

# LDE Quarterly Lucid Dreaming Challenge

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(This feature provides an unusual lucid dreaming task for LDE readers with each new issue. Participants agree to accept personal responsibility and all risks should they choose to undertake these tasks, which may possibly bring about mental, emotional, and even physical changes. We invite those of you who attempt these tasks to send your dream reports to LDE.)

## CONTACTING AN ANGEL, ALLY, OR GUIDE

**Before performing this task:** incubate dreams for guidance on how to accomplish this week's task – what to ask about, which medium to use, etc. Record your experiences and / or the answers that you get in your dream journal in as much detail as possible - use illustrations to depict your experiences if appropriate. Use this information to better focus on the task for this week. Use whatever techniques work best for you to incubate lucid dreams, or dreams on specific topics that interest you. Keep a record of how well different procedures work.

**The task:** When you next gain full lucidity in a dream, either call to you, or try to find, any one of the following: **1.** Your Guardian Angel; **2.** The angel Rafael (meaning "Healer of God), pronounced Rah fah **ELL**. ; or **3.** Any other angel, ally, guide, saint, bodhisattva, god or goddess, of your choice.

Chant the name of the chosen entity clearly, while staying centered and focusing your intent in a respectful way similar to prayer. Repeat if necessary. Decide on a pronunciation beforehand, and practice chanting it in the waking state. In the experience of the author, some pronunciations work better than others, so choose your pronunciation with care. If you know how to do so, while lucid dreaming bring yourself into the meditative state known as *Kavanah*, which aligns the conscious self with the Superconscious Self. (For more information see the "The Gate of Kavanah" by Rabbi Azriel of Gerona, translated by Aryeh Kaplan in his book *Meditation and Kabbalah*. To see a version of this technique adapted for lucid dreamers, e-mail a request to [alef1@msn.com](mailto:alef1@msn.com))

When you come into contact with this entity - or think you have (give whomever/whatever shows up the benefit of the doubt) ask their advice on a question that really matters to you (decide on this before going to sleep!) and listen carefully to what they communicate to you, verbally, and non-verbally. Record your experiences, describe the appearance of the entity, and the answers that you receive in your dream journal in as much detail as possible - use illustrations if appropriate. Also, look for the appearance of helping entities, and of guidance information in all of your dreams. Often, after rehearsing this lucid dreaming task as you go to sleep, the entities or answers to chosen questions will show up in your dreams whether you become lucid in them or not.

**Example:**

4/11/96 EWK ". . . semi-lucid, I find myself in a crowded old-fashioned book shop, with many people standing and sitting around. I compose myself, and notice a number of pairs of glasses in a Victorian style study - my study, which I notice does not look right. Now fully lucid, I remember my task and chant: "**My God-self and I make one / Let my . . .**" I pause before completing the chant, but before I do a young man, completes my chant with: "**guardian angel to me come**" before I can say it. He looks 20-25, dressed in Victorian style garments that fit the dream scene. He stands about 5'6" tall, has a full head of dark straight somewhat wavy hair, dark eyebrows, clean shaven, and wears comfortable soft clothing and a soft cap. I also realize that 'he' just manifested an appearance to fit in with the dreamscape. I spontaneously hug him, while repeating the phrase "my guardian angel to me come". I tell him "Don't worry - you haven't broken the rules - I would have remembered the invoking phrase on my own!" He seems soft spoken and gentle. He tells me that he knew I wanted to see him, but not what about, as he had respected my confidentiality and "had not opened the message packet". I have a vast good feeling towards this entity. "First off." he says, "I can't really tell you anything". Disappointed, because I had a lot of questions, I nevertheless ask, "Well, at least can you tell me your function in one sentence?" He answers, "To serve, in both the long, and the short term." I feel myself beginning to return to waking physical reality, and do so before I can ask anything else, like the guardian angel's name, or how I can contact him again . . ."