

150: Unlock Mysteries with Lucid Dreaming

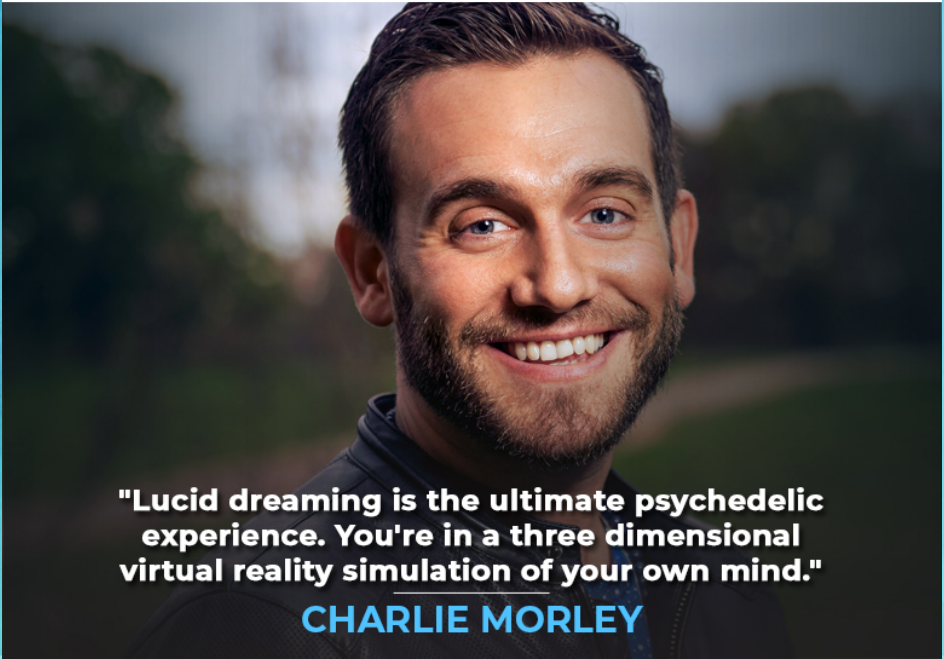
10 Point Checklist

Charlie Morley

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**

A portrait of Charlie Morley, a man with a beard and short hair, smiling warmly at the camera. He is wearing a dark jacket. The background is a soft-focus outdoor setting with trees and a bright sky.

"Lucid dreaming is the ultimate psychedelic experience. You're in a three dimensional virtual reality simulation of your own mind."

CHARLIE MORLEY

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Research and gain interest in lucid dreaming to have more clarity on the meaning of my dreams.
- Don't wake myself up from nightmares. Instead, go through the dream and find out what these nightmares are trying to tell me.
- Pay attention to what my subconscious is trying to tell me. Oftentimes, these neurolinguistic messages contain answers to my present life.
- Accept and embrace my shadows and realize that they aren't necessarily dark or evil. They can also be bright parts of myself.
- Don't be ashamed to hide my own light or intelligence.
- Move to the places that scare me when I am in a lucid dream. When I embrace my fears, I get to deal with trauma, stress and struggle.
- Write my dreams in a dream journal to help me analyze significant sequences of my subconscious mind.
- Utilize other forms or processes that tap into my subconscious mind. It can be through ecstatic dance, psychedelics, or meditation.
- Train my mind and body to be in a constantly enlightened state. Just as athletes train regularly to stay in shape, my mind needs to train as well.
- Grab a copy of Charlie Morley's book, [Dreaming through Darkness](#).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/unlock-mysteries-with-lucid-dreaming-charlie-morley/>