



## Dreams and Nightmares

### Task: Techniques and Benefits of Lucid Dreaming

#### Activity 1: Listening

Welcome to a practice listening task for the GESE 9.

You are going to hear a talk about the techniques and benefits of lucid dreaming. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me generally what the speaker is talking about. Are you ready?

#### Audio Script

No sooner do people begin exploring lucid dreaming techniques than they realize its potential benefits. While some argue that the benefits are disputed, many have reported improved self-awareness, creativity, and problem-solving abilities as a result of controlling their dreams. Additionally, those who suffer from sleep deprivation may benefit from lucid dreaming as it can lead to more restful and rejuvenating sleep. By mastering the techniques, individuals will have been dreaming in a way that allows them to gain greater control and insight into their subconscious mind.

Lucid dreaming is a technique that allows individuals to become aware that they are dreaming and take control of their dreams. Reality testing is one of the most effective methods for inducing lucid dreams. On top of that, keeping a dream journal can help individuals recognize recurring patterns and themes in their dreams, which could have been used to identify signs of dreaming. Mnemonic induction of lucid dreams (MILD) is another technique that involves setting an intention to become lucid while falling asleep. Wake-back-to-bed, known as WBTB, is also an effective technique that involves waking up a few hours before your usual wake-up time. That is to say that you stay awake for a short period, and then go back to sleep while focusing on the intention to become lucid. Using external cues, such as alarms or lights, can also serve as reminders to question reality and become lucid. Dream interpretation and to avoid going through actions that interfere with sleep can further enhance the ability to have lucid dreams. Hence, only when individuals master these techniques do they fully reap the benefits of lucid dreaming, namely increased self-awareness, improved problem-solving skills, and enhanced creativity.

Lucid dreaming has a number of benefits, which have been seen as tools for personal growth and development. Whereas regular dreaming is often viewed as a passive experience, lucid dreaming allows individuals to actively seek to control and manipulate their dreams to their benefit. What is more, keeping a dream journal can help individuals identify patterns and recurring themes in their dreams, allowing them to seek to address underlying issues in their waking lives. In other words, lucid dreaming provides a unique opportunity for self-reflection and personal growth. For instance, individuals can practice and improve their physical and mental skills in the dream world by simulating real-life scenarios. Additionally, the ability to face and confront recurring nightmares can lead to a reduction in anxiety and fear. Nevertheless, the most significant benefit of lucid dreaming is the increased sense of



control and empowerment that comes with being able to shape and direct one's own dream world. This can lead to improved confidence and self-esteem in waking life, as individuals seek to apply the lessons they have learned in their dreams to their everyday lives.

In a nutshell, **lucid dreaming** is a disputed but promising technique that can potentially alleviate sleep deprivation and enhance creativity, problem-solving abilities, and self-awareness. Those who have encountered **lucid dreaming** may feel a sense of **hope** and empowerment in controlling their dreams. **Either one can keep on dreaming without any control or seek to improve the quality of their dreams through lucid dreaming.** **Little did some people know** that this technique exists, but now it can open up new possibilities for personal growth and exploration. With the numerous benefits it offers, those who have experienced lucid dreaming **must have encountered** a whole new world of limitless possibilities within their dreams.

Can you tell me in one or two sentences what the speaker was talking about?

Now listen to the talk again. This time make some notes as you listen, if you want to. Then I'll ask you to tell me about **the techniques and benefits of lucid dreaming.**

Now tell me about **the techniques and benefits of lucid dreaming.** You have one minute to talk.

This is the end of the listening task.

**Answers:**

|                               |   |
|-------------------------------|---|
| Techniques of lucid dreaming: | <ul style="list-style-type: none"><li>● Reality testing, which involves regularly checking if you are in a dream or reality by questioning your surroundings and the physical laws of your environment.</li><li>● Keeping a dream journal, which involves writing down your dreams as soon as you wake up, to help you recognize recurring patterns and themes.</li><li>● Mnemonic induction of lucid dreams (MILD), which involves setting an intention to remember that you are dreaming, repeating affirmations and visualizing yourself becoming lucid while falling asleep.</li><li>● Wake-back-to-bed (WBTB), which involves waking up a few hours before your usual wake-up time, staying awake for a short period, and then going back to sleep while focusing on the intention to become lucid.</li><li>● Using external cues, such as alarms or lights, to remind yourself to question your reality and become lucid.</li></ul> |
|-------------------------------|---|

Benefits of lucid dreaming:

- Improved self-awareness and introspection through exploring the subconscious mind.
- Enhanced creativity and problem-solving abilities through the ability to control and manipulate dream scenarios.
- Reduced anxiety and fear through facing and confronting recurring nightmares.
- Opportunities for practicing and improving physical and mental skills through the simulation of real-life scenarios in dreams.
- Increased sense of control and empowerment in one's dream world, leading to improved confidence and self-esteem in waking life.

Marks: +\_ / +10



### Grammar Used in the listening task:

- Verbs with infinitive or Gerunds
- Passives with Modal Verbs
- should / must / might / could + perfect infinitive
- wish / hope / if only
- either....or (else)..... / neither.....nor.....
- hence / whereas / what is more / On top of that
- namely / in other words / for instance / that is to say
- Inversion:
  - Little did I know / realize / think (Little did I know that I would end up moving here.)
  - Only by....will you.... (Only by working hard will you pass your exam.)
  - Only when....did I.... (Only when he explained it did I understand it.)
  - No sooner.....than.... (No sooner had we left than it started raining.)