

Unlock Mysteries with Lucid Dreaming

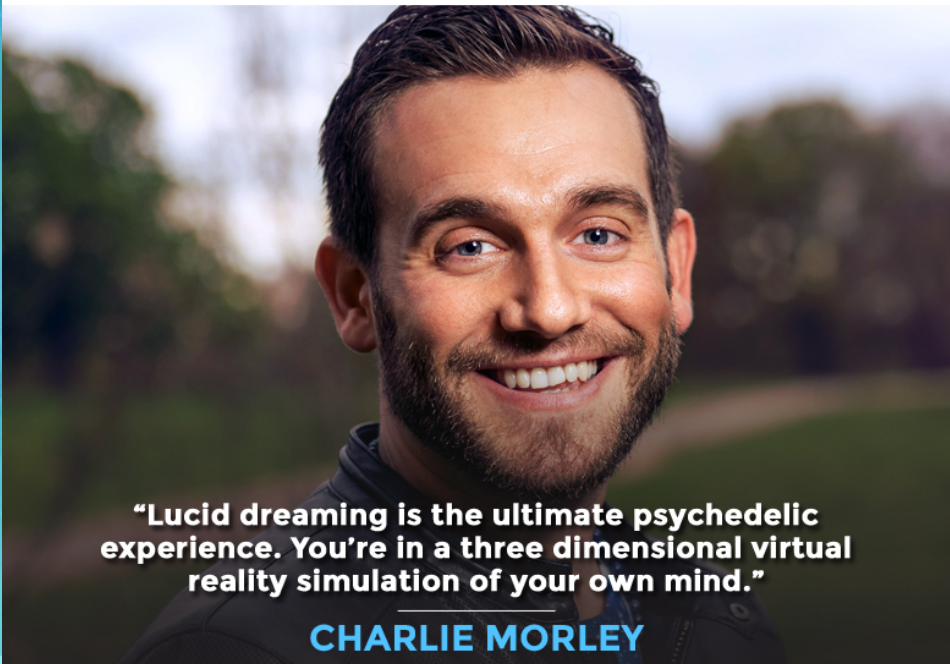
10 Point Checklist

Charlie Morley

Want to gain as much knowledge as possible out of The Optimized Geek? 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.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



“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 neuro linguistic 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*.