

New Website Unmasks the World of Lucid Dreaming

Individuals who have long harbored a curiosity about lucid dreaming can now access all the information they need, following the launch of the new website.

NOIDA, UTTAR PRADESH, INDIA, July 20, 2015 /EINPresswire.com/ -- Lucid dreams are the type of dreams where there is an awareness that one is dreaming. This type of dreaming has been recognised and practiced in the Buddhist culture for centuries, but ever since Dr. Keith Hearne proved it in his PhD Research in 1978, the interest among westerners has been growing rapidly.



[Lucid Dreaming Demystified](#) features a

plethora of articles on lucid dreaming including: [How to Lucid Dream](#), the [Benefits of Lucid Dreaming](#) and stories testifying of the dynamic power of this activity. Lucid dreaming may be of significant interest for persons who want to overcome their phobias, boost their creativity, deal with grief as well as those suffering from post traumatic stress disorder.

But despite the dynamic benefits and the success stories, the world of lucid dreaming should not be ventured into lightly. In fact, the website provides an informative article about the dangers of lucid dreaming which should be read even before one attempts the 'how to' article featured on the website.

Lucid Dreaming Demystified also highlights resources for further reading for individuals who want to delve deeper in the world of lucid dreaming. And for those who want to enhance their experience, the website also underscores the effectiveness of lucid dreaming masks which have been shown to increase the chances of recalling a dream.

Blogger and founder of the website, Arindam Banerjee said: "I've noticed the trends based on Google searches of how much people want to know about lucid dreaming and since I regularly practice lucid dreaming and have experienced the wonderful benefits, I decided to create a platform loaded with resources where people can learn all they can about this wonderful phenomenon."

For further information, visit: <http://howtoluciddreaminstantly.com>

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