

Following the Light

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In lucid dreams, we often notice "light" appearing spontaneously. Without any conscious intention on our part, "light" appears and acts to express some mysterious purpose or communication in its form-lessness. Where have you seen the "light" in your lucid dreams?

In this issue's DreamSpeak interview with Ian Wilson, he mentions falling asleep, projecting from his body and then "light" appearing as he sought to heal himself from a miserable flu. Ian writes, "Almost as if instinctive, I sat down on the floor in a meditative position, and strong waves of white light with blue/green hues poured from my hands and flowed from my hands like a fountain and bent towards my [sleeping] physical body forming a balloon of light around it. My whole focus was to heal my body." He wakes, and then feels a profound reversal of the misery, as all his symptoms follow a successive process of disappearing, leaving him completely well and healthy.

While unexpected by Ian, the healing "light" also appears in many of the cases of lucid dream physical healing. Ed Kellogg has reported healing light, shooting or spraying from his fingers or hands, while intending to heal himself or another person. Others have reported healing light in lucid dreams coming towards them from exterior sources, e.g., geometric figures, other beings, etc. While one can debate whether the "light" carries the healing energy or simply symbolically expresses it, its unexpected presence often surprises the lucid dreamer.

Though the "light" occurs in some lucid dream healings, it also appears in many other instances. In my book, *Lucid Dreaming: Gateway to the Inner Self*, I write of meditating in a lucid dream (p. 149), noting that as I do so, "Suddenly in the sky, I notice brilliant streaks of white light all over – almost like intense white shooting stars in the daylight with lingering streaks of brilliant white." Visually, it seems like my meditating (or stilling the mind) causes the dream scene fabric to tear, and brilliant white begins seeping through the rips. When lucid dreamers withdraw their energy from the mental projection of the dream by meditating, does the projection begin to shred and let the formless emptiness of light emerge from the dream matrix?

In another case, a complex situation may have prompted seeing things in a new "light." Co-editor, Lucy Gillis, lucidly told a group of dream friends, "This is a dream!" One friend disagreed with Lucy's assessment and demanded, "You mean to tell me we're all dreaming?" When Lucy replies, "No, I am. You are characters created by my mind," a bright white light in a narrow horizontal band with black edges flashes in her eyes and on her hands. Simultaneously, her friend bends Lucy's fingers backwards painfully, as Lucy wonders how she can feel pain while lucidly creating the dream. One wonders if the "bright white light" coincides with a new insight about the nature of dream figures.

I recall when I lucidly met a dream figure who told me, "I am a discarded aspect of yourself." I decide to accept it completely, whereupon the dream figure evaporates into a wisp of light that enters my chest. Another lucid dreamer told me of confronting a nightmarish figure, asking its purpose and then accepting it on an emotional level, when it too suddenly became a wisp of

light that entered the lucid dreamer's body. I have heard others repeat similar stories in which the mental projection of the dream figure becomes emotionally accepted by the lucid dreamer and then becomes "light" that re-integrates with the lucid dreamer.

If we understood the true nature of this "light," then we would have a better understanding of the nature of dream figures – what they mean, how they come to be created, how they relate to us. Similarly, we might devise new ways of mentally healing the body, mind and spirit.

By noting the occurrence of "light" in lucid dreams, we may begin to see connections with the oft reported light in near death experiences (NDEs). Moreover, similarities may appear with "light" in meditative states and mystical practices, such that lucid dreaming could assist in showing the interlaced aspects of consciousness.

Decades ago on a sleep deprived trans-continental flight, I fell into a deep sleep and dreamt of a simple but pure woman who appeared and announced, "I am the true light that lights men's hearts!" Through lucid dreaming, each of us has a path to search for that "true light" and discover what lights the hearts of all.

Where have you seen the "light" in your lucid dreams?

Sources:

"Lucid Dream Healing Experiences: Firsthand Accounts," Presented at the ASD Conference in Santa Cruz July 6-10, 1999 by E. W. Kellogg III, Ph.D. ©1998

Robert Waggoner, Lucid Dreaming: Gateway to the Inner Self, (Moment Point Press: 2009)