and Lucid Dreaming

Binaural beats can be used to induce certain brain wave frequencies, including those active in various "mind awake-body asleep" states. Binaural beats to induce the "body asleep" theta brain wave frequencies of dreaming REM sleep have been observed to be effective in triggering Out of Body Experiences and Lucid Dreams, and also the introduction of "mind awake" beta frequencies layered with Theta is also useful.

To make the use of binaural beats to achieve OOBEs and/or Lucid Dreams even more effective, you can try mild "sensory deprivation". Lay down in a very, very dark room, no digital clocks or LED lights, with no outside sounds or strong smells. Make yourself very, very comfortable, supported yet soft, with no pressure points. Not too warm, and not too cold. This will cause a sense disorientation by removing space and time references.

Just relax, let your thoughts go, let your muscles go, one by one, let yourself melt into your bed, allowing your body to fall asleep, and let the binaural beat program help you to achieve the "mind awake" state. It might not happen on the first try, or the second, and it might not happen everytime. As with any skill, this will take some practice. Pay attention to what works for you, and visit our websites for Binaural Beat programs to help you achieve your "lucid dreams"!

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[Subliminal Self Hypnosis.com](http://SubliminalSelfHypnosis.com)

[Chakra Healing Sounds.com](http://ChakraHealingSounds.com)