

Lost Lucid Dreaming Ability

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I used to be a very active lucid dreamer until I lost the ability through my abuse of a lucid dream. To make a long story very short I started lucid dreaming in my early teens. I had reoccurring nightmares since my childhood and by my early teens I had learned to wake myself. I soon then learned I didn't have to wake myself but rather could alter my dream so as to have a pleasant outcome.

With practice I soon became totally aware I was dreaming and yet conscious. I exercised this control carefully at first since I found if I "pushed" the dream I would awaken. With practice however I learned to "push" the dream further and further without waking up.

One night during a lucid dream I decided to jump off a building and allow myself hit the ground to see what it would feel like full well realizing it was a lucid dream. I thought I could not hurt myself – not true.

Upon my face down impact I experienced shock and pain that cannot be expressed. I awoke shaking, sweating, heart pounding and in extreme pain. My muscles were sore to the bone for days. Naturally, since that time I have not had a lucid dream.

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