

LDE Lucid Dreaming Challenge

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(This feature presents cutting-edge lucid dreaming tasks to **LDE** readers. Participants agree to accept personal responsibility for any risks should they choose to undertake challenges, which may possibly bring about mental, emotional, and even physical changes. We invite those of you who try these tasks to send your dream reports to **LDE**. And if you would like to submit an unusual lucid dreaming challenge of your own for consideration in a future issue of **LDE**, please contact Ed Kellogg at alef1@msn.com.)

Design Your Own Challenges

(. . . and then send the best to **LDE!**)

*"Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime." **Anonymous***

When **LDE** first offered this feature, we invited readers to contribute by sending in their own cutting-edge lucid dreaming tasks. As the designated host I'd expected to provide many of the challenges, but I did not plan on doing all of them, or on doing so indefinitely.

Now over two years later, we once again strongly invite readers to submit their own unusual challenges for this **LDE** feature. Although I will continue to serve as host, and will occasionally submit new challenges now and then, we hope that readers will take advantage of this unique opportunity to submit their lucid dream challenges to the greater **LDE** community. Also, unless other lucid dreamers do come forward and send in their own challenges to take up the slack, this feature will not appear regularly in future issues.

In order to facilitate this process, I've put together a "challenge primer" with a few guidelines that I hope will make it easier for readers to create their own challenges, both for themselves, and for a wider audience. To keep things interesting, I suggest that you begin by making up a list of at least ten personally compelling lucid dreaming tasks. As you accomplish tasks from this list, add new ones.

Each night before you go to sleep choose the task from your list that most appeals to you, and see what happens. Just reading this list before going to

sleep increases the chance of having lucid dreams for many people, as it provides a strong motivating factor to become lucid. If you find a task particularly fulfilling or enjoyable you can always do it again. And if you can't think of anything interesting to do - in a reality where magic works and miracles seem commonplace - I'd say think again!

Step 1: Create an emotionally compelling challenge that grabs you. Find a task that makes "your heart sing" with excitement whenever you imagine yourself accomplishing it! In lucid dreams you have a marvelous opportunity to experience the magical and the miraculous. The potentials seem awesome and enormous, virtually infinite, but even fully lucid dreamers often forget this, and automatically limit themselves to a few favorite activities, such as dream sex or flying. Take some time and do some creative, "out of the box" thinking. If given the opportunity to do anything, to go anywhere, to meet anyone, in a universe where magic works and where "impossible" simply describes a limited state of mind, what would you really like to do?

Step 2: Design a challenge within your capabilities - or within the capabilities of those in a specific group (like the **LDE** readership) who may later attempt it. In groups with members whose capabilities vary widely, offer alternative versions for beginning to advanced lucid dreamers.

Simple Challenges: One step tasks that lucid dreamers can complete in a short period of time - say less than a minute or so, that do not require any "props."

Example: *Observing the Dream Hand (the Castaneda classic):* When you next become lucid in a dream, hold up your dream hand and look at it carefully. After waking up, write down in detail what you experienced - the shape of the dream hand, how it moved, how it felt. Include drawings. How does your dream hand compare with its waking physical reality counterpart?

Intermediate Challenges: More complicated tasks that require multiple actions on the dreamer's part, or that require several minutes of sustained lucidity to successfully complete.

Example: *The Dream Mirror (basic):* When you next become lucid in a dream, look for a dream mirror (or any other reflective surface, like a pool of water, or a polished metal surface). Move in front of the mirror and look carefully at the "reflection" of your dream face or dream body. Does it move when you move? What happens when you walk away from the mirror, and then return to it? Does the image in the mirror look the same or different? After waking up, write down in detail what you experienced in the mirror - its appearance, stability, how the images movements matched your own. Include drawings.

How does your "reflected" dream face or dream body compare with its waking physical reality counterpart?

Advanced Challenges: Complicated tasks that require multiple actions from the dreamer and/or full lucidity with a detailed memory of the dream task. Such tasks may require ten minutes or more of continuous full lucidity to complete.

Example: *Using a Dream Mirror for Health Information:* When you next become lucid in a dream, look for a dream mirror (or any other reflective surface, like a pool of water, or a polished metal surface) big enough to "reflect" your whole dream body. Center yourself, and chant "*Mirror, mirror that I see / Show my state of health to me!*" three times with mindful intent. Does the image in the mirror look the same after chanting or different? Repeat the chant if necessary. Memorize the details of what your "reflected" dream body looks like in general, as well as details in specific areas that look different than normal (in physical reality), or that changed their appearance after you chanted. After waking up, write down the details of what you experienced - its appearance, stability, how its movements matched your own. How did the dream face/dream body compare with your waking physical reality counterpart? Record your experiences and/or the information that you get in your dream journal in as much detail as possible - including colored drawings.

Important Note: The terms "simple", "intermediate" and "advanced" as used here indicate levels of technical difficulty only, and do not reflect either the value of an exercise, or the potential profundity of its effects.

Step 3: Describe the steps necessary to perform a challenge concretely and specifically, using operational instructions complete enough for an A to Z, step by step, visualization, or if possible, for physical reality rehearsals. Aside from describing the lucid dreaming task as such, describe how the dreamer can accomplish that task. "Insert Tab A into Slot B, then . . ." <g> Even fully lucid dreamers may not succeed in completing a complicated task if they have not predetermined methods for accomplishing it beforehand. For example, for someone on a diet, this lucid dream task has a certain appeal: "*Conjure up a dream feast of your favorite foods, and enjoy stuffing yourself - while remaining unconcerned with fat content or calories.*" But unless lucid dreamers providentially find themselves in a gourmet dream restaurant, they'll need practical instructions on how to "*conjure up a dream feast*".

Step 4 (Optional): "Beta-testing". Before presenting a challenge to others, or submitting one to the **LDE**, first try the challenge out for yourself. If at first you don't succeed, use your experience to fine-tune the instructions, simplifying or expanding, until you have designed a challenge that you can

complete. If you have friends with lucid dreaming skills, share your challenge with them and ask for feedback.

If you come up with unusual lucid dreaming challenges you would like us to consider for a future issue of **LDE**, please contact Ed Kellogg at alef1@msn.com. And of course, as always, we look forward to hearing about your experiences with any of the **LDE Lucid Dreaming Challenges** already published!