DreamSpeak with James Kroll, Ph.D.
Simultaneous Dreaming and the Lucidity Advantage
Precognitive Dream Contest Won with Lucid Dreaming Boost
Lucid Dreaming, Psychic Development, and Spirituality
Lucid Dreaming: Gateway to the Inner Self
By Robert Waggoner

A selection of 5-star customer reviews from Amazon.com

★★★★★ Definitely worth reading, February 16, 2009 - I wholeheartedly recommend this book to anyone with an interest in lucid dreams. I've read nearly every book about lucid dreaming and I can say without hesitation this book is one of the best...I wish this book had been around years ago when I first began my lucid dreaming practice...

★★★★★ Love the book. Very informative and valuable information on lucid dreaming.

★★★★★ The key to the lucid dreams world, May 4, 2009 - I've had my first two lucid dreams on the second night after reading first 50 pages. The energy this book emits shifted my perception on very deep level and served me as a key to the lucid dreams world...

★★★★★ Lucid Dreaming Gateway to the Inner Self, April 7, 2009 - I thought this was an excellent book for this subject. Written with conviction and real knowledge. An excellent guided tour of lucid dreaming, ranging from the scientific to the paranormal. Very highly recommended.

★★★★★ A solid guide and a hearty recommendation, January 8, 2009

★★★★★ Page Turner. Expect a lot more from this author, October 29, 2008 - Expect much more from Robert Waggoner's generous and giving spirit in which he writes. His easy to read writing style focuses on reader understanding. I'm hooked.

★★★★★ Intelligent and forward thinking, November 6, 2008 - Created with the high level of intelligence and pioneering quality that I'm sure many lucid dreamers have been waiting for, this remarkable book may serve as a point of reference for those eager to pursue the unknown that patiently lies in waiting just beyond our mundane awareness. ...Thank you Robert. Looking forward with great anticipation to further stimulating books from you in the future!

★★★★★ Amazing and enjoyable, March 11, 2009 - An absolute must-read.
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Readers share their lucid dream experiences
Electrical engineer and lucid dreamer, James Kroll, recently created a new forum for thoughtful lucid dreaming discussions at www.deepdreaming.net and received a patent on a new approach to lucid dream induction from the US Patent Office. Check out this illuminating interview, below.

You have a background in electrical engineering and science. How did you become interested in lucid dreaming?

Actually, my passion for dreaming is life-long. I remember being mesmerized by my ability as a child to occasionally re-enter dreams I had just woken from. The odd vibrational state I would sometimes experience in the middle of the night also caught my attention. I also had a number of childhood nightmares and other odd experiences. One that stuck with me for years was waking up and having the clown on the wall talk to me. I freaked out of course not having a clue at the time what a false awakening was.

I feel like my background in technology, modeling and simulation, original research and probability/stochastic process theory has actually complemented my dream explorations rather nicely. I have found that coming at dreams and dream lucidity from different but complimentary perspectives works well and produces a result that is far greater than the sum of its parts.

What do you recall of your first lucid dream/s? Anything odd, unusual, or unexpected?

In my first lucid dream, I was in a car that began to float across a field of wild flowers. The car dissolved and I found myself being pulled toward a shimmering portal in the sky. I realized I was dreaming and was just dazzled by the realness of the scene. The colors and textures of the flowers and the feel of the wind on my face. I entered the portal, not under my own power mind you. I was instantly transported to a scene from ancient Egypt. I was hovering over the Great Pyramids in pristine form. A scene from thousands of years ago.

This experience made me question everything. How can a dream feel this real? What was the power drawing me into the portal? How and why did my mind project a scene from ancient Egypt, as I have no special interest in that culture or time. This experience jolted me, for lack of a better term.
Initially how did you manage to become lucid? Did lucid dreaming come easily to you?

I started at the beginning, with Laberge’s *Exploring the World of Lucid Dreaming*. Ironically, other than the idea of WBTB (Wake-Back-to-Bed) this book has never helped me all that much though I was intrigued by the idea of the Nova Dreamer. At the time, there were several commercial dream mask options that were reasonably priced. I purchased the DreamMaker followed by the REM Dreamer. These helped, but mostly to induce and point out my propensity toward false awakenings. I think in perhaps 50 tries or so, I only had flashing lights in a dream once. Usually I had a false awakening. But of course it took a while to figure this out, unfortunately bypassing a solid number of potential lucid events. I really like the idea of a dream mask for a beginner. I do think they help once you figure out how to tune the REM detection sensitivity, light intensity and cadence, etc. However, mental techniques, LDS (Lucid Dream Supplements) options and brainwave entrainment are my firm preferences today. Yes, lucid dreaming did seem to come easy for me but again, it was after decades of interest in dreams in general, so I had a solid foundation.

I understand that you found a certain lucid dreaming supplement mixture (LDS) as helpful. Briefly, can you tell us what worked for you?

Over at MortalMist (MM), we have a collection of top notch LDS experts. I don’t know if we have any exotic supplements identified per say (Galantamine/Choline, Huperzine-A, Nicotine, alphaGPC are still the most common choices I believe). But there are a few contributions to the genre that are discussed. Personally, I like the idea of using a supplement that impacts dream vividness, stability and color (e.g. EGCG, Calea or Silene Capensis) along with a lucid dream trigger (e.g. an Acetylcholine agonist, caffeine, brainwave entrainment, etc.). A mental trick of mine to tell my subconscious that it’s lucid dream time is to engage in a very specific and repetitive WBTB ritual.

At some point, you began to experiment with lucid dreams/OBEs and psi. In fact, you have an article on the lucid dream forum MortalMist about pursuing psi information in lucid dreams/OBEs. How did your interest in this come about?

I have a fairly steady flow of lucid and non-lucid dreams that appear to be precognitive. For example, in one sequence I had a dream about a high school friend who had stiff limbs due to Cerebral Palsy. He had fallen and was in trouble. In the next dream of the evening, my dog had walked over to me and began to vomit a yellow foamy substance all over a rug. About an hour later, I had woken to the sound of my otherwise healthy 8.5 year old dog having her first seizure ever, complete with stiff outstretched limbs and foamy discharge from her mouth falling to the carpet. This sequence in particular motivated me to read up on PSI and how researchers create models and experiments to study it.
So tell me about the results of seeking psi information in lucid dreams? Does it seem statistically significant?

Because I typically start my lucid events right where I left off in waking reality, I decided to leverage this to design a rigid, repeatable experiment. I started with some basic dream based remote viewing. I would shuffle and leave out 3 Zener cards (Star, Cross, Squigly Lines) placing them face down on the kitchen counter. I would induce an OOB, go over to the dream cards and flip one, memorizing the image. When I woke I would map that image to the nearest candidate card image and flip the real card to see if I got it right. There was a learning curve of course. I came to realize that I had to submit to the dream images and try my best not to presume an image or otherwise bias the dream visuals. In my last 27 attempts I got 18 correct. Odds against chance for 18 or more hits out of 27 trials is about 2500:1. I considered that significant of course, but wondered how I might challenge myself next? How might I purposely induce a lucid dream, travel to a particular location and do a true “remote” view while OOB?

So how did you go about this new goal?

I was slowly developing new tricks to tune my consciousness into specific space/time locales. I came to understand that with practice, I could create a portal, imagine a scene on the other side, reach in for some specific object imagining the shape, texture, position and sounds of the target location and literally pull myself into a new scene. The method leverages perceived input from multiple “senses.”

One of my close friends on MM who finds my experiences interesting but is skeptical on PSI, agreed to send pictures of her finished basement. It is full of framed black and white nature photos. She provided one shot in particular with a target picture just cropped out and challenged me to tell her what it was, indicating only that it was an “iconic American image.” From my dream journal entry:

I’m pretty well focused and I see the calf machine, shelf, and the weight/clock and pictures. I head right over to the target picture. The first image I see is of a Hispanic man, middle aged. I’m confused by this? I thought the person was supposed to be famous but this person I don’t recognize. Then the picture morphs into another person, again, a Hispanic male, or perhaps a Native American - middle age. I relax, realizing that the picture is likely to morph a few more times and placing my expectation on things will screw it up. With no expectation, I watch as the picture changes a few more times. If I recall properly, each is a different person, not famous in any sense and I believe all were middle age guys.

It turns out the picture was of Tonto and the Lone Ranger. What are the odds?

Interestingly, I now see why I was getting a confused read on the second person. The dream world is a world of metaphors, and obviously the Lone ranger was wearing a mask. He was obscured. I just didn’t have the ability to discern a greater level of detail. We had a few other very interesting hits, one other that was arguably on this level of accuracy.

So where did you go with this, what additional challenges did you take on in trying to understand PSI?

It dawned on me that if info can passively flow from the dreamworld to the real world, then perhaps force could flow in a more active sense between those realities. I had tried a few different approaches until I discovered the Psyleron. (Note to folks not fond of math and natural sciences – the next development digs into the question of mind/matter interaction. The high level summary is that these sorts of interactions will never involve levitating an object, bending a spoon and so forth. Those goals break the rules of macroscopic physics. But microscopic or quantum physics is a different issue entirely. Below, I describe some evidence that suggests one can alter microscopic particle behavior mentally and from ones dreamspace. (If this gets too intense, the reader can skip to the next question.)

The Psyleron device is a commercial version of a true physical random number generator developed by PSI researchers at Princeton. As I understand it, this device measures electron tunneling which is a quantum level process. The common scenario is for a person to concentrate on altering the behavior of
this device while awake. I felt of course it would be interesting to leave this device out, and interact with
the dream version while OOB. I feel that the lucid dream or OOB state is a much more complete way of
changing the focus of your consciousness and is also conducive to focusing on times that have yet to
be realized and hence are fluid (e.g. a point in the relative future).

I have many interesting results from this experimental protocol. In general, Psyleron data plots tend to
have high entropy (the data is jittery and quickly changing) and are roughly zero mean over time. Low-
ering the entropy of the process could potentially lead to trends in the data. The smoother and steeper
the trend the less likely it's due to random behavior of the device. For example:

Here, the purple markers correspond to wake up points just after interacting with the dream version of
the device. Note the ~1.5 minute nearly linear trend starting at data point 12800. This highlighted se-
quence has a Z score of -4.397 and associated odds against chance of 182,219:1. I believe I have ident-
ified the conditions under which these mind matter interactions occur. When I realize those conditions, I
get statistically significant hits on the Psyleron. It happens every time. Having seen enough of these
plots it has simply become impossible for me not to become convinced of the relationship.

How do you explain that to yourself? Does the lucid dream state seem naturally conducive to
psi, and conducting psi experiments?

I have hinted at this above. I think I could write a dissertation on the subject of reality modeling by now,
and I think a few people effectively have. But in short, I think the consciousness continuum is largely ac-
cessible. It’s a matter of learning to tune your awareness to a particular point along the continuum. I be-
lieve that OOBE lends itself to my operating at a point in the near relative future. But this point is one of
an infinite number of possible futures.
Our reality appears to be slaved to the collective conscious. It's propped up by all the sentient creatures we co-exist with. While OOB, I believe one can operate on a possible future quantum thread and be the only sentient creature impacting some specific target. This gives you greater control and hence the ability to modify the behavior of the target on a microscopic level. This paradigm and model seems to lend itself to explaining those Psyleron results rather nicely.

What about the idea of directing healing intent in a lucid dream to heal yourself or another of a physical disease?

As you know Robert, this is the proverbial Holy Grail. There was a time when I thought this was all a bit silly. Now I think there is better than even money that I have accidently done it. If I can accidently do it, then I can probably learn to hone that skill. I am sure others who have engaged in this challenge for a while have results that outstrip mine, no doubt.

I first realized a negative impact to a person I had been interacting with while OOB. I don’t want to dive too deep, but suffice it to say the interactions were not well intentioned per say. She began to have unexplained negative symptoms (dizziness mostly). Numerous tests including inner ear analysis and CAT scans concluded nothing. Months went by. I had considered the possibility and stopped my OOB interactions with her. Her symptoms cleared rather quickly and have never returned.

My potential healing example, ironically again relates to my dog. Now 12+ years old, she began to lose control of her bladder. The vet had done blood work and noticed elevated cortisol as well as additional weight on her chest. These three symptoms are consistent with Cushings disease. She soon developed occasional wheezy lungs, another symptom as I recall. We chose not to medicate as that approach has its pros and cons and we were told there is no cure. My dog had come to me while lucid a few months after diagnosis. We interacted in a loving manner and I had distinctly noticed her youthful appearance and vitality. I also noticed the juxtaposition of numerous things that were combined from different real world scenes but not correct for this time and place. Oddly, in a matter of another 6 weeks or so her symptoms where all but gone. The weight redistribution, the wheezing and bladder issues are all now reversed.

How does dream healing work? Given my interests in reality modeling I have some very specific thoughts. This topic has peaked my interest to say the least and I plan to explore it vigorously.

Many lucid dreamers, myself included, have felt that their personal intent mysteriously went before them and created incredible lucid dream experiences which led to even deeper questions and explorations. In the waking world, it reminds me a bit of scientists who credit “fortunate accidents” with exciting new discoveries. Have you noticed this in your lucid dreaming investigations?

Fortunate accident is an interesting way to put it. Yes, I have noticed this phenomenon. But it does beg the question, what are we dealing with here? Is it truly an accident? Is it divine intervention? Is it your intuition coming to the surface to help guide your experience? If I had to pick, I would lean toward intuition. But then you have to ask what is driving your intuition? I have had this discussion with more than a few well versed explorers. If one believes in reincarnation then most of us have had numerous past life experiences. I feel it is altogether possible that we re-learn and hone certain skills from past lives. When you look at my “Egypt dream” above, why fly into the portal and why perceive a transportation across space and time? And why Egypt at all? Is there a message there? If we use the rather generic term Supermind to describe the indestructible portion of one’s consciousness, then perhaps the Supermind and subconscious are able to cross communicate? It’s an interesting thought. Going one step further, are the more “mystical” lucid dreams and OOBEs actually a vehicle in which all three aspects of your mind combine (Supermind, subconscious and conscious minds)? Sometimes, the “accidents” I’ve had and the direction and subsequent experiences that I realized as a result seem a bit beyond what should be learnable in such a modest period of time. I think the key is to be persistent, open minded and of course always look and listen for the clues that your subconscious wants to provide. In short, follow the breadcrumb trail.
Thank you, James, for talking with us here at LDE. If interested readers would like to learn more about your work, how can they get in touch with you?

I am very active on MortalMist of course. MM is an outstanding site to discuss induction of lucid dreams, techniques that can be applied while lucid and so forth. We have more than a few members who have had in excess of 1000 lucid dreams documented on the site. So there is a lot of experience to be found there.

A few of us have also started an alternative forum called Deep Dreaming (http://www.deepdreaming.net/deep/) which focuses on some of the tangential questions we’ve discussed above. Is PSI real and if so how does it work? How can we effectively model the mind and our reality? What’s on the other side? We keep the forum private mostly to encourage very open discussion of member’s theories and experiences. If this sounds interesting to your readers, I would encourage them to the read the mission statement, give it appropriate consideration and come join if interested.

Want to contribute to a small film on lucid dreaming?

This story “King Of Oneiros” was written and directed by Dylan Howard and is based on his lucid dreams.

Check it out at: www.kickstarter.com/projects/dylanhoward23/king-of-oneiros-the-lucid-dreamer
**Lucid Dreaming Experience**

**WTF Was That?!**

I first encountered simultaneous dreaming in 1988. It completely blew my mind! I had never experienced anything like it before and was at a loss for an explanation. I had been in two dreams *at the same time* but not only that, I was lucidly aware of being in the two dreams *while they were happening*. I was fully focused and engaged in each dream, with no breaks or switching of awareness from one to the other. One dream didn't feel any more prominent than the other. Each dream was complete in itself, and for that matter, so was I - I was complete too. I didn't feel I was 'split' or that I was two different people, despite being in two different dreams at once. 'I' didn't feel any different at all.

The whole experience felt very powerful, very clear, and yet, what was most incredible of all, it felt perfectly natural – up until the point where I became frightened by even having such a strange occurrence and forced myself to wake up. Unfortunately, it would seem that it was my lucid awareness of the situation that allowed 'fear of the unknown' to enter into the experience causing me to cut the whole thing short.

Eventually, I was fortunate to come across a reference regarding this sort of dreaming in a Seth book by Jane Roberts. Seth, 'an energy essence personality' channeled through Jane, spoke extensively on a variety of subjects with a considerable amount of material devoted to dreams and dreaming. From *The Nature of the Psyche*:

“Many people are aware of double or triple dreams, when they seem to have two or three simultaneous dreams. Usually upon the point of awakening, such dreams suddenly telescope into one that is predominant, with the others taking subordinate positions, though the dreamer is certain that in the moment before the dreams were equal in intensity.”

Hi there,

. . . I always dream vividly and can dream lucidly when I wish to. However, my dreams have suddenly changed. The last few nights I've been having multiple dreams at one time. It's like watching 3-4 movies on top of each other. And I can't differentiate between them properly. Nor can I pick between the visions or the voices. It's like they have meshed together. Generally when I dream, I remember most of them clearly. When I dream I remember everything that's said, everything I see and hear, touch, taste and feel.

Thinking about it, it's almost like there's been a progression up to this multiple dreaming state I've been experiencing. The past week I've been going straight from one dream to another and remembering each one clearly. And now, as I said, it's like my dreams have meshed together and I can't pick them out from one another. And the voices . . . it's like standing silent in the middle of a large crowd trying to hear everything at once while trying to remember each conversation as it happens.

I've been trying to find any sort of information about this type of dreaming that I'm experiencing and so far you're site [www.dreaminglucid.com]* is the first I've come across that's even close to what I'm talking about.

At this point I'm unsure of where to go with this email. So I'll ask this one main question, "What do you think of this?"

I look forward to hearing from you soon

Sincerely,

Ash

*Multiple Awareness in Simultaneous Dreaming* ([http://www.dreaminglucid.com/articlemultipleaw.html](http://www.dreaminglucid.com/articlemultipleaw.html))


**We Are Not Alone**

Besides the topic of dreaming, Seth also spoke extensively on the multidimensional nature of consciousness, reality, and personality regarding the
existence of what he called probable realities, probable events, and probable selves (i.e. parallel universes, parallel events, and parallel selves).

Seth maintained that we exist in a system of probabilities where all potential events exist simultaneously. In our present physical reality we actualize/experience one event, while all probable versions of that event are actualized in other realities.

He also explained that while each of us has a sense of identity that is ‘me’ (the ‘recognized self’), we also have alternate selves in existence too. In other words, though I identify and know myself as ‘me, Lucy’ there are other ‘Lucy’s’ in other realities; some very similar to me, others quite different, possessing talents, abilities, skills, knowledge, etc. that may not appear dominant in my ‘recognized’ personality.

According to Seth, all these me’s - all these Lucy’s - are “quite as legitimately the same identity” but only one (the ‘me’ that I know; my recognized self) is usually focused upon. However, we all have the inherent ability to tap into this rich reservoir of our multidimensional identity, and draw upon these other abilities, skills, insight, etc., that our probable selves possess.

This notion of parallel universes and parallel selves is not unique to Seth. In 1957, physicist Hugh Everett had proposed a similar idea known today as “The Many Worlds Interpretation of Quantum Mechanics,” a theory that has been steadily growing and developing among physicists and cosmologists ever since.

Currently, most scientists believe that these parallel universes are completely separate from each other. However, according to Seth, we are not entirely cut off from these other realities or our other selves at all. He maintained that at certain ‘levels’ the dream state serves as a connective between the various probable selves and that:

“On some occasions in the dream state the recognized self may then enlarge its perception enough to take advantage of these other portions of its own identity. Double or triple dreams may represent such encounters at times.”

(It is important to note that Seth did not state that every simultaneous dream experience represented a contact between parallel selves; this is just one example of when/why such dreams may become evident.)

But Is There Anybody Else Out There . . . Right Here?

After I had my first simultaneous dreams, I could not find anyone who had had a similar experience (apart from a few people mentioned in the Seth books). When I wrote about simultaneous dreaming, I put out a call to others asking those who had had this experience to share their stories with LDE.

In the beginning there was basically no response, but as the years went by, eventually a small number of people got in touch and told me about their encounters with simultaneous dreaming. It seemed the phenomenon, though rare, was very slowly becoming less obscure.

Of the few who wrote, some asked if I knew of any induction methods or techniques that might help them have more dreams of this nature.

At first, I had no idea - other than making use of the power of suggestion - until I began to pay attention to the process of recalling and writing down my dreams. It was then that I realized that maybe I could make use of some more of Seth’s information:

“In double dreams and triple dreams consciousness shows its transparent, simultaneous nature. Several lines of dream experience can be encountered at the same time, each complete in itself, but when the dreamer wakes to the fact, the experience cannot be neurologically translated; so one dream usually predominates, with the others more like ghost images.”

My Own Uncertainty Principle

I had noticed that on certain occasions when recording a dream in my dream journal, I would have difficulty piecing various scenes and images together. I couldn’t work out the ‘correct order’ of dream events, and some scenes didn’t seem to fit the dream at all – they were like TV commercials that pop up and interrupt the flow of a movie. Of course dreams can be jumbled and bizarre any-
way, but these particular dreams felt different somehow in a way that is hard to explain, yet the feeling is definitely different from a ‘usual’ bizarre dream. In these types of dreams, I could feel the images slipping and sliding about in my mind, in constant motion, as though they were all jockeying for the same position.

The more I strained to recall, the more confused my memory of the dream became. Some scenes faded fast from memory while I tried to mentally manipulate their ‘position’ in time until they were like the ghost images that Seth described, with some fading away entirely. It seemed that the harder I tried, the less I could clearly recall.

So to preserve as much dream recall as I could, (and to save myself some frustration) I quickly learned to preface those particular ‘slippery’ dream accounts with capital letters ‘OU’ (Order Uncertain), before proceeding to write down any details as they came to me, regardless of whether they seemed out of order, or out of context, or not.

Amusingly, in a way vaguely reminiscent of Heisenberg’s Uncertainty Principle* of quantum physics, when the dream events seemed like they were in constant motion, I couldn’t nail down their positions in linear time, and when I did (artificially?) assign a position to them, I lost the flow, the momentum of the dream drama(s).

It took me a while, but eventually, as I encountered more of those particular ‘slippery dreams,’ I caught on to what was likely occurring. I finally recalled what Seth had said about two or more dreams telescoping into one, and I realized that this was probably what was happening: I was attempting to fit images and scenes into some linear order - into one sequence of events - when originally there may have been more than one sequence of events occurring at the same time.

The Lucidity Advantage

But why didn’t this happen when I had my first recognizable encounter with simultaneous dreaming? At that time, my two dreams didn’t telescope into one predominating dream – I was able to remember both, and to remember them as occurring at once, equal in intensity. I can still remember that incredible, but natural feeling of being in two places at once.

Now, the answer seems so simple. The difference between my original encounter and my subsequent ‘slippery’ dreams, was that in the case where I could keep the simultaneous dreams separated in memory, I had had lucid awareness of the situation during the experience.

Obviously, to be aware of simultaneous dreaming, while it is happening, you have to have some degree of lucidity to even recognize that what you are experiencing are dreams; that you are in a dreaming environment and not in your usual state of wakefulness.

When I was having my ‘slippery recall’ difficulty, it may well have been because I had just had simultaneous dreams, but was either not lucid at all while having them, or was losing and forgetting lucidity entirely on waking, as I tried to remember what I assumed was only one dream.

In forcing myself to wake up during my original encounter with simultaneous dreaming, it would appear that my lucid awareness cut short my experience. However, it could be argued that if it wasn’t for my lucidity, that unusual experience may never have been recognized for what it was – simultaneous dreaming. Without lucid awareness, I may never have ‘caught myself’ operating in two dreams at once. Upon waking, my simultaneous dreams might have collapsed - via Seth’s telescoping effect - into the appearance of one dream, and I would have been none the wiser – I would not have any memory or indication of this extraordinary experience.

It’s About Time

I believe that the phenomenon of simultaneous dreaming is not as rare as it may at first appear. I believe that simultaneous dreaming is a frequent or even constant occurrence, going on just underneath the surface of our awareness, but because we are so habituated to experiencing time in a single, linear progression, we fail to bring this awareness to waking ego consciousness. Our propensity for remembering ‘the order of events’ in a linear sequence, (as well as our identification with being
a singular self) may inhibit our ability to recall - much less even perceive - multiple series of events that are occurring simultaneously.

If in waking, we do indeed ‘step down’ from functioning as a multidimensional identity, to a ‘singular’ focused ego-awareness, then how many dreams do we ‘forget’ or distort, simply because our idea of time/identity is so singular? If we’re limiting or blocking concurrent dreams because we try to squeeze them down to something less than they really are, what else could we be missing out on? What other perceptions or inner senses could we be blocking from ourselves?

Is all this sounding strange?

It was not so long ago, when lucid dreaming was considered a strange idea, almost unheard of except for within a few occult/new age circles and in obscure references in the odd psychology textbook or journal.

And of those who had heard of lucid dreaming, there were many who believed they were not real – that it is was impossible to be awake inside a dream; to essentially be awake and asleep simultaneously. It was thought these so-called lucid dream experiences were just hyper-vivid dreams, hallucinations, or even delusions, until lucid dreaming pioneers Keith Hearne and Stephen LaBerge both independently proved through scientific means that lucid dreaming is indeed a real phenomenon; that you can most certainly be awake in your dreams, while your body sleeps.

Similarly, the idea of parallel worlds was also mostly unheard of except in light of science fiction stories. Granted, we haven’t any hard scientific evidence of parallel universes or parallel selves. Yet. But with the developing theories in quantum physics and cosmology, coupled with our ever-advancing technology, it may only be a matter of time.

Besides scientific discoveries, the rapid acceleration in global communication technology, social media, self publishing, etc., has propelled the once virtually ‘unknown’ phenomenon of lucid dreaming into a more mainstream public awareness. The same can be said for the subject of parallel universes, (and parallel selves).**

At present, simultaneous dreaming seems to be a rare phenomenon and is practically unheard of by the vast majority of our world. But just as public awareness of lucid dreaming (as well as parallel universes) is becoming more commonplace, it’s my belief that we will eventually see a similar trend with simultaneous dreaming.

To accurately describe simultaneous dreaming is a challenge in itself. As with the act of lucid dreaming, until you experience it first hand, even the most detailed descriptions will not do it justice. But once you experience simultaneous dreaming for yourself, then you know, you fully understand what it is like to be in two or more ‘places’ at once with full and undivided focus on each. And that is a truly mind-expanding experience no adventurous, pioneering lucid dreamer should miss out on!

* Very briefly, Heisenberg’s Uncertainty Principle states that it is not possible to accurately measure a particle’s position and momentum simultaneously.

** The Fabric of the Cosmos (Book and DVD) by Brian Greene; Parallel Worlds, by Michio Kaku; ‘Are There Parallel Universes?’ Episode of TV Series: Through the Wormhole, narrated by Morgan Freeman; to name only a few popular examples.

Suggestions for Inducing Simultaneous Dreaming

1. Suspend preconceived, habitual ideas - be open to the idea of being able to experience yourself in several dreams all occurring at the same time
2. Hone those lucid dreaming skills! Keep up your play and practice of lucid dreaming
3. Make use of the power of suggestion – throughout your day, tell yourself you’ll easily have simultaneous dreams
4. Look to your dream journal for clues that some of your dreams may be the remnants of several dreams meshed together
5. Train your mind to be less rigid - the next time you’re writing out a dream, just write about the images/events as they come to you, don’t try to force them into some kind of order
6. When you become lucid in dream, suggest/request that you experience simultaneous dreaming

And once again, I invite and encourage all lucid dreamers to open yourselves to the idea of simultaneous dreams – see what happens! – and for those who are interested, please share your simultaneous dream experiences with the readers of LDE.
Lucid Dreamers Help Scientists Locate the Seat of Meta-Consciousness in the Brain

ScienceDaily (July 27, 2012) — Studies of lucid dreamers show which centers of the brain become active when we become aware of ourselves in dreams.

Which areas of the brain help us to perceive our world in a self-reflective manner is difficult to measure. During wakefulness, we are always conscious of ourselves. In sleep, however, we are not. Lucid dreamers can become aware of dreaming during sleep and studies employing magnetic resonance tomography (MRT) have now been able to demonstrate that a specific cortical network consisting of the right dorsolateral prefrontal cortex, the frontopolar regions and the precuneus is activated when this lucid consciousness is attained. All of these regions are associated with self-reflective functions. This research into lucid dreaming gives the authors of the latest study insight into the neural basis of human consciousness.

The human capacity of self-perception, self-reflection and consciousness development are among the unsolved mysteries of neuroscience. Despite modern imaging techniques, it is still impossible to fully visualize what goes on in the brain when people move to consciousness from an unconscious state as it is difficult to watch our brain during this transitional change.

Scientists from the Max Planck Institutes of Psychiatry in Munich and for Human Cognitive and Brain Sciences in Leipzig and from Charité in Berlin have now studied people who are aware that they are dreaming while being in a dream state, and are also able to deliberately control their dreams. Lucid dreamers have access to their memories during lucid dreaming, can perform actions and are aware of themselves – although remaining unmistakably in a dream state and not waking up. As author Martin Dresler explains, “In a normal dream, we have a very basal consciousness, we experience perceptions and emotions but we are not aware that we are only dreaming. It’s only in a lucid dream that the dreamer gets a meta-insight into his or her state.”

By comparing the activity of the brain during one of these lucid periods with the activity measured immediately before in a normal dream, the scientists were able to identify the characteristic brain activities of lucid awareness.

“The general basic activity of the brain is similar in a normal dream and in a lucid dream,” says Michael Czisch, head of a research group at
the Max Planck Institute of Psychiatry. “In a lucid state, however, the activity in certain areas of the cerebral cortex increases markedly within seconds. The involved areas of the cerebral cortex are the right dorsolateral prefrontal cortex, to which commonly the function of self-assessment is attributed, and the frontopolar regions, which are responsible for evaluating our own thoughts and feelings. The precuneus is also especially active, a part of the brain that has long been linked with self-perception.” The findings confirm earlier studies and have made the neural networks of a conscious mental state visible for the first time.


**The areas indicated in colors (non-grey) expressed using a scale of T-Values ("T" stands for "Tesla" and is the unit of measurement of the electromagnetic field employed in an echo system used to obtain high resolution images of internal organic structures) are interpreted as follows:**

In lucid dreams, mental images of controlling and performing a task increases neural activity in specific regions of the brain, expressed through an increase of metabolic (cerebral metabolic rate of oxygen) and vascular responses (cerebral blood flow and volume). Although the specific association between these factors are still being studied, it is widely accepted that these factors are indication of active brain function. The previous identification of the areas of the brain responsible for self-perception that we now know are active during lucid dreams sheds light on the neural activity that takes place while in a dream state under the control of a subject.
Maria—I read your interview by Robert Waggoner in the March 2012 issue of the *Lucid Dream Exchange* and it was fascinating. I found it interesting that when you fell or collided with things in a LD (lucid dream) that you felt pain. I've had the exact opposite experience; I would sometimes deliberately fall from great heights, and run into every possible object on the way down, because I experienced the most intense sexual ecstasy on impact. It wasn't until just the other night that I experienced pain in a LD, and that's when I got caught in some electrical wires, oddly enough, because I see you experimented with that in LD recently. But I agree wholeheartedly with what you say about energy.

Peter—Dreams at the level of energy and light are where I want to put effort into for a while. The mixing of my energy body in the dream with other expressions of energy that can be called up or encountered at seeming random is very interesting to me. The wires are one of a few small barriers in dreams that I am aiming to smash through by tackling them head on, and then I can break a few barriers to explore deeper or further.

Maria—I agree. But isn't everything fundamentally an expression of energy? I'm thinking you mean energy that isn't “muffled” as our physical body is, for example? “Higher” or more “naked” manifestations of energy? I imagine that encountering them can have an effect on your mental and physical energy levels?

Peter—You are correct, I think of energy as the basic form of light and the vibration that I associate with it. All the characters in my dream sketches, if they have a character in them, are fragmented swirls of energy, or a body starting to melt away in a swarm of light. It’s how I see myself in these dreams and why I always use the term “energy body.” When I put one hand into a wall it tingles and vibrates and at other times something will be repelled like magnets pushing against each other. The dreams where I dissolve into the void are like this, I lose the “me” and become energy and pure awareness. It’s the oddest feeling and so very hard to do justice to with words.

Maria—I too have experienced different sensations when going through a wall in a lucid dream, and once me and a female dream character played like human dolphins in a milk-white “liquid” mist free of gravity and yet in which I couldn't speak, and which transformed into the waves of a dark moonlit ocean as we emerged from it, the waves almost looking like the jaws of black whales coming for me but it was in no way frightening. However, I have yet to experience an energy body, to feel myself as swirls of light. More than once I have not been aware of a body in a LD, not really, but for me everything was darkness, no light at all, and I experienced something akin to the “peace” associated with what Robert
Waggoner calls “Clear Light Dreams”:

I’m happy to realize I’m in a dream even though I can’t see a thing. Darkness and the sense of moving forward at a great speed adds up to a sense of peace and contentment. The darkness seems to concentrate in a center like the spokes of a wheel where I discern a faint but distinct orange light/circle, what I saw the other day looking directly at the sun with my eyes closed. I have no idea where we’re going but that thought doesn’t even cross my mind; I’m there and I’m going, but being there is the same thing as traveling.

I had a similar experience lying in my rec room wearing earphones and a sleep mask listening to a shamanic drumming CD:

I found myself remembering the time, years ago, when I was lying on the hood of my car, which was parked in front of the ocean at night, and how as I lay gazing up at the stars I came to feel the ocean tide was my breathing and the sky was my chest and the moon was my bare shoulder caressed by the black cape of clouds... and then I saw the moon spinning, spinning around the earth, and the earth spinning, spinning around the sun, and I was spinning, spinning into the heart of the sun and then... there was darkness... and then I was out, out, at the far reaches of the universe, where it was all dark, with just the faintest glow as of dying suns like dim bedside lamps still lit as you're preparing to go to sleep for the night. It was so utterly peaceful out there, so restful... black holes were like pet serpents. It was really, really nice out there, utterly calm and soothing, no pressures at all and yet at the same time a sense of endless potential and all the time in the world to exercise it and yet no concern for time at all. When the call back signal began sounding, I was reluctant to head back.

In ancient Egypt, Darkness was called Atum and the stars, light, were “his” eyes. To me light is something whereas darkness is nothing and yet the latent seed of everything.

Peter—Darkness is a bit like the vacuum of space - either nothing or the substance that holds it all together. I read this somewhere and it is nice as it implies that vacuum in not emptiness but substance and where the planets and life exists. In these dreams I get objects, normally rocks of crystal or gold, and if I pick them up, of their own accord they will seem to glow and turn into a vibrating mass and get very warm. Sometimes they catch me by surprise and I reject them, at other times I let them proceed for a while until the experience gets too intense and then I wake up.

Maria—That's really interesting. So you just let them glow and vibrate and lose their object shape? Have you ever tried asking the dream what's happening to them?

Peter—Not yet. When a rock or a lump of gold (I can recall picking up some gold on a river bank after I used my hands to dig around in the sand) starts to glow it radiates energy; it's more than a color change. One time the gold felt like a small sun, it seemed to vibrate and then radiated some light and heated my hand, which began glowing as well. The feeling is one of being taken over and is a total body experience and very invasive. The feeling was one of starting to melt away. I feel it requires a total submission to the energy that I was not ready for. It is a common occurrence in my dreams and one that I am now ready to tackle and submit to.

Another goal is to let these puddles of energy consume me; they are what I call “energy portals” and will lead somewhere, I suspect, to more, or to the void and the light experiences I have a lot of, but I hope also deeper and deeper into the dream space and to more understanding of our basic nature.

Maria—Perhaps you could channel just some of the object's energy into yourself for a specific purpose? It seems to me you already understand our fundamental nature, which is formless energy. And yet something gives energy form, something that is energy as well as its source, a creative power latent to
absolutely everything. So the way I see it, you're looking to go deeper into your own creative powers? To learn the laws of the mysterious-magic process of shaping and forming energy into worlds and forms?

Peter—I don’t think it’s correct to try to channel the energy into my dream body for a purpose as it feels more that the energy will change me in some way and has a purpose of its own and this may be why it is so hard to give in to it. I am not in control and don’t want to lose whatever intent may or may not be attached to, or part of, the energy. When the dream puts me in the bodiless state, and I have awareness but no sense of “me” but exist as pure light or energy, it may be the same state as the energy radiating out from the rocks or gold and, if so, I want to see what it will do, not use it for my own purposes. This is what I am wanting from the dream world, to get away from some self-serving purpose and explore or connect with another awareness, part of myself or beyond myself, I don’t know yet.

I feel that I am near to gaining a new depth in my dreaming by giving in to these energy events, they seem to come to me more than my asking for them, but I am ready to start requesting them now. What I like is that they are beyond what I call the “playground of the dream” and deal with energy and light in a very basic and powerful form. I recall one dream where I asked two dream characters to show themselves as they really are and they went from people to animals. I then said that they could stop pretending as I am okay with whatever their basic form is. They then turned into small balls of vibrating light that seemed to radiate a lovely energy.

Maria—That’s brilliant. By “a lovely energy” I get the impression you mean a lovely “feeling”? And the way you phrased it “their basic form” is interesting, because it implies that light itself is a form. Maybe if you had asked these two dream characters what they truly are, the result would have been a formless darkness?

Peter—Yes, that captures it quite well. It gets deeper and deeper, or more basic, and I don’t know if I want that in some way so the dream presents that to me, or if I get closer to the source of the dreams or a state that is stripped of waking life im-

ages and perceptions. It may be another trick of the SC (subconscious) but the times when I become light with no sense of “I” are... LOL – can’t find words. These experiences can leave me glowing with a sense of well being for days as they seem to change me. Its not a positive feel good change but a very deep sense of change and an inner glow that lasts.

Maria—I can imagine! Such experiences surely constitute the most profound “vacation” from the stresses of material incarnation as you experience your true formless, infinite “nature” existing beyond everything because it is everything. I will be very interested to see where your intents lead you in these dreams.

To be continued.
Your first dream strikes you as strange. It ends with you lucidly aware, seeing the first part of the dream reduced to a magazine cover as an impressionistic painting, which spirals into the darkness, as the artist's name, Vermeer, enters your lucid awareness.

After you and all the contestants post their dreams for everyone to see, the contest submissions close.

The next morning the contest organizer has a visitor randomly select a number between 001 and 131. The visitor randomly selects number 124, which connects to the painting, The Geographer, by Vermeer.

Just such an event happened to lucid dreamer, Ed Kellogg at the 11th annual PsiberDreaming Conference sponsored by the International Association for the Study of Dreams (IASD). At the end of his first dream of that night, he became lucid as he saw the dream scene transformed into to a magazine cover, and then noted an artist's name, Vermeer, as the image spiraled into the darkness.

Although he wrote down three dreams, he gave this first dream his highest ranking for containing the precognitive dream target imagery. Below, you can read his first dream, posted for all contestants to see before the random selection of the target image. The bolding indicates elements that he believes might exist in the future target:

"I find myself indoors, standing behind a dark brown piano, in a small drawing room, dull muted colors, 19th century style. I have on a black t-shirt with a graphic [probably the Hogwarts coat of arms that I wore to bed in WPR]. A social occasion - a few people there but I only see one man, a slim man 30 or so with neatly combed blonde hair wearing a white t-shirt with symbol or comic logo, standing on the other side of the piano in the middle of the room. I recognize him, but I feel surprised to see him, as I haven't seen him in years. He used to own a comic shop, in Medford, which closed down years ago. We knew each other slightly. I ask him if he still owns the business and how it goes, and he says O.K."

"As the dream ends, I become sub-lucid as the dreamscape disappears into a sort of black void, and I see the scene in the room transformed into an impressionistic painting on the cover of a rectangular magazine, which recedes into the distance in a sort of spiral movement. The word Vermeer pops into my head, and I have the impression that the painting has something to do with him."

Comment: My top dream pick for the target, the first dream I can recall right after the incubation, with the scene reduced to a painting on a (9X12 proportion) rectangular magazine, a very odd ending for a dream, and I had specified in my incubation to make the target picture obvious. <g>

Besides correctly identifying the artist by name, Ed highlighted in his dream report many elements of the target image: indoors....in a small drawing room, dull muted colors, 19th century style.... I only see one man, a slim man 30 or so with neatly combed blonde hair wearing a white t-shirt with symbol or comic logo.

Touching upon so many elements of the target image and mentioning the name of the artist made it easy for the judges (myself and Cynthia Pearson) to award first place to Ed. When you consider that Ed has no awareness of the pool of images (e.g., photographs, drawings, paintings) or the art period (e.g.
modern, renaissance, colonial, western, Dutch masters, etc.), then you can see how vast a pool exists.

The second place winner, Maria Isabel Pita, another experienced lucid dreamer and LDE contributor, titled one of her dreams, ‘Maps’ which seems very close to the painting’s actual name, *The Geographer*, and the painting does indeed include maps. Along with the title and numerous mentions of thematic elements in the actual target image painting, her dream, although not lucid, made a strong second place showing.

What seems especially interesting for lucid dreamers occurs in the lucid part of Ed’s dream, when he obtains the name of the artist while lucidly aware. Did lucidity’s higher level of awareness allow the artist name, Vermeer, to “pop” into his head? Or did lucidity give this dream special clarity, such that he could pre-select it as most likely connected to the target image? Does lucid awareness in dreams increase the likelihood of psi?

After the contest, I asked Ed what he meant by ‘sub-lucid’ in his dream report. He stated that while he had become lucid, and consciously realized that what he saw likely represented the target image he had intended to tune into, as the lucid part of the dream seemed quite short, around 10 seconds, he did not have time to act on his awareness, and so technically had to characterize the end of this dream as “sub-lucid”.

Later, reflecting on his success, Ed posted:

“I feel pleased that I not only clearly tuned in to the target picture as I had intended to do, but that I also did quite well with respect to the second level of psi, of differentiating beforehand which dream(s) predominantly tuned into the target, and which elements of all the dreams related to the target, before the target went up.”

Interestingly, Ed had specifically intended that he would perceive and understand the target image in his dream the same way that he would when he first saw it displayed on his computer after its posting. His intention worked quite well, in fact perhaps too well. Because of a glitch in posting the image, the lower part of the painting did not display. So rather than having roughly square proportions, as the actual painting does, it displayed as an oblong rectangle in similar proportions Ed had reported for the magazine cover in his dream. As a result the beautiful oriental carpet of the painting almost does not appear at all in the image as displayed, and this and other objects in that hidden portion, perhaps not coincidentally, did not appear in his dream either.

So it appears that lucid dreaming can make precognitive information more accessible, particularly when the lucid dreamer intends it, through incubation or strong desire. In the realm of dreaming awareness, contest examples like this suggest linear time and space may pose no barrier to clear, lucid intent. Moreover, lucid awareness in this realm may expose the actual foundation upon which surface consciousness rests.
Lucid Dreaming, Psychic Development, and Spirituality

© Ed Kellogg, Ph.D.

"I have no doubt whatever that most people live, whether physically, intellectually or morally, in a very restricted circle of their potential being. They make use of a very small portion of their possible consciousness, and of their soul's resources in general, much like a man who, out of his whole bodily organism, should get into a habit of using and moving only his little finger . . . We all have reservoirs of life to draw upon, of which we do not dream. The practical problem is "how to get at them." William James

Early on in my explorations into lucid dreaming, I theorized that it would serve as a superior venue for the intentional accessing of psi information. (1) After all, historical accounts indicate that psi information shows up far more often in people's dreams than in their waking lives. Then, in the 1960's, researchers at the Maimonides Dream Laboratory convincingly demonstrated, through a series of controlled scientific studies, that subjects could repeatedly tune in to randomly selected external targets in their dreams. (2) A meta-analysis of research since then has solidly confirmed the existence of dream psi. (3) In the case of lucid dreaming, experiments by myself and others have repeatedly shown that lucidity not only facilitates dream psi, but that it does so to a greater degree than I'd originally expected. In this article I'll explore the "how's" and "why's" of lucid dream psi.

Psi and Lucid Dreaming

Lucid dreamers experience a kind of expanded consciousness, in which the waking mind integrates with the dreaming mind, creating an enhanced sense of Self, as well as access to abilities not normally available to the waking self. However, as I've discussed in detail elsewhere(4), lucidity can vary across a wide continuum, from barely lucid, where one vaguely knows that one dreams, to Super Lucid, where dreamers experience a greatly expanded and mindful awareness of their Greater Self as an integrated whole.

Figure 1 uses a simple phenomenological model of consciousness to represent key aspects for three different "ordinary" states of consciousness as I experience them.

In ordinary Waking consciousness I usually have my identity focus and "center of gravity" in the thinking level. (The illuminated area within the parabola represents the light of awareness that defines the "conscious" aspect of self as experienced. The shaded area inside the parabola corresponds to the "unconscious" of the experienced self as then constituted. Please note that this does not mean unconscious in any other sense.)
During ordinary **Dreaming**, my center of gravity shifts to the feeling level. I have very limited use of my thinking aspect, and usually little memory of the ordinary state of affairs of my waking physical reality (**WPR**) existence, including my name, address, age, and even physical body type. On the other hand, emotional content, and the meaningfulness of what I experience in dreams, usually becomes greatly enhanced as compared to the waking state.

Finally, the state of consciousness depicted as **Being** in **Figure 1** corresponds to what goes on in deep sleep (like Stage 4), or in deep meditation, where neither thinking nor feeling play much of a role. This aspect of self, the "Knowing," or "Superconscious," Self, exists in large part beyond the usual limitations of space-time, and represents the non-local consciousness through which psi information flows.

As the center diagram in **Figure 2** illustrates, **Lucid Dreaming** usually involves some degree of integration not only between the waking and dreaming aspects of Self, but with the deeper Knowing aspect as well.

The waking self brings in the **thinking** aspect, the dreaming self the **feeling** aspect, and the Superconscious Self the **Knowing-Creating** aspect. Full lucidity requires a balance between all three aspects. In lucid dreams the waking ego does not exist separately, but has become integrated into a greater Lucid Dreaming Self. In lucid dreams the waking self merges with the dreaming self, to a greater or lesser extent.

However, if the dreamer's consciousness has not expanded into the Knowing-Creating aspect, this results in a **Lucid but Powerless** state, where even though dreamers have become fully aware that they dream, their ability to act has become quite limited. They may even find themselves paralyzed, unable to move, let alone to fly.

**Power Dreaming** illustrates the other side of the coin, where the dreaming self and Knowing Self have combined to create an Expanded Self, but one in which the waking self plays no part. This combination results in magical dreams, where the dreamer's every wish manifests with little or no effort, but where the dreamer's cognitive abilities have become marginal and limited. In my experience, this state of consciousness also corresponds to the one in which **non-lucid** psi dreaming takes place.

The greater the extent to which the Experienced Self expands into Knowingness, the greater the dreamer's potential access to psi abilities and psi information. Fully lucid dreaming brings together two necessary components for successfully accessing dream psi. (5) First, the ability to intentionally remember and focus on a psi task while dreaming, and second, integration with the Knowing aspect of Self that has the capacity to transcend space-time. Bringing the two together can achieve extraordinary results. For example, in the **2012 PDC Precognitive Dreaming Contest**, only **after** I became lucid, at the end of a successfully incubated psi dream, and had consciously remembered my task, did the word "Vermeer" (the name of the artist of the target image) pop into my head.
Over the years, I've noticed that experienced lucid dreamers often show a consistently higher level of matches in psi dreaming contests, even in their ordinary dreams, than do non-lucid dreamers. (For example, take a look at the over-representation of experienced lucid dreamer winners over the past 11 years in the PDC Psi Contests Hall of Fame.) I believe that this indicates that even when habitual lucid dreamers do not become lucid in a psi-dream, that some degree of greater Knowing aspect integration carries over, facilitating their ability to bring through psi information even in "ordinary" dreams.

Psychic Abilities and Spirituality

But why should developing psychic abilities, or the lack of them, matter to lucid dreamers? In his presentation at the 2003 PsiberDreaming Conference, Dr. Charles Tart asked, "Where do psi and altered states like dreaming and lucid dreaming fit into enlightenment and spiritual growth?"

In response, I pointed out that what we today term "psi" and "spirituality" both describe manifestations of an essential part of enlightenment, interconnectedness. Of course, the term "psi" seems technical, and intentionally neutral, given its scientific origin and the limited way that people have used the word. Even so, psi ability and spirituality do seem inextricably interlinked. Spirituality requires a kind of interconnectedness between all beings, and teaches that individual beings have a component part - a "soul" or "spirit" if you will - that transcends the limitations of space-time. And what exact scientific term do we use to denote the ability to transcend the limits of space-time? *Psi.*

One might consider the classic enlightenment experience of becoming "One with the Universe," as the ultimate expression of psi. Given that through psi we connect with other beings, places, and times, it seems clear that if someone experienced psi at its logical limit, they would experience oneness with all that exists. At the other extreme, without at least an unconscious psi component, and the interconnections that it provides to dispel the illusion of physical separateness, an individual's "spirituality" becomes at best a well-intentioned pretense.

Psi does not seem "an extra," something "tacked on" to spirituality, but an essential element, without which authentic spirituality cannot exist. It does not seem coincidental that in most cultures of the world, accounts of spiritual development and psychic development go hand in hand. Only recently in the West, after we adopted a materialist-reductionist worldview, have we attempted to divorce the two. But even in the West, the canonization of Saints requires more than good works on the part of candidates, but solid evidence of their paranormal/psychical abilities as well.

Does having psychic abilities mean that one has become a Saint? Hardly. Simply having occasional flashes of psi, or even developed psychic abilities, need not make someone particularly altruistic. More than likely, at first they would use whatever practical information came their way to their own advantage. However, people with such abilities can at least demonstrate *on occasion* that they can transcend the limited point of view of their individual egos, and enter into the transpersonal realm. Increase that sense of interconnectedness, increase the development of psi past a certain degree into empathy and identification with other beings, and compassionate behavior becomes the logical outcome. After all, if every time we hurt someone, or made them happy, we also felt that hurt, or that happiness, we'd all become Saints out of pure Self-interest!
Lucid Dreaming and Enlightenment

*Bodhi*, the Sanskrit word for enlightenment, means "awakened." My dictionary defines enlightenment as "the realization of the ultimate universal truth." In both senses it seems clear that becoming lucid in a dream constitutes a degree of enlightenment, given that like the Buddha, one could describe lucid dreamers, who realize that they dream, as "Awakened Ones." But the simple recognition that one dreams only marks the beginning of lucidity, not the end. (4) Both lucidity and enlightenment denote similar, almost isomorphic processes, that describe, and in fact require, a continuing expansion of Consciousness with no known end point. (7) One could also characterize enlightenment as a unified consciousness that transcends the dualistic subject-object consciousness we ordinarily experience.

And what bridges the gap between subject and object? Psi. For those on the path to enlightenment, I believe that both lucid dreaming and psychic development can play important, even essential, roles.

References

Top 10 Amazing Things I've done in Lucid Dreams— By Line Salvesen

1. Get over a fear you have by experiencing and facing whatever it is that scares you
2. Fly – enjoy the feelings of freedom and thrill it brings
3. Transform into an animal
4. Walk into a hallway with doors, and see what's behind the doors
5. Find a friend, and make him/her lucid
6. Visit a distant planet. What kind of plants and creatures will you find there?
7. Ask a dream figure about unknown information about yourself or someone close to you
8. Visit deceased loved ones. Maybe they have a message for you?
9. Go a few years into the future, and see what your life is like
10. Try eating something you've never tried before

My Top 10 Lucid Dreaming Experiences

What are your “Top Ten” lucid dreams?
Which of your personal lucid dreams come to mind when you are asked, “What is your most...?”
memorable
profound
entertaining
unusual or bizarre
enlightening
life-changing
other

Make your list and send it in to LDE!
(No deadline – this is an ongoing invitation!)
Jose Sanchez
The Key is Inside of Us

I was dreaming that I was in my sister’s house out in the suburbs of El Paso, Tx. I was seeing her house. It was kind of like the same one she lives in, but this one was new and bigger. Outside the window I saw it was raining, so I told my sister, “Let’s leave before the storm gets here.” When we were leaving I saw the sky was dark, a very huge dark storm was heading our way. I kind of felt the cloud carry something else.

I was going down the road but then decided to stop and move something; I got busy and forgot about the dream. But then suddenly I saw a fairy. The fairy was flying. I was so excited to see one. I asked the fairy if I could go with her. I was still like in a dream, but I still told my sister that I was with something; then that I would be right back.

When I asked the fairy, “Can I go fly with you?” the fairy then put her hand on my head while another one that came later had my hand. The fairies were about one to two feet tall. They made me start vibrating. It then all became very lucid and more real than reality, I was awakened.

The fairies then elevated me, then submerged me quickly into the ground. I passed through middle earth, and then saw a very bright and colorful lively cave that was underground but like in another realm which I knew was within this dimension, this was the home of the fairies.

I saw other fairies, and I smiled at them. I was amazed at what my eyes were observing. I saw much more stuff. I was still lucid I think, but then the fairies kind of let me go so that I would experience other places on my own.

I went further down, deep into this world I was in. I can say all this was inside this world but like in another dimension. Then I came to a place that was like a sun that was inside this earth but the sun was opaque. I saw a bunch of lizard like animals - they looked so evil I felt I would have to fight them. But when I came closer to one I saw its face: it was a gigantic Dragon.

I fought him though, then realized they were harmonic creatures, that had an evil disguise to scare whomever wanted to hurt them. They kind of played with my mind, tricking me into leaving their realm.

Suddenly I realized I was out there in the cosmos, just floating at peace witnessing how grandiose everything is. I saw how everything is connected - the stars, the planets, the galaxies, and how everything became so tiny it appeared to be like a spider’s web or a cotton ball. I was so far, far away that I felt lost but didn’t care.
After this I came suddenly back to my childhood home. I was in the living room. I saw this dwarf by me and I thanked him for bringing me back and helping me find my way back home. I asked him for his name, he said something really long starting with the letter “S.” I thanked him. I remember him smelling very repugnant like an odor similar to dirt or cheese. He had a white handkerchief on his left hand. He was looking for a door through the wall; he kind of drew a white square like a door on the wall. While he was doing this I yelled so that my sister would see the dwarf that was in the house, but like always she got there too late, the dwarf was gone, gone through that square he had drawn.

I think I had another dream after this one but then when I woke up, my entire being felt so much fulfillment, peace, and love. I was amazingly transformed. It made me believe in other worlds, dimensions, realms. I DISCOVERED that the key is inside of us that these realms are not to be found out there that they are all secretively hidden within.

Avis
Matrix Movie Moves

I was in bank. They told me to visit another branch. I was about to exit when I saw my dreamsign; a familiar room. I became lucid.

I took an elevator and went to the 2nd floor. It was dark; like the chamber where humans were put in liquid tanks in the Matrix movie. Two guys attacked me and I started falling from the 2nd floor.

I started flying and went back. Then I grabbed the head of one of the guys and spun, and kicked the other in the face. It was a great move, and then I put my hands together and shouted, "kame hame hoooo" and a light emitted from my hands and those guys were lying in dust.

Chris Bakewell
My First Lucid Dream

I was at the Doctor’s in my dream and the Doctor was talking to me about the tablets I’m on but he kept repeating himself. At this point, I realised I was dreaming and the first thing I wanted to do was fly, so I looked at the window and decided to jump straight through it.

As I ran to the window I had a doubt and said to myself, “Are you sure? If you aint this will hurt!” This caused me to bang into the glass and I actually felt the sensation of hitting the glass. But I was sure it was a dream so to be safe I decided to just float to the ceiling which I did and then I flew triumphantly out the window.

Outside I flew around, and in the distance I could see a cliff with faces on it and water running down it. It looked like something from another world. It was beautiful but I was also a little scared looking at it. I had a false awakening and then I woke up properly with a smile on my face. I couldn’t believe how real and bright things were in the dream.

This was my first lucid dream which I had after reading Robert Waggoner’s book. It was just a spontaneous thing - I never tried for one and I thought, “My god! Its so easy to have one! I’m gonna have them all the time!”

Alas this was 2 months ago and I’ve only had one more lucid dream, but it was something I will try to do now. There is so much I want to try in my lucid dreams and I can’t believe I didn’t know about this till now. I’m 40 years old.

Pilar Vallet
Bringing Dream Signs Back To Waking Life

I’m in a store looking for some clothes. I look at all the clothes that they have on the different shelves. I look at them calmly, quietly, peacefully. I am choosing different pieces, when I find a very nice gray sweater, a skirt, and some lovely stockings. I take my outfit to the counter to pay. At this point I became lucid in the dream, thinking, "In waking life I have no time for shopping calmly, or for buying clothes, so this is a dream.”

Feeling very happy, I begin to shout, and to tell the shop girls: “This is my dream! This is my dream!”

They look at me indifferently; they seem to be thinking something like: “This woman is crazy,” or “This is your dream, so what?” and afterwards they
continue working. All of them are girls about twenty years old, wearing a white blouse with a blue skirt. Their hair is up in a bun. I am alone with them in the store. I am the only customer. Anyway, I keep on screaming: “THIS IS MY DREAM! THIS IS MY DREAM!”

They are working, and it seems that I am disturbing them. So, I go to the counter with the beautiful clothes which fit me so well. The stockings are so lovely, too. When I look at them again, they change their patterns and colors. I look again at all my new clothes with affection, thinking “Oh! I’d love to bring them with me back to waking life.”

The cashier behind the counter is looking at me. “I’d like to have these clothes in my waking life, you know?” I tell her. She understands me. She is moved. This is a dream, and in waking life I have no time. So, we both begin to speak about what I can do to get it.

I see three sales women near me, so I keep on trying to convince them that this is a dream - MY DREAM - so we have here a great opportunity. They can tell me different things about people that they know, or that they love, and I’ll check this information in waking life, and afterwards, in another dream I can tell them how it is, or what are they doing on the “other side.” They seem to be interested in this idea. I think that my enthusiasm is contagious.

At this point, I have another good idea: I will go outside and see the store’s name, so I’ll look for it in waking life and I’ll buy these fantastic clothes. I do it. But I returned to the store a bit upset, because some letters were upside down and it was impossible to read the name. The cashier behind the counter sees me. She knows that I am upset, so she decides to give me a map of the store, with the name, address, etc.

“What a great idea, thank you very much,” I tell her. We both are happy, but when I look at the map, the letters become small and blurry and I’m not able to read it. “Failed attempt,” I think.

I go back again to the sales woman and say, “We still have another chance. Just tell me things about people that you know, and I’ll check them out in waking life.” They seem interested, especially one of them who gives me a list of two or three of her roommates. But she doesn’t tell me what she wants me to look for.

“I don’t know what to do with these names,” I tell her. “Gary has a hairdresser.” She replies.

I encourage her to tell me something concrete, but it is impossible. I can make nothing of it. “It’s normal, they are dream characters, and this is my dream,” I think.

But the clothes I chose are so great that I make my last and best decision: I take my clothes - with permission of the cashier - and I put them under the seat of my red car (which was parked in front of the store). “Tomorrow morning, when I get the car to take my kids to school, I will find them,” I think.

I woke up feeling very funny. I told my dream to my kids, and when we opened my car door and looked under my seat, do you know what….?

Emily
Meeting an Older Version of Myself

I find myself naked in the house I am moving into in a week down at Ohio State University. My parents walk in and this is when I realize I'm dreaming. I recall my consciousness slipping in and becoming very excited because I realize that all this nude dream means is I don’t want my life to be exposed to my parents anymore, that this is something new I have to explore alone. I find I'm still dreaming and think that this must be very important so I should keep going.

The dream shifts and I'm in front of a mausoleum, only instead of writing above the tall doors there are angled mirrors. I look up and see myself, clear as day and I look exactly like I do in real life. I become very excited once again because I realize that all this nude dream means is I don't want my life to be exposed to my parents anymore, that this is something new I have to explore alone. I find I'm still dreaming and think that this must be very important so I should keep going.

The dream shifts and I'm in front of a mausoleum, only instead of writing above the tall doors there are angled mirrors. I look up and see myself, clear as day and I look exactly like I do in real life. I become very excited once again because I realize I have never had a dream with mirrors, and never so clear and vivid.

I realize what is inside must be important; I struggle to open the doors and when I do I am greeted by a huge steamy room, the walls are made of mirrors that are fogged with the steam. I hear someone talking about a person whose name I know but have never met. They say that she has died, I re-
call thinking this detail is just the dream part, I have to continue on and see what this dream is about.

The halls of mirrors become dim and I find myself in what I can describe as a cross between a bar and a coal mine. The walls and floor are dirt, it is lit by candle light and the tables are old worn wood. I sit down and people begin to pass by, all people from my past. One that clearly stood out was a past art professor, the others I can't clearly recall.

An older woman sits before me. She has dark brown coppery hair with a large grey streak in the front. She puts her hands on the table and I notice a silver ring with wolves running on it. [Note: I am 21 and already have a natural grey streak and also wear a wolf ring.]

I realize this is an older version of myself. I am gripping at the dream now, my consciousness so aware it begs me not to influence what she says. But I know I must ask her what she has done in life. She responds with a smile and a sigh, she says while also gesturing to her abdominal area that being a woman has made things hard in her life. I press more, I recall wanting career details but she just looks at me and says that she always had her husband and her animals by her side. It was at this point when I woke up and wrote down every detail I could recall.

Below me the dreamscape is beautiful. There are forest covered mountains and blue sky with small billowy clouds. I am really enjoying flying. I even fly upside down, floating on my back for awhile. Now I turn back right side up and dive toward the ground where I fly through several large boulders then through some houses that have appeared. This is great fun. Then I remember that I should reach out to the Spirit.

Ahead I see a large house. I fly through the wall and stop inside to look around. This building is full of Christmas stuff. So much that it is like a large store. Some of this Christmas stuff is very nice like angels painted by Leonardo de Vinci and Madonna and Child statues. Some is cute—Santa dolls and stockings etc. that I am not very interested in.

Now someone puts a Santa doll right in my face. This is irritating, but the doll’s eyes open and look at me. “Okay,” I reason, “this may be more interesting than I first thought.” I look at the other Christmas-type figures—elves, angels, people dressed as in Dickens’ A Christmas Carol etc. They all open their eyes and look at me. It seems they are living things.
that just looked like dolls and statues at first. This is
interesting, but I again remember that I wanted to
connect with my true spiritual self the next time I
knew I was dreaming.

I fly through the wall of this building, back outside. I
soar upwards again and experience a great feeling
of freedom and speed. The dream scene is very
clear. I am up above houses, fields, and mountains.
It occurs to me that his dream is going on so long
that I wonder if I will be able to remember all of it to
write down when I awaken. “Oh well, that doesn’t
matter,” I reason. “It is the experience that is impor-
tant.”

Below me in the distance I spot one building that is
much larger than all the others. I fly swiftly to it.
Close up, I see it is truly Huge. It is not as large as
skyscrapers in cities, but it’s big in a different way.
This building is only three or four stories high, but
hundreds of feet long and deep. I fly close to this
structure which is constructed of bluish/gray stone.
There are colourful human type figures in relief and
also symbols on the sides of this building. I fly
slowly along very close, observing everything. Now
on a ledge, I see something. I fly closer to see what
it is. It is some small wooden shelves. “Oh, it’s the
altar!” I exclaim. I remember it from another dream I
had in the distant past. I am flooded with joyful emo-
tion at the sight of this simple thing. It is as though I
have rediscovered something precious that is mine
that I had forgotten I even had. I am overjoyed.

This altar is constructed of wood coloured pale blue/
green. Also it has streaks of dark blue here and
there. It has two or three shelves. This changes as I
look at it. It is not large—maybe a foot and a half
high. The items on the shelves seem to keep
changing. I look closely to see what they are. On
the bottom shelf is a statue of Milarepa, the Tibetan
saint, with the back of the statue toward me. On top
of this statue is a second, a knight holding a sword
in his hand and seated on a horse. The knight
statue is upside down and it rests on top of the Mi-
larepa statue. I feel that this arrangement is surely
symbolic. I look up to the next shelf and it is now
empty. I am certain there was something on it ear-
lier. I look back at the lower shelf and it too is now
empty. I feel a great spiritual presence and I cry out
over and over, “O God, O God, O God…” This is my
prayer and I am overcome with emotion as I gaze at
this small empty altar, and I continue feeling the
spirit presence around me and in me.

After awhile the emotions subside and I slowly float
down in front of the building until I touch down on
the stone street. Somehow I know it is nearly time
for me to awaken. Standing on the street, I look
around at the dream scene. Then the alarm goes off
and wakes me.
raining and I had a double lesson of physical education outside in the rain before coming home in the rain so I was soaking wet.

I headed to my bedroom, changed my clothes, and got into bed. At that time my bed was next to a radiator as I would rearrange my room for summer and winter. I laid on the bed across its width and had my feet tucked down in between the mattress and the radiator, After a few minutes I drifted off to sleep.

Once asleep I was still aware of my feet as they were very warm. I started to dream I was in a house. First I had an outside view of the house. It was wooden with white panelling and was alone in a red desert-type wasteland.

As the dream changed I was suddenly physically inside the house in the kitchen. I felt like I was already being chased so I ran upstairs (like every good horror movie) and tried to hide but there was only a bed with a shotgun on it. I took the gun and ran back downstairs where the kitchen had now filled up with zombies.

Instead of shooting the gun, I somehow crowdsurfed my way out the kitchen and out the front door. When my feet hit the ground I was aware of my feet on the radiator. This is the point where I became lucid. I actually giggled to myself in real life and noticed it. This is hard to explain as normally when lucid I find myself inside the dream. This time I was both in the dream and in waking life due to my feet on the radiator.

I said something along the lines of, "Run, don't walk, silly!" to myself in real life on my bed but my visual was still in my dream. I opened one eyes and I could see my bedroom, I closed them and was still in my lucid dream. I was in both places at once.

That's the end of where I feel I was split in two almost, and I went back having a standard lucid dream where I did indeed start to run.

More zombies blocked my path and I shot a few of them and remember getting covered in the red dust that was blowing about in this desert wasteland. I was running and my feet were still on the radiator but the feeling of being in both worlds was gone.

In the dream the actor Alan Cumming started running next to me and asked me what I am doing? I just ignored him and then he said, "You don't have to run anymore, you're dreaming."

At that point I felt pretty annoyed that he spoiled the fun I was now having running, and it pulled me from my dream and I simply faded into sleep.

Sharon Pastore
A Lucid Love Affair

"Don't you remember me?" asks Avery. I could tell he had a sense of humor. With no shirt on, muscular, chiseled features, Avery was a very cute young guy about 20 years old (in waking life I am 38). We are gliding through a dark space, as if on a conveyor belt. I kept staring at him, trying to recall who he was...and then I finally remembered him! (This triggers lucidity.) We embrace and kiss passionately; talking, laughing, and embracing like long lost lovers. It felt like he had something to tell me - that's why he came back - like he came back to get me.

As we continue gliding toward wherever he was taking me, I start to fire away questions at him (as I always do once I become lucid), as if I am on a mission to retrieve life's deepest secrets. Problem is, the more I ask, the more I start to lose him - he is literally fading away. So I stop asking.

He takes me to the checkout line (how ironic - "check out") of a supermarket that looks like one where I used to go regularly before I moved (in waking life).

I ask him who I was in a past life, but he starts to melt. Spontaneously, I come up with the clever idea of singing the question, "Was I a movie star?" I sing like an opera singer in a silly voice. "Yes!" he says, in a tone like 'You got it! Good job!' I am amazed, and not surprised (I sing professionally in waking life from time to time, and have always sung.)

Just then, an agent approaches (I've had a series of lucid dreams with agents where I've learned how to turn them into friends instead of scary dream figures). I am defensive toward him, and slightly scared. Then I quickly remember to engage him in conversation. I ask questions and he stops and lets down his guard. I no longer feel like he is coming after me.
I'm so happy seeing these people again, having fun hanging out with them as they sit on the conveyor belt in the checkout line. They remind me of theater people. They are mixed ages and races, including black children.

I remark, "My sense of humor is really good up here." I feel like I can be my true self - hilarious, flirty, witty, and relaxed. At one point I joke with the group, "It's not like we are in H-E-L-L!"

But I also admit in my mind that I am getting a little bored. I also see Avery very small and kissing someone else (another male). Not jealous, really - just curious. He is sitting on the conveyor belt on the checkout line - everyone is side by side - having shrunk.

I am so very happy to see Avery again. I make the connection between Avery and Ava (my daughter). "I don't want to go back," I say to him, like lovers who must part. Then I see this thin gold and silver bracelet and I miss Ava. I accept that I have a life to live and that I will see him again.

"Avery, I have to go," I tell him.

"I will show up again," he says. "I promise."

I go to wake up and write down this amazing love story from a former life. (He did show up in another dream that same night - I was so excited! But I called him "Aubrey" in that dream.)

**Mike Coon**

**The Deep Blue Sea**

Before hand I decide to do the advanced TOTM, (Task Of The Month- We have a monthly task on www.dreamviews.com where we try to achieve a specific thing) swim in the cretaceous sea. I watched BBC Sea Monsters with Nigel last week and was prepared. I would enter the mirror in my room and be on Nigel's ship.

I decide to WILD (Wake Initiated Lucid Dream) and actually do it! It is a lot like DEILD (Dream Exit Initiated Lucid Dream) after all. I lay there with my mantra and a very dim awareness and suddenly I hit SP (Sleep Paralysis). It is a slight twinge and I wonder why so short. I relax and feel it again but stronger. I get wildly excited. I feel my heart pounding and my breath shorten. I wanted a lucid so bad tonight. I force myself to be calm with my meditation. Once I relax the SP goes away. My dream body gets up but I feel really real and wonder if I am awake. I walk to the mirror and push on it and it is solid.

I am suddenly back in bed with SP. I get up and run to the mirror and bash my head on it - solid. I feel embarrassed and drunkenly go back to bed. I feel the SP again. Again I rush to the mirror. I really thought that if I entered the mirror I could be on the deck of Nigel's ship. I hit my head on it and wonder if my wife thinks I am nuts. I feel like I was just sleepwalking. I go lay back down only to hit SP again. This time I think more about it. I remember the room didn't look right and I barely felt the mirror. OK let's just concentrate now.

I clear my mind. I feel like I am floating. I get the urge to spin. I feel like I am on my back and the center point is my stomach. I begin to spin so fast that I can feel the centripetal force on my arms and legs. It is a nice feeling but I want to get on Nigel's ship! I make a new mantra. Nigel. Nigel Nigel Nigel... I imagine my hands connecting with a smooth railing of what could be on a ship's deck. I feel the friction from my spinning movement on my hands. I stop the spinning and have a solid hold on it with my left.
Suddenly I am back in bed, sort of awake. I DEILD quickly. I hit SP again but this time I slowly get up. No good. My body feels sluggish and the bed feels like a tar pit. I can only get my left arm over the edge of the bed. I imagine my feet slowly floating over the side.

Suddenly I feel something hard and cold on my left hand. It is so cold it almost hurts. I don't know if it got me or if I got it. I feel like I am pinching a cold, raw, half-thawed chicken wing. It scares the hell out of me and I think something evil is there. I force myself to remain calm. I know I am dreaming and I am very determined to do the TOTM. The thing is so gross but it actually helps stabilize me.

I stand up and pick the thing up since it is attached to my fingers. I want to know what it is. My vision is dim but the thing in my hand turns to my son. He feels cold and dead. I feel panic and I wonder if he is even alive. But no no. I am dreaming - he is not real. I really have to tell myself this. I don't feel like I am going to wake up but a part of me wants to so that I could check on him. I cuddle him to me and calm down. I force myself to walk to the mirror once more.

I feel my son sort of melt into my left arm and disappear. I slowly face the mirror and with more determination I press my face into it as hard as I can. It is just solid. So weird. I see my reflection. My face is blurred and my reflection is looking to my left with a mind of its own. Yes I am definitely dreaming. I breathe out with frustration and my breath fogs the glass. I hear my wife complain about something. I look over and she throws an arm up in disgust. I say, "OOOH SHUT UP. You're not real anyway."

OK time to think: how am I going to do this? I open the bedroom door thinking I would just be there. Nope. I walk to the front door and really concentrate on being on Nigel's ship. I walk to it but I am slowed down. The room stretches and I can't reach the door. I try to run but I feel like some force has me by the waist and I can't get any traction. GOD my house is getting scary!

I see my hands and it causes me to pause for a moment. They look so odd that I am distracted. I remembered something I wanted to try. I look at my fingers and see how crazy distorted they are. The lengths are all wrong and some fingers fan out into 4 or 5 other ones. I kind of chuckle at this. I have read that this happens in dreams and makes a good RC (Reality Check) but I had never see it for myself in a lucid dream, only in HI (Hypnagogic Imagery). Then, I remember something else and I try to make magic like on Skyrim or the Sorcerer's Apprentice. Bah - I got nothing.

I run outside, but it is just my normal neighborhood. I run a few houses down to the south. On the East side of my street I see 2 women sitting on their front porch, talking.

I stop and ask, "Can I get a ride to Nigel's boat?" I figure it was worth a shot. They both look hesitant and shocked that I talked to them. I think about how DCs (Dream Characters) like to talk gibberish a lot and I don't expect much of an answer.

But the one on the left says, "Yeah." I follow her to her house across the street. She is wearing a black and grey one-piece bathing suit. I see her keys in her hand.

I say, "Well, the thing is, we might have to drive to the ocean. That's a long way." I think how I don't want to spend my LD (Lucid Dream) trapped in a long car ride! She looks discouraged and confused. I decide to try to convince her of something else. I say, "Look. Don't you have a teleporter? I know you have to. Eeeeeveryone has a teleporter!" I look at her, hopeful, and try to convince her.

Then she says one word without emotion, "Yes."

As she goes in her house she turns and says, "I have to freshen up a bit."

I follow her inside but think to ask, "Is it ok if I come in?" Again she says "Yes." I look around and she has a messy house. I see a cat run off. I take it all in.

She says, "Sorry my house is a mess."
"Oh don't worry about it. I don't mind." Then for some reason I get horny. It's just me and her alone in her house. Giggity. I grab her to me and take her top down. She goes limp and allows me to without emotion. I stop.

"I am sorry. I should not have done that." I remember that I have a task to do. I don't want to waste my lucid dream on sex. I would just wake up and be mad. I let it go.

We walk to a back room and she hands me a pill bottle full of some liquid. "Here, drink this."

I say, "What? So I drink this and I am teleported?" She nods. "Are you sure? What's in it? Oh well here I go." I open it and drink all of it. I remember one TOTM where you drink a potion and I didn't focus on the taste. This time I take the time to. I notice it is thick and slightly sweet but tasted a lot like cough syrup.

I wait but nothing happened. "Nothing happened."

"Oh that's just my vitamin therapy. I don't like it."

I get pissed and realize she obviously isn't going to help me. I hear some man talking in another room but I ignore him. I start to walk outside but I see a hallway to the left. I decide she has to have a teleporter somewhere in the house. I sneak in hoping she thinks I left the house.

I walk to a room and see a gross and dirty tanning bed. I see the light and feel the heat from it. There is a dirty toilet to the right. I start to get in the tanning bed thinking that will work but I really don't want to try that.

I walk to the next room and see a black pod of some sort. It looks like a SCI-FI deep sleep chamber. That has to be it! I get in and lie down. The lid closes and the light dims. Nothing happens. I look by my right hand and see a control panel. I punch a few buttons and say, "Cretaceous Period!" I hear a chiming sound and a swooshing noise. Then another chiming sound and the lid opens.

I see a mosasaur right off the bat. I don't see sharks. I see something like ichthyosaurs. I see a few xiphactinus. I also see hundreds of other things that don't belong. Like little cartoony worm-like things on the floor. And cartoony-looking turtles. There is so much activity and so many different things swimming around that I have a hard time seeing it all. I feel like I have sensory overload.

I hear some silly music and a dopey voice singing. "...Here I am swimming in the deep blue sea. The deep blue sea. The deep blue sea...."

I laugh my ass off at this. I laughingly repeat, "The deep blue sea. Hahaha!"

I notice and am not surprised that I can breathe underwater. I remember that in every underwater dream I could always breathe, like it's no big deal. I begin to swim. I notice the coral life on the floor and white sand. I see a deep ocean floor valley not far away. The water is so clear and everything is amazingly beautiful. But the ocean life is so thick! None of the fish seem to notice me and I am not afraid. Even when the big fish with large teeth swim by, I feel calm and they ignore me. The fish don't even bother to eat each other. This Cretaceous Ocean is tame. I am surprised at this because I thought for sure I would be eaten if I pulled this off.

I get kind of bored just swimming. I feel content that I completed my task and am happy with myself. I see woman in a bright red one-piece. She is just floating like she is dead. But I see her head turn and one eye look at me. Her reddish hair flows in the water. I come to her from behind. At first I act like I am a fish and lightly bite her arm. Then I get really horny again and the dream turns into the best lucid sex ever! I feel really guilty because I don't like wasting a dream on sex. But I didn't care at that point. I'll leave the details to the reader's imagina-

Afterwards, I notice we are on a white sandy beach and I see a rock cliff. For some reason I think there is a road up there but I don't care. I really just want to wake up now and record my dream. At that thought the world fades to black.
Dream Castles in the Sand
June 21 - 25, 2013
Virginia Beach Resort & Conference Center
Virginia Beach, VA

The Venue • Virginia Beach Resort Hotel and Conference Center is located on the beach at 2800 Shore Drive in Virginia Beach, Virginia with sweeping views of the Cape Henry Bay. The bay front location provides an ideal venue for beach activities.

The Conference will feature three world-renowned keynote speakers, over 160 presenters from around the globe, an opening reception, the Dream Art Exhibition and reception, a Dream Hike, the annual Dream Telepathy Contest, the ever popular costume Dream Ball and other fun special events appropriate to the beachside location. Come meet and converse with your favorite authors and personalities as well as a multitude of kindred spirits interested in sharing the joy and benefits of understanding dreams and dreamworking.

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Keynote Presenters

Tenzin Wangyal Rinpoche
"Lucid Dreaming from a Bön Buddhist Viewpoint"

Kevin J. Todeschi
"Edgar Cayce and the Use of Dreams for Self Guidance"

Mark Blagrove
"From Freud to Neuroscience"

For additional information and to register: www.asdreams.org/2013
The Lucid Dreaming Experience  www.dreaminglucid.com

Michael Frank
https://sites.google.com/site/michaelfrankphotographs/

Robert’s Book Website
http://www.lucidadvice.com

Dr. Keith Hearne
Author of the First PhD. Thesis on Lucid Dreaming
http://www.Keithhearne.com

Lucidity Institute  www.lucidity.com

The International Association for the Study of Dreams
www.asdreams.org

Linda Magallón's dreamflyer.net
Flying dreams and much more. Several articles from LDE appear, especially in the section entitled, "The Dream Explorer."
www.dreamflyer.net

Experience Festival
Several articles on lucid dream-related topics
http://www.experiencefestival.com/lucid_dreaming

Mary Ziemer
www.luciddreamalchemy.com

Lucid Dreaming Links
http://www.greatdreams.com/lucid.htm

The D.R.E.A.M.S. Foundation
www.dreams.ca

Explorers of the Lucid Dream World Documentary
http://www.LucidDreamExplorers.com

Daniel Oldis and Sean Oliver’s presentation of inter-dream experiments given at the June IASD conference in Berkeley:  http://www.youtube.com/watch?v=M1jUENG12Uc

Rebecca’s Website  www.World-of-Lucid-Dreaming.com

Lucid Dreaming Documentary
Wake Up! Exploring the Potential of Lucid Dreaming
http://luciddreamingdocumentary.com

Ryan Hurd
www.dreamstudies.org

Christoph Gassmann
Information about lucid dreaming and lucid dream pioneer and gestalt psychology professor, Paul Tholey.
http://www.traumring.info/tholey2.html

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The Conscious Dreamer
Sirley Marques Bonham
www.theconsciousdreamer.org

Al Moniz
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http://www.kidlucid.com

The Lucid Dreamers Community – by pasQuale
http://www.ld4all.com

Fariba Bogzaran  www.bogzaran.com
Robert Moss  www.mossdreams.com
Electric Dreams  www.dreamgate.com

The Lucid Art Foundation  www.lucidart.org

Roger “Pete” Peterson  http://realtalklibrary.com

DreamTokens  www.dream-tokens.com
David L. Kahn  http://www.dreamingtrue.com/

Lucidipedia  www.lucidipedia.com

Jayne Gackenbach
Past editor of Lucidity Letter. All issues of Lucidity Letter now available on her website.
www.spiritwatch.ca

Matt Jones’s Lucid Dreaming and OBE Forum
www.saltcube.com

Janice’s Website
With links to lucid dreaming and out of body sites.
http://www.hopkinsfan.net