Tips and Techniques
Lucid Dreaming and the Afterlife
DreamSpeak with David L. Kahn
LDE Quarterly Challenge:
Exploring Dream Flight
Why Does an Apple Fall in a Lucid Dream? Part 2
The Lucid Dream Exchange

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Statement of Purpose
The Lucid Dream Exchange is an independently published reader supported quarterly magazine that features lucid dreams and lucid dream-related articles. Our goal is to educate and inspire lucid dreamers through sharing lucid dreams, exploring lucid dream techniques, and discussing the implications of lucid dream activities.

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Lucid dreamer David L. Kahn has recently completed a book about dream interpretation, “A Dream Come True”, which recognizes the value of precognitive material and lucid dreams. The book is currently being reviewed by some publishers for possible publication. (You can purchase the self-published version on-line at http://stores.lulu.com/lucidreverie) David has been a lucid dreamer for nearly thirty years. He lives near Minneapolis with his wife Chris, son Jacob, and daughters Kristin, Amanda and Heather.
When did you first learn about conscious dreaming or lucid dreaming?

I was around ten or eleven years old. I saw a television show that had a piece on lucid dreams, explaining what they are and how you can make conscious choices in them, including to do things that would not be possible in real life. I was glued to the TV. The show had an example of a girl that was running on a beach while being chased by a person on a horse. She could not see who the person was, because the rider was wearing a black hood. She realized that this was a dream, stopped running, and turned to face the person on the horse. The horse stopped running and the rider took off her hood. She saw that the person on the horse was herself.

Can you recall your first lucid dream experience? Please, tell us about that.

The very first time that I realized that I was dreaming while the dream was occurring, I was perhaps 8 or 9. At that time I had never heard of a lucid dream and I wasn't aware that I could change the dream. My first true lucid dream was the same night that I watched the TV show. In the dream I was at school with my friends when I realized that I was dreaming. I took off and flew very fast over the school yard for a couple of minutes until I awoke.

What about that lucid dreaming experience (or those early experiences) did you find interesting?

I was surprised by how real the dreams felt. The dreams seemed as real as waking life, sometimes even more so. The colors became very rich and images became sharper. Sometimes I was surprised to find out that I didn't have total control. How can I know that I'm dreaming, but be unable to walk through this wall? There were also times that I recall telling my friends in the dream that they too were dreaming, so quickly I realized that there are different levels of lucidity.

At that time, what methods did you use to bring conscious awareness into the dream state? Has that changed over the years?

I did a lot of work with lucid dreams during my teen years. I was fascinated by Stephen LaBerge's work. I read his books and had an audiotape of his at the time. I had some success with MILD, but mostly I found incubation to be something that worked for me if I put enough effort into it. I also experimented with reality checks during the day, and I even bought a subliminal message tape. Mostly I just tried to keep lucid dreams on my mind, often with books or tapes. That made a big impact on the frequency of my lucid dreams.

As you had more lucid dreams, were there any lucid dreams that made a deep impression on you? Tell us about them.

Nearly all of my lucid dreams have made a major impact on me, but there is one that was a major turning point in my life. I had this dream about twenty years ago, when I was in my later teens. I was in an empty room. There was a window on one of the walls. Nothing caused me to question my reality, but I became lucid. The colors became very rich. I walked over to the window and looked out onto an open meadow with a single tree in the middle of the meadow. My vision focused in so that I could clearly see fine details of the individual leaves. Each leaf was luminescent, glowing with a bright green color. I realized at that moment that each leaf was alive, but so too was the entire tree. I felt the connection between all living things.

Interesting! What did you take from this lucid dream experience? What did it come to mean to you?

I remember that dream as though it happened last night. It had a major impact on my life in subtle ways that may be hard to quantify. I see the world and the people in it differently. I am reminded of the Native American saying, "No tree is so foolish as to have branches fight amongst themselves." In addition to the metaphoric meaning, I literally have never looked at trees the same since. I notice the individual leaves, not just a single tree. When I hear the sound of wind blowing through the leaves, it has a calming effect on me. It is much like the peace you might feel while taking a walk on a beach listening to the crashing sound of waves.

What experiments have you tried when lucid in the dream state? Please describe and tell us about some of those?

One experiment that has stuck with me over the years took place in another of my teenage lucid dreams. I decided that I wanted to hear what music sounded like in a dream, so when I became lucid I made my stereo appear in front of me. I had a cassette tape in my hand and tried to put it in the tape player. For some reason the tape wouldn't fit, so I just jammed it into the tape deck and forced it shut. Then out of nowhere I heard music. It was unbelievable. The sound was...
coming from everywhere, as though it came out of the air itself. It was the most crystal clear sound that I have ever heard. Interestingly, prior to having this dream I had a few nights of failed attempts at having a lucid dream. In one of those dreams I was hearing music. The name of the song in that dream was called "Dreaming Again." It is as though my mind was attempting to help me achieve my goal.

Have you ever tried “surrendering to the dream” or letting the dream show you something unexpected or unknown? Or have you had lucid dream experiences that were totally unexpected? What happened?

It is interesting that you ask this. I had a recent lucid dream that was perhaps the longest lucid dream that I've ever had. It lasted several minutes. After becoming lucid, I repeated nearly identically the events of an out of body experience that I had many years ago. I walked through the same window and began floating up above the same house and trees. I then felt that I wasn't just floating, but I was being lifted under my arms by something that I could not see. I had a brief moment of doubt and began to drop, with a feeling in my stomach like being on a roller coaster. I realized that I had to let go of my doubt, and I continued to float. I then turned my arms so that my hands were facing up. I repeated several times, "Show me what I need to see." As I was saying these words, I felt myself being quickly turned in different directions. In one direction I saw a silhouette of a large tree in a sunset. Eventually I went over the ocean and was dropped on an island, where my lucidity continued as I explored the island.

I realized a couple of interesting things after this dream. One is that I recognized the tree silhouette inside of a sunset as the wallpaper image that I have on my computer. Later that day I took a look at my computer screen wallpaper, which hadn't changed in months, and I noticed something that I had never seen before. I saw something very small next to the tree. I zoomed in on it and saw that it was a headstone. It wasn't scary. The feeling that I had is that something has been in front of my eyes all this time and I didn't see it until now. The other realization that I made is why I kept repeating the words, "Show me what I need to see." I had recently written a poem into a chapter about spiritual dreams in my book. My dream was telling me to listen to my own words. Here they are...

Enlighten me to all I see

The storm at night, the sun by day
The black, the white, the shades of grey
The waves, the serenity of a calm sea
Dead branches for firewood, the living tree

Have you experienced lucid dreams that made you question the nature of reality?

I have precognitive dreams fairly often in both lucid and non-lucid dreams. No matter how often that happens, I still find myself with a sense of awe. In a recent lucid dream, I had a very bizarre experience unlike any other dream that I've had. I was standing in front of a bathroom mirror when I became lucid. I noticed that the shower curtain was blue, and I also noticed geometric shapes on the shower curtain. I knew that I would be blue when I looked back at the mirror. Indeed my skin was very blue, except for my neck in the area that I recently had surgery. I looked away from the mirror for a few seconds, and when I looked back something very strange happened. I became the color blue. It wasn't just my skin color. I was actually the color, as though without me blue would not exist. This is one of my most difficult dreams to express in words, because it is hard to describe what it feels like to be a color.

What questions did this bring forward about lucid dreaming and the nature of consciousness?

More than ever I feel as though we have only touched the surface of what reality is, and where we can go with our minds. I have no doubt about precognitive dreams. I think anyone that experiences them has a knowing that they are real, even if it can't be proven scientifically (yet). I also have this sense that there is something guiding me that is beyond my own subconscious. There are too many synchronicities, and somehow they have never steered me wrong. If it was just coincidence, I would think that I'd be steered wrong at least on occasion.

I understand that you have almost finished a book on dreaming, and have a chapter on lucid dreaming. Tell us about the book.

The book is called A Dream Come True. It discusses many different interpretation techniques that I believe would be affective for both experienced and non-experienced dreamers. My belief is that many, perhaps most, dreams include some
precognitive material and that the dream cannot be fully interpreted without seeing the past, present and future aspects of the issue you are dreaming about. I also discuss recognizing angles and 3-dimensional space within dreams as a means of recognizing what may be precognitive material. The more basic interpretation sections of my book include such topics as understanding why your dream takes place in your childhood bedroom, recognizing oversized objects, etc.

**On the chapter on lucid dreaming, tell us a bit about your viewpoint; what are you trying to get across to readers?**

The information that I provide about lucid dreaming is something that experienced lucid dreamers would easily understand. I felt it was important to include a chapter on lucid dreams early in the book, because I have included various lucid dream examples in other chapters ranging from spiritual dreams to precognitive dreams. I think experienced lucid dreamers would find some similarities in their dreams and gain further ideas about what they can do with their own lucid dreams, while less experienced lucid dreamers would gain a better understanding of the value of lucid dreaming. In an example that I use in a chapter on “Actions and Figures of Speech”, I tell a story of a series of synchronistic events that occurred both in and out of my dreams. An interesting part of a lucid dream is included in which I ask a dream character for help in dealing with a financial issue that I was having. The character replied, "Ask the old man." I don't know why, but I awoke with the thought that "ask the old man" could be an acronym (ATOM). I thought about atoms, and realized that the night before I had been reading about molecules in a book by Dr. Wayne Dyer. I have a lot of respect for Dr. Dyer's work, and he happens to be nearly the same age as my father. I realized that he is "the old man." With this I knew that my answer was to ask myself what Wayne Dyer would do in this situation. Instantly I heard myself say, "Surrender and trust that the universe will take care of this." So, my dream wasn't so much giving me financial advice as attitude advice. Although in the end, the synchronistic events mentioned in this chapter of my book did end up manifesting some real life solutions.

It seems like nowadays many people have heard about lucid dreaming, and have a basic conceptual understanding. Does it seem odd that individuals that are used to having individual dream experiences would have so many similar common lucid experiences? What might that suggest?

Non-lucid dreams certainly seem to have a lot of common themes, as indicated in Patricia Garfield's book *The Universal Dream Key: The 12 Most Common Dream Themes Around the World*. It would make sense that there is at least some commonality among lucid dreams as well. What I find interesting is that lucid dreams seem to have their own similar experiences, often different from those of non-lucid dreams. Flying dreams, dreams of light, deceased family or friends, the richness of colors, and so forth don't seem to fit into the standard mold of dreams. It seems that many of the differences between standard and lucid dreams are spiritual in nature, as though by reaching certain levels of consciousness we become more open to those experiences. The most spiritual of lucid dreams have a feeling of coming from someplace other than my own mind, and I have heard this described by others.

**What kind of lucid dream experiments could move forward the understanding of the potentials of the dream state and lucid dreaming? What would you like to see?**

It would be interesting to look at precognitive dreams or remote viewing dreams by two or more people simultaneously having lucid dreams (or at least in the same night) in order to see if there is a difference in the degree of accuracy. On a personal level, I am interested in dreams of light. I am curious about experiences of others that may be similar to my tree of life dream. Perhaps next time I should try to communicate with the tree, or even to become the tree. Also, after my experience of becoming the color blue, I am curious as to what else we might become. I think many of us have become animals, different people, or even floating consciousness in our dreams. What would it be like to become a beam of light, water, gravity, or a geometric shape?

**Thanks David, for your observations into lucid dreaming. Any parting thoughts?**

Trust the guidance of your dreams and then manifest their messages into reality. That is how my book, articles and this interview came into being. I felt guided, and over time I began to rid myself of doubt as my dreams had shown me. Also, realize that sometimes there are signs right in front of your face...
Tips & Techniques 1

Steve Parker Goes W.I.L.D.!

Editor's Note: Steve Parker has been lucid dreaming for some time now, and has been having success with the W.I.L.D technique. A “W.I.L.D” is a “Wake Initiated Lucid Dream”; a dream in which the dreamer enters the dream state consciously, without first falling asleep. The term “W.I.L.D.” became popularized after it appeared in Stephen LaBerge’s ground-breaking book, Lucid Dreaming. See this book for further information.

I have been trying the W.I.L.D. technique. I was able to obtain very vivid dreams with this technique. I finally became lucid using the W.I.L.D. (I only have time to try it on the weekends. During the week I have to get up at 4:00 a.m. every morning for work. On the weekends I sleep in. It is a great time to try the W.I.L.D. technique.)

Sunday August 13 2006 7:00 a.m.

Several times I have tried the W.I.L.D. technique. Usually I try the technique in the afternoon or after a good night’s sleep. I wait for the images to pass by. I then try to catch onto an image. When I do this I keep repeating "I am dreaming". A couple of times this sent me immediately into very vivid dreams. I was getting close but not quite lucid.

The Sunday morning after a lot of sleep I tried the W.I.L.D. technique. I saw images go by and almost fell completely asleep. I tried to keep my consciousness awake. In a half-sleep state I was able to grasp an image. I saw grass below my feet. I said "I am dreaming" and the image became more clear. When I realized I was becoming lucid because of the W.I.L.D. technique I almost woke up. I kept repeating, "I am dreaming". This kept me lucid.

I then suddenly stepped into this image and found myself in a lucid dream environment. I was walking down my street. It was daytime and I was looking at the front lawns of my neighbors. The dream environment was very realistic. As I was walking down the sidewalk enjoying the summer day I decided it should snow. Snowflakes started falling and soon the sidewalk was covered in snow.

I then decided there should be a strong wind blowing against me. A very strong wind blew up out of nowhere and it was hard to even take a step forward. I decided it should become hurricane strength. The wind intensified. I decided to fly up into the air and let the wind take me. I floated up and the wind took me sailing away. I swooped up and down, my nose coming inches from the pavement. I was not worried and was enjoying this great sensation. I could feel the wind and how powerful it was. I was able to keep this going for a while and had a lot of control of this lucid experience.

After awhile it became a vivid dream. While in this vivid dream I became lucid again. I started floating again. I then woke up.

I found in this W.I.L.D. induced lucid dream that I was in more control of my dream environment. In clarity and other aspects it was not any greater than other lucid dreams. If you are taking a nap or oversleeping this is definitely a quick way to become lucid. Do not try hard, and allow your mind to relax. Keep repeating "I am dreaming" and grasp that image and do not let it pass by.

Here is another example of a W.I.L.D. attempt and what appears to work for me.

Sunday August 20 2006 8:00 a.m.

I have had a very good nights’ sleep. I am lying in bed very relaxed. I start drifting off repeating, "I am dreaming". I can now see my hands. I am observing them. I am lucid. I have used the W.I.L.D. technique. I now shift to another image. I am looking down on a huge city. It may be a map. The city is in 3D. Each building stands out clearly. The W.I.L.D. technique is working. I now say "I am dreaming". I feel the rush of wind as I separate from my sleeping body. At this moment I wake up. It is disappointing to wake up now. I was ready to enter my W.I.L.D. lucid image.

In this state of alpha sleep it is easy to wake up. W.I.L.D. seems to work best when you are relaxing after a good nights' sleep, or trying to take an afternoon nap. I find it does not matter what position you are lying in as long as you are comfortable. Also you feel your body is warm but not hot. Now you let your mind relax and drift into a light sleep. At this time you will find yourself in dream clips that do not last very long. While in these dream clips keep repeating, "I am dreaming". Your mind is still awake. Upon studying a dream image remind yourself that you are dreaming. This helps to
put you into the dream that you are observing. The trick now is not to wake up while you are aware that you are dreaming. Hold onto the lucid dream and do not panic. Now you can enjoy a lucid dream.

W.I.L.D. WITHIN A VIVID: A brief lucid experience. It is interesting in only that I was able to conjure up a “W.I.L.D.” while dreaming.

**Monday October 23 2006 a.m.**

I am having a vivid dream of an amateur boxing tournament. They want me to officiate. I do not mind since I used to officiate amateur boxing for nine years. I do not have my referee uniform. It is okay, they will allow me to wear my street clothes. I walk over to my judging chair. I sit down and look around. I do not recognize anyone here, which is unusual. I relax, as there is some time yet to the first bout. I decide to close my eyes and see if I can initiate a W.I.L.D. It works. A large wooden house appears before me in great detail. I now say "I am dreaming". I approach the house and get closer and closer. I know I am lucid in this W.I.L.D. experiment but I cannot hang onto it. I now wake up.

Happy lucid dreaming,
Steve
LDE Quarterly Lucid Dreaming Challenge
December, 2006

by Ed Kellogg
(©2006 E. W. Kellogg III, Ph.D.)

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

Flying

[Wendy] "Oh, how lovely to fly."

[Peter] "I'll teach you how to jump on the wind's back, and then away we go." ( . . . )

"I say, how do you do it?" asked John, rubbing his knee. He was quite a practical boy.

"You just think lovely wonderful thoughts," Peter explained, "and they lift you up in the air."

From Peter Pan by J. M. Barrie (1911)

For some people lucid dreams and flying dreams seem so closely related that they confuse the two. And for good reason, as I suspect that if LDE took a poll of favorite activities of lucid dreamers, that flying would top the list. That delicious feeling of freedom, the sheer naughtiness of breaking the law of gravity, the opening of almost infinite avenues of exploration, creates an experience that many lucid dreamers choose to repeat again, and again. "Second to the right, and straight on till morning."

Flying Techniques

But how do we manage to lift off the ground and fly in our lucid dreams? By simply "thinking lovely wonderful thoughts"? By jumping Superman style into the air? A few possibilities:

1. Floating above the ground, like a balloon.
2. Levitating by power of will;
3. "Swimming" in the air;
4. Flapping your arms like a bird;
5. After a jump takeoff, flying Superman style, body horizontal, arms extended.
6. Flying with wings, after transforming into a being or animal with wings, such as an angel, dragon, or eagle.
7. Flying/levitating as a ball of light or as a ball of energy.

I've experienced most of these, but even this list only describes some of the more well known variations of "independent" (no flying carpets or airplanes!) dream flying. Other more esoteric
possibilities exist. For example, at one point some years ago when I'd fly "Superman style", I'd often zoom into warp speed into a gray zone, losing the dreamscape. I found this rather annoying, as I very much enjoyed exploring dreamscapes by flying over them slowly. In response to this situation a "Sufi" in a dream instructed me in the following technique for slow, controlled flying: "Fly with your body semi-horizontal, but with your head and shoulders extended back, your arms stretched behind you in a sort of wing like position. When you fly, your chest goes first like the bow of a ship."

It looks like this:

The dreamer leads with the chest, with the arms wide stretched behind, pointing more or less in the same direction as the legs, but if seen from above, making a > shape, with the chest as the point of the >. I've tried this flying position out on several occasions, and it's worked like a charm. Using this technique I fly at about 15 mph, a perfect speed for sightseeing. This position has also worked well for participants in my dream classes who needed to learn control, who've tried it out while lucid. Perhaps you also have some unusual flying techniques you'd like to share.

**Flying Conditions**

In some dreams we fly as if born to it, in other dreams, even lucid dreams, we may have trouble getting off the ground. Often this relates to the degree of lucidity attained (see "the Lucidity Continuum" at [http://www.improverse.com/ed-articles/kellogg/](http://www.improverse.com/ed-articles/kellogg/) for more information) but on occasion even fully lucid dreamers may find themselves heavy and earthbound. In such cases, what other factors may come into play?

Perhaps you fly in dreams more easily under sunny skies, or in the dark of the moon? Do dream reality weather conditions make a difference? How about the weather conditions in physical reality, the phase of the moon, sunspot activity, or even astrological configurations?

Also, does the power of flight come entirely from within, or do we on occasion have help from outside forces or even entities? On some occasions while flying I've felt something like invisible hands pulling me along - and to my surprise a few times I've actually seen a pair of disembodied hands holding onto mine! Although unusual, other lucid dreamers have reported similar phenomena. How about you?

Dream magic certainly plays a part in flying, ranging from psychological factors like the power of belief, to the ability of dreamers to clearly focus their intent. Sometimes we fly easily without even thinking about it, and while on some occasions doubt may incapacitate us, on others it may have no effect at all. (For more information on dream magic, see the September, 2005 LDE, "Harry Potter and the Lucid Dream Exchange Challenge", at [http://www.dreaminglucid.com/challenges/ldechallenge4.pdf](http://www.dreaminglucid.com/challenges/ldechallenge4.pdf)
The Challenge: Exploring Dream Flight

When you next gain lucidity in a lucid dream (where you know *that* you dream *while* you dream) go flying. Try out a new flying technique if you like, or fall back on a favorite, but in either case pay attention to: 1. How you get off the ground; 2. What you do to stay up in the air; 3. Your dreambody flying position(s); and most importantly, 4. How does it *feel* to fly? Once in the air, how well can you steer? Can you control your speed? If so how? How slow can you fly? How fast? How high? How low? What happens when you change your flying position? If you have time, land and try another technique. Record your experiences while flying in your dream journal in as much detail as possible, including your degree of lucidity. If you've flown this way before, how did your experience this time compare? Include drawings and diagrams if appropriate, and if you feel comfortable sharing your lucid flying dreams send them to LDE. And if you use a unique method for flying in lucid dreams not touched on here, please let us know, and make sure to include "how to" details!

The next issue of LDE will be devoted to Lucid Flying Dreams

Suggested questions to inspire your dreaming:

- How do you fly in your lucid dreams? Do you have a certain method or technique?
- Do you fly alone or are there others in the sky with you?
- Has a dream character ever showed you how to fly? Or picked you up and flew you someplace?
- Do you have good control? Or do you feel pulled willy-nilly through the sky?
- If you lose altitude, do you have a technique to bring you back up?
- Do you have a body while you fly? Or are you a point of consciousness?

Send in your lucid flying dreams!

A Special Thank You

LDE would like to extend a special “thank you” to Linda Lane Magallón for her years of dedicated and enthusiastic support and insightful article contributions. Linda is taking time out to work on other projects. We wish her all the best and look forward to seeing her new website, when it is available!

In the meantime, you can still check out her *Dream Flights* site – “the premier site for flying dreams” - at:

http://members.aol.com/caseyflyer/flying/dreams.html

Best of luck, Linda!!
Comments on Ed Kellogg's Challenge to Find the Dream Matrix

By Robert Waggoner © 2006

Ed Kellogg's interesting challenge to become lucid and seek to perceive "The Dream Matrix" intrigued me on a number of levels. As Ed points out, the 1999 movie, The Matrix, suggested that the "...characters live in a virtual reality experienced and perceived as physical, but which at its root consists of a mathematical code." In a sense, the apparent physical reality held no inherent reality; physical reality existed as an expression of the inherent reality of the matrix - which the movie portrayed as rarely seen, yet ever-present, mathematical code.

Below, one can read an excerpt of Ed's lucid dream report in which he tries to see "the matrix code" (taken from LDE #40, Sept. 2006):

EWK 5/04/04, "Inside a school environment, I leave a classroom and walk down the corridor. I realize that I dream and remember my task to see "the matrix code" possibly embedded behind the surface appearance of dreams. I try to use a memorized incantation: "By the power of Alkahest / Let the Matrix Code visibly manifest!"...Afterwards I notice that the dream environment and objects look different, but still not code like shapes. The dream scene dissolves into a sort of gray void, and I feel myself waking up." (note: - Ed gets a dream scene to reappear, fights a "Bruce Lee" figure, briefly awakens, and then returns to a lucid dream) "I decide to try a simpler approach to accomplishing this task, and simply chant "See the Matrix!" again and again. The dream scene begins to fade gray again, but I stay in the dream by focusing on the kinesthetic sensation of an object I hold in my hand...."

I have highlighted specific passages from Ed's lucid dream to suggest an alternate explanation; namely, that lucid in the dream state, Ed possibly saw "the matrix," but didn't accept the response. Ed twice requested, and possibly twice saw "the matrix," I feel. Yet, each time, he failed to acknowledge it. What Ed saw, and what shows twice in his report and what may actually constitute the "matrix" or root of the dream state showed itself as the "gray void" from which the dream emerges. I suggest that the "gray void" (which many of us lucid dreamers experience) exists as the matrix of inherent potentiality and infinite expression in the dreamscape.

In essence, the "gray void" exists as the womb of the dreamscape - the mother of the dream and the dreaming. From the "gray void" the dream emerges, and to the "gray void" the dream returns.

Have you ever watched a lucid dream end? Yes? Many of us have experienced the loss of our comfortable imagery as the sparkling "gray void" replaces it. But how many of you have watched the dream emerge or return from this same gray void? How many have watched images appear from the gray void, then more and then more images from the gray void, until the dream reconstitutes itself (at least to our level of visual interest and expectation!)? I suggest that the sparkling gray void constitutes our human perception of the "matrix" of the dreamscape.

Interestingly, the word "matrix" originates from the Latin, as "womb, originally, pregnant animal, from mater, mother" according to the American Heritage Dictionary (1976). The womb suggests the birthing capacity and purpose of the matrix. It bears. It brings forth.

Thinking of matrixes reminds me of my youthful fascination with semi-precious stones. These beautiful, often geometric, naturally formed crystals somehow came drawn from this drab, dreary, unremarkable (often gray) matrix rock. "How did such a beautiful, entrancing crystal emerge from such a dull, uninteresting, totally forgettable matrix?" I would wonder. The matrix, the mother rock, the creative particulate, the womb of potential seemed so disheartening and unappealing next to the allure of the crystal creation. Looking past the matrix to its creation seems the easiest thing to do! As Morpheus from the movie suggests, "The Matrix is everywhere. It is all around us. Even now in this very room," but since it seems of so little value, we appear destined to ignore it.

In my lucid dreaming, I have had to re-teach myself not to ignore the actions, reactions, comments and rebuttals of the dream and dream figures; rather, I now realize to consider them ignoring the actions, reactions, comments and rebuttals of the dream and dream figures; rather, I now realize to consider them deeply. Often, the lucid dream figures or the lucid dream itself will surprise us with their/its response to our questions and requests. But since sometimes the response falls outside of the range of anticipated responses, we set it aside as silly or incomprehensible. Re-reading old lucid dreams has taught me about the nature of my own ability to ignore responses (and thus remain ignorant).

Though we may not like the response or understand the response, lucid dreamers should marvel at the responsiveness of the dream realm when lucid. If I fear that I can not fly well, I normally can not fly well. If I strongly intend that a friend appear around the corner, he normally appears around the corner. If I shout, "Hey, I want to hear my feeling tone!" - not even knowing what to expect of a "feeling tone" - I have an experience that seems satisfying, responsive and ultimately
valid. Lucid dreams usually respond to our sincere, un-conflicted requests.

The "gray void" that many of us have experienced in lucid dreaming seems easy to overlook. It has no shape, no form. It seems empty, vacant. Yet looking back to Genesis, Chapter 1, verse 1, one can read the Biblical suggestion that before things came into being, what existed to be experienced? A dark, shapeless "Void." Physical reality came from a dark, shapeless Void, according to the ancient text.

Robert Waggoner raises an interesting possibility when he argues that "the gray void" may correspond to the underlying dream matrix. However if so, I doubt that this resulted from my chanting "Let the Matrix Code visibly manifest!" or later, repeatedly chanting "See the Matrix" in my lucid dream.

To some extent I experience a "gray void space" every time I go to sleep, and every time I wake up. However I experience it most clearly and vividly, as a discrete "in-between state", when I begin to wake up in a lucid dream, and the dreamscape fades to gray but I manage to stay in the dream by focusing on my kinesthetic sensations until the dreamscape returns, or until I physically wake up. On these occasions I find myself in a textured gray void space, while fully lucid, for up to a minute, before either returning to the dream, when successful, or waking up in physical reality, if not. Also, if I do not physically move after waking up, I can sometimes return to the dream where it left off.

In my "The Matrix Code" dream I use both techniques, the first one twice: "The dream scene dissolves into a sort of gray void, and I feel myself waking up. I hold onto the kinesthetics to stay in the dream, and the dream scene reappears" and, "The dream scene begins to fade to gray again, but I stay in the dream by focusing on the kinesthetic sensation of an object I hold in my hand." And the second one once: "I briefly wake up in physical reality, having physically kicked the covers. But I don't move, and almost immediately fall asleep and back into the lucid dream."

So I discounted my experience of the "gray void" as a response to my chant because I have had many similar "rebooting" experiences in other lucid dreams. In general, I've assumed that the gray void seems the equivalent to a blank computer screen. Of course, this assumption does not invalidate the idea that this gray void may constitute a common human perception of an underlying "matrix" of the dreamscape. I note however, that Robert consistently describes what he experiences as a "sparkling" gray void, an adjective I would not use. The gray void that I experience seems more like a dull, if textured, nothingness - if it "sparkles" I have not consciously noticed it doing so.

Furthermore, although in my dream I later simplified my chant from "Let the Matrix Code visibly manifest" to "See the Matrix", my intent remained the same in that I wanted to experience "Matrix Code", and not an underlying "Matrix" as such. How might the two differ? Well, in a computer, the underlying matrix would consist of an incredibly complex and detailed pattern of presences and absences, corresponding to 1's and 0's. On the other hand, computer programming code seems a kind of higher level language, composed of symbols that have specific meanings or that define specific operations. In my lucid dream I intended to consciously see/experience the "Matrix Code" at the level of a programming language.

I also expected that if I succeeded that I would also find "The Matrix Code" understandable to some degree, in that part of me - in theory at least - already has the ability to read this code when manifesting experienced dreamscapes. And I believe I did succeed in this task to some extent, especially towards the end of this lucid dream: "I see a large star sign on a white background. It looks strange, chaotic, hard to resolve or focus on. The star has eight, or perhaps ten points. The octagonal (?) star has multiple lines, three or more, slightly offset, and in different colors for different sections, dark green, dark blue, dark red, perhaps some brown. A "man" dressed in white comes out of the "post office" carrying a toolbox. He has on a white cap - I really only see man shaped clothes, moving without a body. On the white clothes in stark contrast I see lines of small black letters and numbers, covering about 5% of the surface. Dream matrix code? I try to ask the "man" for information, but when I do so "he" falls apart, leaving only a pile of clothing. I look in the white canvas tool bag, and remove a "white washcloths" with a line of black code on it. I get the impression of small black numbers and letters, but do not, or can not, look at them closely enough to recognize them or identify them."

I congratulate Ed for his impressive lucid search for the "Dream Matrix" and the resulting lucid dream's response. Perhaps other lucid dreamers will discover the same or similar response, when they request, "By the power of Alkahest, Let the Matrix Code visibly manifest!"
I stumbled upon something interesting in the dreamstate... a technique to travel in between two different layers of soil.... so to speak. I'm still exploring this whole thing myself (and will probably do so for many years to come) and it's still very fresh...but I would like to share some of the things I found exploring the area so to speak. I haven't come across this technique in any dream books I've read thus far, but who knows...maybe there is a fellow explorer somewhere who discovered the same technique but I'm just not aware of it yet (it would be cool to exchange notes though). So far I've had three experiences where I used the technique...

Ok....the technique is quite simple, but as with many things, takes some practice. It's something you can do when you catch yourself in a lucid dream and do not know what to do next, as happens with me sometimes.

I stumbled upon it INSIDE the following dream: (I had this dream sometime in April of this year.)

I'm having a conscious dream, I'm very conscious of dreaming and am inside a building. I see people walking into one of the rooms. I have the impulse to follow them and see what is happening there. When I enter the particular room they entered...they are gone! The only thing I see is a yellow mattress on the ground. I know they did something to travel out of that room. I get the impulse, to lay down on the yellow mattress and fall asleep.

(little note intermezzo....ok, so I'm inside a conscious/lucid dream and decide to fall asleep within the conscious dream.)

Suddenly I find myself traveling VERY fast to Egypt. When I arrive there I'm stunned. I went soooo very fast....geez! and decide to head back to the old location. I'm stunned when I see that I returned to the exact same room I started the whole dream adventure. I wake up, like I would do normally waking up on the yellow mattress, and the only thing I think is: “Wow this is big!” Then I wake up in the waking state.

This was not a false awakening as many people experience when having lucid dreams, (I’m talking about the moment I woke up in the room with the yellow mattress) this was consciously deciding to wake up from that deeper dream layer, ending up at the location I used to enter that second dream layer.

At the first of May 2006 I had the following dream:

I'm sitting on a yellow mattress (the mattress had this color for me to remember...it's not necessarily a yellow mattress always...and you can use anything I guess that will help you fall asleep). Jim Carey sits next to me and I explain to him the function of the mattress. I say: “You can use this as a kind of portal”. I'm trying to travel with the mattress technique together with Jim, but it does not work. We try several times, laugh a lot, and Jim is very interested in the technique and we both hope it will work. Then I give up for a second and decide to walk away for a moment. I walk to the next room and just as I enter the room I hear a strange sound. I turn back to see that the "portal" is open! I run to it and see it is closing again. "Jim just did it!! He was able to do it! Man!” I think, and I run and run and jump in the portal after him. I have to force it open a bit...and I feel VERY uneasy about that...

I'm very worried that "others" will be disappointed in me, that I did something stupid...I'm always the one to say NEVER force yourself, and see what I just did.... man I am angry at myself and ready to get a lecture by the woman that I see as soon as I'm really looking around me.

I'm in the middle of this HUGE library

The woman is not angry at all...not even showing signs of disapproval...nope...she is explaining to me what I can do there (and to Jim who is just as stunned as I am...about the hugeness of this library). Jim just says something like: “Hey...we did it!” He is very enthusiastic and not at all noticing that I feel uneasy about forcing myself. I'm fretting about it for quite some time....

The woman starts talking and she says something like this: “This is a gigantic library of information. It's not a library as you normally know it...it's WAY more practical. Instead of reading about information you experience it here. You literally GAIN EXPERIENCE. You can do whatever you want...in whatever pace you want to...”

I look at Jim who is somewhere in the library. He is beyond enthusiastic, delving into some subject he totally likes. Sometimes shouting to me: “Man this is SO cool!”

I'm delving into another area of the library on my own... after hugging him for a second.
Nobody is angry at me, even though I made the mistake (in my eyes) of forcing myself.

(And I still in the waking state find it not a really good idea to force myself, and would not likely do it again.)

This dream I had on Friday 26th of May in the morning:

I have a semi-conscious dream. I'm in a house and explore several rooms. Before this, I hear very clearly some voices and suddenly remember the mattress dream experience and the technique I used, etc.

I suddenly realize: “Hey! I can do that NOW! First of all I'm dreaming...and that means...hey...that's interesting!” I'm very excited that I remember a conversation that I had with someone about the mattress dream and at least one of my former experiences with this technique. I fall asleep and suddenly stand in another room, I'm not sure if it is in the same building or not. I travel with a similar technique (though I'm not sure if I actually fell asleep) back to the first room. Then I look for a mattress. I'm thinking and suddenly fear sets in: what if I'm not able to go back to my waking state reality?

I think this at the moment I'm realizing I'm consciously dreaming already, for a while time-wise... (like, oh, let's say 15 minutes of being very conscious) what if I can't find my way back to my waking state reality? I look at a window in the room and see to my amazement that Margo, a classmate of mine, flies through the window. This is, I realize the second person that entered a room in this house through such a window. The first time that happened I suddenly remember again; I was scared and wanted to run away even before seeing who it was. I decided to not run, even though that was my first impulse. I recognize (and this is very important) my fear and my USUAL response to that (running away...) of the unknown - in this case: a woman I don't know, with whatever intention.

But this second time it is Margo and I'm so puzzled as to WHY...out of all people...Margo... I'm really stunned since I normally don't have much contact with her, and at the moment she is in another class. I think all these thoughts - very consciously - in the moment I stand there stunned in the room.

Then I look at the mattress again and think: “Oh yeah... I want to see if I can wake up in my normal waking life state. That would be nice...what if I'm dreaming my whole day away? That wouldn't be good.” I'm fretting about this in this dream. Then I lay down on the mattress, meanwhile being puzzled about the two people appearing in the room through the window (first the woman and then Margo.) What should I do with that? Why does that happen? What can I do? What does it mean?

I try to wake up and am very scared it might not work and cause me to be stuck in this dimension, I think: “What if someone rings the doorbell and I’m not able to open the door because I’m so fast asleep...etc.”

I close my eyes and try to fall asleep as I always do. First this does not work because I worry too much. Then boom! I fall asleep and as soon as that happens my eyes flash open in the physical waking state reality.

I'm VERY excited, first of all that it worked, but second of all, the very immediate transition to the waking state. My eyes flashed open at the moment I fell asleep "over there". In such an immediate way.

I'm curious if anyone else ever had such an experience or something similar...

With love,
Emmy
A Letter to LDE

I read the article (Multiple Awareness in Simultaneous Dreaming by Lucy Gillis) at http://www.dreaminglucid.com/articlemultipleaw.html and had a similar experience a few days back.

I was dreaming 11-14 dreams at one time, all occurring in the same instant. I cannot remember them all but I will try to explain the ones I do remember. I don’t know which was happening first, there was no first or last.

In one I was filling my car with gas at a gas station, contemplating what I wanted to do later. In another, yet at the same time, I was driving a truck making a left turn and hit a car (I don’t know how to drive a big truck). In another I was walking down a dirt path near where I used to live, headed to a friends house I think. In another I was riding a dirt bike with some friends in a familiar location. In another I was having breakfast with my family. There were more but I can’t seem to remember them at the moment.

It was like watching multiple simultaneous movies on a thin sheet of paper where all the moving images were layered and I was living in them all. All the dreams were dull green with varying shades of it except the final one I got sucked into. When I got sucked into it the colors became clear and vivid. It was the one where I was pumping gas that drew me in.

On another strange note: I lived out the dream that chose me a few days later, although it was slightly different, but the same characters and same situation.

Strange dreams seem to be becoming a normal thing.

I think it’s funny that you mention Jane Roberts and Seth because after I explained my dream to a friend he explained to me what was written in one of the books in length about such dreams.

Reading the experience here (on www.dreaminglucid.com) and what is said in bold is very inspiring. I consider myself a consciousness seeker and expander and have followed that road since I was a child. For an eternal being what is more fitting than eternal things?

Thank you,
“Anonymous”

Editor’s Note: Where do simultaneous dreams fit in with lucid dreaming, as it is presently defined? If you are aware of being yourself, yet also aware of being simultaneously in more than one place at a time does that mean you are lucid? Not necessarily. Some people are aware of multiple dream experiences, yet while they are experiencing the dreams they do not have the thought “these are all dreams”. Some people are lucid in some, knowing that one or more of the experiences is a dream, while in the other simultaneous dreams they do not. Can we call this a partial lucidity?

If you are aware that you dream in some of the dreams but not in some of the others, even though they are all happening at once, then who is lucid? Which you is lucid? Yet, at least in my case, when I was aware of the other dreams all happening at once, I did not feel like I was three or more people. I was still me, one me, but able to operate in more than one “space” at a time.

Everyone is unique of course, as are their experiences. Simultaneous dreaming is fascinating and exhilarating to experience, but with the added edge of lucidity, the experience becomes even more profound and one feels humbled and awed by the amazing creativity and power of consciousness. As human beings we are only scratching the surface of what “awareness” really means. Lucy Gillis
Why Does An Apple Fall In A Lucid Dream?

Thoughts on the Nature of the Psychological Space, Known as Dreaming: Part 2

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In Part 1 of this series, I posed the question, "Why does an apple fall in a lucid dream?"

In physical space, an apple falls due to gravitational forces. Yet in the psychological space of dreams, an apple has no direct influence from physical forces, like gravity. Therefore, we have to assume that the dreamed apple's falling seems the result of "psychological forces" within the dreaming.

In my earlier piece, in LDE 40, I suggested that the apple's falling resulted from the assumed expectation and/or belief of the lucid dreamer, who often knowingly or unknowingly overlays physical functions onto the psychological space of dreaming. These beliefs or expectations lie latent in lucid dreaming (and dreaming, I suppose) where they seem to form the psychological substructure upon which the events and imagery emerge.

I also noted that if the lucid dreamer focused his intent or will on the apple, the lucid dreamer could influence the apple to float or fly or disappear or virtually anything. Thus, could we conclude in lucid dreams that 1) the apple focused upon mostly follows the will or intent of the lucid dreamer and 2) the apple not focused upon follows the latent expectation or beliefs of the lucid dreamer?

If we could accept the above, then we have a simple explanation of the nature or physics of the psychological space of lucid dreaming. Namely in most lucid dreams, objects act in accordance with the latent beliefs/expectation of the lucid dreamer, unless lucidly focused upon and intended or willed to act differently.

Simple explanations seem like a useful place to begin. So when trying to fly like Superman in a lucid dream, but it feels like swimming through molasses -- then remember the simple explanation and "change" your latent beliefs/expectations consciously in the lucid dream e.g., "This is a dream, and I know I can fly like Superman!" or focus your intent or will on a different result, e.g. "As I focus on that spot far away, I will myself towards it at Superman speeds!" Normally, either of these two psychological approaches, i.e., changing belief/expectations or altering one's focus, will assist you mightily when influencing the psychological space of lucid dreams.

As a brief digression, the least successful lucid dreams usually involve physical approaches to the psychological space, e.g. using more forceful physical movements to try and swim through the "air." Many beginning lucid dreamers fail to see that physical approaches to a psychological space have very little value. Conversely, the most successful lucid dreams involve using psychological approaches to accomplish things in the psychological space.

The problem with simple explanations comes when one has more complex lucid dreams. Yes, lucid dreamers, one can frolic in the shallow waters of lucid dreaming and avoid deeper experiences, but for those who venture on, one drifts into the deeper waters of lucidity. Deeper waters? What could that be? I'll tell you....

The deeper waters of lucid dreaming often come gradually. The deeper waters of lucid dreaming may appear in these ways: 1) dream figures who seem to "influence" the lucid dream in unexpected and unintended ways, 2) dream figures who seem to "know" much more than the lucid dreamer - and what's worse, sometimes the information later proves to be correct, and 3) dream figures who have beliefs and expectations unlike the lucid dreamers.

For many experienced lucid dreamers, the deeper water of lucid dreams appear when the dream figures begin to overturn the simple explanation mentioned above: "in most lucid dreams, objects act in accordance with the latent beliefs/expectations of the lucid dreamer, unless lucidly focused upon and intended or willed to act differently." Suddenly, the lucid dreamer must confront the issue that some dream figures do not behave like "objects" - some dream figures appear to have influence, power, knowledge, will and ideas beyond the lucid dreamer's. Some dream figures look bemused or disdainful when the lucid dreamer tries to intend or will them to act differently.

For others, the deeper waters of lucid dreaming come at the bequest of the lucid dreamer. When lucid, if one requests experiences beyond one's present knowledge or expectation, one will likely go deeper. And when lucid, if one "surrenders" to the dreaming awareness or "Dreamer", one will go deeper. Often, lucid dreamers feel amazed and over-awed by the resulting profound experience. Upon resurfacing, though, they must face the immense depth of this psychological space and acknowledge that much more seems involved here than the lucid dreamer's ego and its expectations/beliefs and will/intent.

Having gone deeper, experienced lucid dreamers consciously realize that this psychological space suggests an awareness and profundity beyond their waking ego's imaginings, and hints at a new realm with its own expectations/beliefs and will and intent, perhaps that of an inner ego and even more. Personally, the nature of psychological space suggests a conscious "unconscious"-- responsive, thoughtful, surprising and deep. Although currently unknown, the unconscious does not seem unknowable.

Like Newton in the physical world before us, lucid dreamers who ponder, "Why does the apple fall in a lucid dream?", often begin to consider the psychological forces that effect the psychological space of dreaming. Those psychological forces may shed light on the nature of both the dreaming, and waking worlds, and be a means to gain insight into that which lies beyond.
What Robert Bruce says in his book:

"Another slightly less complicated method of converting lucid dreams into OBEs requires simulating the feeling of falling within the dream itself. To use this technique, cross your dream arms across your dream chest once you realize you are dreaming. Relax your body, then allow yourself to fall backward as if dropping back onto a bed or into someone's waiting arms. When this method is effective, the dream imagery will usually disappear and you will find yourself falling through a void or through some blurred astral environment. You can then explore from there."

Journey to the Hospital

I am leaving my parent's apartment in Poland with two suitcases in my hands. I am going back to Port Moody, Canada where I live now. Before I leave this place I have to go through customs. There is only one customs officer in my parent's apartment and he is checking my suitcases now. Inspection doesn't find anything illegal, but he likes my ties, that I have a lot of in my closet. I am letting him choose one he likes. He chooses one that I like too. I explain to him that all of my ties come from Europe and some of them from Germany.

Now I find myself outside of the building with two suitcases in my hands. Suspecting that this is a dream, I start repeating aloud: "I am dreaming... I am dreaming..." Now being awake in my dream I drop my suitcases onto the ground, cross my hands on my dream chest and fall backward. As soon as I reach a horizontal, position an unknown force starts dragging me. I float in the air close to the ground on my back with my head-first. I am moving very fast and my trip lasts for a while. During that time I start getting rid of my underwear by pulling it through my sleeves throwing it away in all directions.

Finally after slowing down I find myself on a bed with wheels in a hallway of an unknown hospital. There are two men around me waiting for my awakening. One man close to me, standing at my legs, is a doctor and has a round face. He is looking at me. Another one, shorter, slim, stands a little away from me. He has tired dark eyes and doesn't look like a doctor. Doctor explains to me that the other man is a scientist, an inventor of the method I just used (falling backward and traveling).

"I don't use this method anymore," says the slim inventor to me. "Is lucid dreaming for me?" I ask him. "I do not recommend, it is too strong for you," he responds. "What about flying?" I ask him now. "Maybe," he answers. Now I am telling him how in my two other lucid dreams I failed to visit Pure Land Paradise. I was traveling consciously through space, passing the Moon, piercing black clouds twice. "There were no clouds," he remarked abruptly. He was absolutely right! They were not just the clouds. I was piercing some kind of a misty tar. I knew it was a test for me to pass another dimension on my way to Pure Land.

Now I know that I have to shorten my story about my trip to Pure Land because I am running out of time and I will have to wake up any moment. With that thought in my mind I wake up. I have an intention to continue using the same method of falling backward in the future. I am curious what place I will find myself in, the next time. I have already prepared a few questions for whatever or whomever I will meet there.

Peter Siedlecki
Lucid Dreaming and the Afterlife
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What happens when we die? Where do we go? Do we go anywhere? What will it be like? If my body is dead, how will I be able to see or hear? Will I be able to see or hear?

It was questions like these that occupied the mind of an ancient physician, over 1500 years ago. He found his answers, not in his religion, not in the science of his time, but in a more intimate and immediate way. He received his answer in a dream – a lucid dream. In fact, this particular dream is the first written report of a lucid dream in recorded history. The dream was found within the letters of St. Augustine, a Christian philosopher and priest.

In 415 A.D. St. Augustine wrote a letter to a priest by the name of Evodius, in which he described the dream experiences of Gennadius, a physician from Carthage. Gennadius, disturbed by doubts as to whether there was life after physical death, had two dreams. In the first he was visited by a youth "of remarkable appearance and commanding presence" who demanded that he follow him. Gennadius did so and was led to a city where he could hear singing "so exquisitely sweet" and unlike anything he had ever heard before. He asked his guide what the music was, and was told, "it is the hymn of the blessed and the holy." At this point Gennadius woke, believing the experience to be nothing more than just a dream.

However, the next night, as he dreamed again, his young guide of the previous night returned and asked Gennadius if he recognized him. Gennadius replied "Certainly!" Then the youth asked him where they had met, but Gennadius could not remember, though he did correctly recall and describe the event of their meeting and what had occurred.

The young guide then asked Gennadius if the events he just described took place in sleep or in wakefulness. Gennadius replied, "In sleep," to which the youth responded with "You remember it well; it is true that you saw these things in sleep, but I would have you know that even now you are seeing in sleep." The youth continued, "Where is your body now?" Gennadius answered "in my bed." (Gennadius was then lucid; aware he was dreaming, while his body slept in his bed.)

The youth pressed on; "Do you know that the eyes in this body of yours are now bound and closed, and that with these eyes you are seeing nothing?" "I know it," answered Gennadius. The guide then asked, "What then are the eyes with which you see me?" To this, Gennadius could not respond, he did not know the answer. The young guide then provided him with answers he had been seeking in his waking life:

"As while you are asleep and lying on your bed these eyes of your body are now unemployed and doing nothing, and yet you have eyes with which you behold me, and enjoy this vision, so after your death, while your bodily eyes shall be wholly inactive, there shall be in you a life by which you shall live, and a faculty of perception by which you shall still perceive. Beware, therefore, after this of harboring doubts as to whether the life of man shall continue after death."

According to St. Augustine, “This believer says that by this means all doubts as to the matter were removed from him.” Gennadius had awakened, satisfied with his answer, and didn’t doubt the existence of life after death again.

Gennadius’s “youth of remarkable countenance” or “dream guide” is not the only one to compare the dreamstate to the afterlife. For thousands of years, Tibetan Buddhists practicing “dream yoga” have been instructed in various degrees of (what Westerners refer to as) lucid dreaming as a means of increasing their awareness on the path to enlightenment. Dream Yoga was developed to help train the practitioner to achieve enlightenment during sleep so that at the time of death, he would be prepared for the death bardo's. In the Tibetan language, the word "bardo" refers to an interval between two events. In the case of the death bardo's, the intervals are between death and rebirth.

The Tibetan Book of the Dead, ("Bardo Thodol") describes three bardos that the deceased will encounter after death. In these realms of existence the deceased will meet with experiences that are the result of his own “inner manifestations”; just like dreaming, these manifestations are projections originating from his mind.

If he does not recognize them as projections, he can become trapped within them, believing them to be reality. Unable to attain enlightenment from this stage, he will pass to the bardo of rebirth, to begin the cycle of life and death again.

However, if he can recognize the projections as being manifestations of his own mind, and can detach from them, then he has a better chance of achieving enlightenment, after which he will no longer need to be reborn. Here is where the practice of lucidity within dream yoga becomes important:
“The lucidity experience ... assists in understanding the unreality of phenomena, which otherwise, during dream or the death experience, might be overwhelming.”

Michael Katz, Editor, *Dream Yoga and the Practice of Natural Light*

With dream lucidity, the practitioner learns to recognize that all around him is a dream, an illusion. He then learns to detach emotionally from the dream, thereby reducing the likelihood of creating more illusory imagery. Though lucid dreaming is viewed as a necessary stage of development in dream yoga, to the Tibetan Buddhists, achieving lucidity in dreams is not the ultimate goal. It is merely a step along path to enlightenment, it is not enlightenment itself.

Besides the dream state being like the death bardo, dream yogis claim that the stages of consciousness experienced during the sleep cycle resemble the stages of consciousness experienced when dying. Since we sleep and dream every night, we have the opportunity to learn to consciously observe our sleep cycle and to become more familiar with these stages of consciousness. According to Rob Nairn, author of *Living, Dreaming, Dying:*

“We can have a trial run at death every single night when we go to sleep. We can begin training to fall asleep consciously and to dream lucidly. The process of falling asleep parallels the process of dying, while dreams parallel the bardo of death.”

Of course, you do not necessarily have to be a Buddhist-in-training, or one awaiting divine intervention, to learn about the after-death condition in the dream state.

From 1964 until her death in 1986 author Jane Roberts channeled Seth, “an energy essence personality no longer focused in physical reality” or, one who was “as dead as it gets” (as he called himself). It was Seth who coined the now much-used phrase “You create your own reality.” Seth’s main message is that consciousness creates reality and that individually we each create our own personal realities based upon our beliefs, thoughts, and emotions.

Seth spoke on numerous other topics as well, including extensive information on dreams and death. When asked what happens when we die he replied that there is no specific answer as to what happens immediately after death, because each individual is unique with his or her own personal beliefs and expectations, and as our beliefs shape our experience of everyday living reality, they will also serve to structure our experiences in the after death state as well.

Like the Tibetan Buddhists, and Gennadius’s dream guide, Seth also maintains that the dreamstate is similar to the state of existence the deceased will encounter after death. He too, suggests that getting familiar with your own dreams can help prepare you for the immediate after-death condition.
“In sleep and dream states you are involved in the same dimension of existence in which you will have your after-death experiences. . . . Therefore, the best way to become acquainted with after death reality before hand, so to speak, is to explore and understand the nature of your own dreaming self.”

Seth

According to Seth, in the after-death state there is an almost infinite number of things you can do. You can visit with already deceased friends and relatives, go into the past, travel what seems to be great distances in an instant, review your former life, review past lives, plan your next life, move on to other dimensions of reality, and much more. He insists there are always guides to help you out. No one is alone, but if you strongly do not believe in an afterlife, or in helpful guidance awaiting you there, it may take some time before you become aware of your condition or aware of any helpers to assist you. But you will eventually become aware.

Texts on Tibetan Buddhism, dream yoga, and the Seth books go into much deeper explanations and descriptions of the after death state. This article merely hints at a portion of the greater tapestry, only to point out the common thread - lucid dreaming.

If you want to know what your after death condition may be like, look to your dreams. If you want to see in “quick time” how your beliefs and expectations create reality, examine your lucid dreams and watch as your thoughts and beliefs (both conscious and unconscious) manifest in imagery and circumstance all around you. When lucid, perform experiments, ask questions of your dreams, do all you can in order to become more consciously familiar with operating in non-physical realities. Don’t wait for science or religion to hand you “answers.” Explore, dive into your own dreaming consciousness and see what discoveries await you there.

Is there life after death?

I’ll leave that question to you, the reader, with these words from St. Augustine:

“Nevertheless, while it is free to every one to believe or disbelieve these statements, every man has his own consciousness at hand as a teacher by whose help he may apply himself to this most profound question.”

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“You always form your own reality according to your ideas and expectations. This is the nature of consciousness in whatever reality it finds itself. . . . Your experience, in other words, follows your expectations. Now the same applies to after-death experience and to the dream experience, and to any out of body encounters.”

Seth
Alex Turner

About one year ago this passing summer, I ended up with no sleep at all after spending a night drinking and such with friends. It was at about six thirty a.m. when the night came to an end at my friend’s family-owned bed and breakfast. I remember very clearly saying farewell to my good friend Ed Guest, who was up on the balcony outside our friend’s bedroom, trying to get comfy on a twisted pile of quilts and pillows. We both were mesmerised by the beautiful sunrise pulling up from the horizon, here on the south east coast of England. "Its so beautiful", he said, "I can't believe you can just look straight at it, man!" Anyway, I made the short walk home along the promenade, doused in golden sunshine, (and wine, come to think of it) when sleeping peacefully an hour or so later, I was right back on that seafront, but instead of walking towards my home as I had just done, I was strolling back the way I had came.

This realisation is what pulled me out of my uncontrolled slumber and into a gorgeous stream of lucidity. I knew I was dreaming. I looked towards the horizon and the sun was rising upside-down!! The sun dropping from the horizon towards the sky and the sea had taken its place! As I glanced upward I noticed that, in fact, the entire sky had turned into the sea. This is when I noticed the first ripples of light in the high up waves revealing half a dozen full moons shining bright in daylight.

At this point I think I became less aware of the fact I was dreaming, it felt just how it would if something so incredible were to happen - my heart pounding, my body jerking with uncontrollable excitement. I looked around me at ground level and managed to take control of the dream again, becoming fully in control of my body and speech.

There was a random oriental family, coming towards me and I decided on something that would normally be a little inappropriate. I ran toward the old Asian man and grabbed him, giving him a good shake, shouting: "I'm dreaming you old bastard, can’t you see I'm dreaming!" The old man made no reaction other than to jabber something in Thai, which sounded just like Thai, not just any old thing, it was definitely Thai. I can't speak it but there was no mistake. Must have been fresh out of my auditory memory. I then took control of my location, becoming fully able to materialise in nearby places. It was then that I decided it would be a great laugh to go and visit all my friends up the road, as I knew I would be able to appear in front of them without making any rude disturbances throughout the house. No sooner had I come to this conclusion, mapping out my route, was I right there, standing in front of them all asleep. It was then that I found myself awake at home again.

Salina September 20 2006

The Never Ending Feeling

I realize I am dreaming because I recognize the dream and what is about to happen. I realize that I am going to feel that falling sensation and I cannot wake myself up. In my dream I am climbing a tall jungle gym and when I get to the top I begin to fall, slowly, and that sensation in the pit of my stomach hurts. When I finally touch the ground I don’t really feel it underneath me.

The dream then changes quickly and I am being pushed on a tall swing from an old tree. I am scared because I know that the feeling is going to come again. Then I am pushed so hard I fly off the swing and begin to fall, slowly, and once again when I touch the ground the dream changes. I am put on a ramp with a bungee type cord and I have to jump and kind of bungee for a while, and I fall over and over again.
(I hate this part, because the falling sensations in my stomach is dreadful). Even though I have had the dream plenty of times and I know I am dreaming, the feeling I get stays with me all day.

Before I get out of bed I press myself into the mattress so my body can feel that it is safe. I have had this recurring dream as long as I can remember.

**Chris Crowe** October 17 2006

**My First Lucid Dream**

I have been trying to lucid dream for about a month now, but have been unsuccessful, until now. Collin (my brother), my body can feel that it is safe. I have had this recurring dream as long as I can remember.

Before I get out of bed I press myself into the mattress so my body can feel that it is safe. I have had this recurring dream as long as I can remember.

"Yeah! It's the coolest thing ever!"

And he was like, "What should I do?"

I thought, what if Carrie isn't there? What if nothing is there? This fear gripped me as I pulled open the door into a dark, empty building. Nothing at all was there. Though it was still detailed, because I could see the sun shining through a window at the far end. I turned around, and took in the beautiful scenery. The grass was just so green, and I thought, what should I do?

Then the thought occurred to me that I had done enough, I had experienced a successful lucid dream. And I decided to wake up. I tried to remember how, and remembered to lay down and fall asleep, which I did, right on the grass. I immediately woke up in my bed, and wondered, wait, am I really awake? I rolled over, and there was a white rabbit in the bed next to me. I thought, "Oh, no, I must not be awake, I don't sleep with freaking white rabbits." So I did a reality check (tried to breathe with nose pinched close) and realized I was still asleep. I laid down again and tried to fall asleep, I woke up into a state of sleep paralysis which I dislike, but lasted only a moment before I was able to move my head and wake myself.

**David L. Kahn**

I am walking down a Los Angeles boulevard at night. I am enjoying being here. I miss it here, but I am glad that I live where I do now. There is enough to do without it being busy all the time like it is in L.A. Still, it really is nice to be here. There are a lot of people in and outside of buildings to my left. I pass these buildings and end up in a parking lot that is empty or mostly empty.

I realize that I am dreaming and begin to fly. I have a brief moment of doubt, causing my flight turbulence. But, quickly I remember other recent lucid dreams in which I understood that my doubt is what caused the turbulence and I stabilize right away. I go to the ground and stand in the parking lot. I remember my thoughts from when I was
falling asleep. I want to try and leave my body. I put each of my arms out to my side and begin to spin. I count 1...2...3 as I spin. Then I am gone. I cannot remember what happened, but I know that I went somewhere. I have a feeling of my Grandmother. She passed away nearly 8 years ago. I know that I went somewhere, but I'm totally blank.

**Don Middendorf September 27 2006**

**It's What You Think About What You Eat**

I am outside by a building with others near me when I realize this is a dream. I decide to fly, but I decide I could do so better if I'm not seen by others, so I walk around the corner of the building and start flying upward. I will myself to fly higher quickly so that when the others come around the corner of the building, I'm too high up to be seen by them. I fly quickly to several hundred feet and I repeat three times, "I seek my highest." I remember this was my goal when I become lucid.

[I had made this suggestion prior to sleep several times last month, but haven't done so recently. I've been reading some simplistic books on meditation before sleep recently and I think this "seek the highest" is related to these readings.]

After flying upward, I'm somewhat surprised by running into a ceiling and I remember that sometimes this happens when I fly upward in dreams. I try to push my body through the wall near the roofline and it morphs a bit into the wall, but I can't go through easily, so I go back... I see a very tall house with no side wall - so I can see a woman on the top floor doing something. I fly over to her and see she is using two large smudge sticks. She lights one and tells me to use it. I realize that I had been incorrect when I thought she was Asian and that she's really Native American. The smudge stick is mostly out and not smoking very much. Her child is here. I know that I've been at other smudge ceremonies, but that I don't really believe in this cause-and-effect view of smudging. She says something about food or what she or I am eating. I say that I believe that what you *think* about what you eat is much more important than what you actually eat.

I feel very confident about my experiential understanding of this comment, yet I tell myself that I don't want to say this in a way that feels condescending to this Native American woman dream character. I sort of wonder about her relationship to me in my waking state or reincarnational realities.

Suddenly, I mostly lose lucidity when I see a man across the hall pick up a cat by the tail and put it in a box with a hinged lid. The cat comes bursting out. I'm initially annoyed with the man's action, but then I realize that this is a game that the cat enjoys. I see several fist-sized fur-ball kittens on the floor and I think how cute that they are. I awoke. [I awoke with very clear recall - even of the instant of becoming non-lucid when I saw the man who grabbed the cat's tail. Even though I wished I had been able to morph through the solid wall, I awoke very pleased with this dream and my comments in it.]

**Wizard of Koz**

I was talking to a girl in my dorm about lucid dreaming, and we were discussing whether or not the people you see in the dream are actually real, or just imaginations. To test this out, we decided to do a little experiment. She told me that somewhere on her back she had an awkward looking freckle and she wanted me to find her in my lucid dream, and see if I could locate her freckle.

Well, it took me about a week, but I finally found her in my lucid dream and searched her back until I saw a dark freckle on her lower back, dead center, right above her ass. I remember thinking during the lucid dream that there was no way this could be the right spot, because I thought I remembered her hinting to me that it was on the side of her back. When I woke up I went to her room and told her that I was ready to guess where her freckle was. I went up to her back and pointed my finger at the spot that I saw it in the dream, and to both of our surprise, she lifted up her shirt and my finger was directly covering her freckle.

Now, I have no idea what this means, but I don't think it’s just a coincidence that I happened to guess exactly where the lone freckle on her back was. All I could think is that the power of lucid dreaming might be more then I imagined.

**Janice Brooks July 28 2006**

I had been walking up a driveway around here when the scene suddenly changed to a random town and I found myself in the company of a woman and a little girl. The woman thought we should catch a train to get back home. We ended up walking around in circles in a train station because there were no open ticket booths to be seen.

Suddenly the woman disappeared. I called her name (which I no longer remember) a few times and could hear her answer as a tiny voice that seemed to originate inside my right ear. She kept saying, "I'm here!" and I'd keep asking, "Well, where?" Finally she said exasperatedly, "You were given this organ to reason with, Janice, so use it!" I concluded that she meant she was in my brain. OK, I could accept that.

She then tried to tell me that the purpose of the right
hemisphere was to help one solve unusual problems and that the purpose of dreams such as this was to put one in situations dramatizing one's fears. I asked if she meant I had a fear of getting on the wrong train or something like that, and she agreed. I said that since it was a dream my only concern was that it wouldn't make any difference what train I took because it would only go to some other imaginary place anyway, since it wasn't real.

She replied, "Hmm, well, that's advanced." I said it's not advanced to me because I've been having lucid dreams since I was seven years old and know how things work in dreams. She tried to tell me I hadn't had all that many lucid dreams, so I pointed out that I had several of them a day for ten years straight. At that she got quiet and I gradually woke up.

Nothing like a little left brain activity to make those pesky right-brain voices vanish in a puff of rationality!

**John Galleher**

Saturday night in waking life, my wife and I went to an Anniversary Party for a couple who are in our drum circle. It was held in the local Dance Hall and the whole place was lit up with black lights.

At one point I went over to my dream friend Michael and we looked at our hands, which had glowing violet light on them, and said "We must be dreaming!"

Last night (Sunday), in my dream I found myself on my hands and knees and when I looked down at my hands I saw a violet light glowing on them and knew that I was dreaming.

I stood up and called on the Goddess, my dream guide. I saw Her approaching me. She was a lovely woman in her 40's wearing a white silk dress.

As she approached she gave me a look that said, "It's been quite a while since you've called on me". (I've only been lucid for brief moments for the past couple of months in my dreaming and haven't had the time or dreaming energy to call Her.) I didn't know what to say to Her, so I leaned over and closed my eyes and kissed Her. The kiss sent me whirling through other dimensions.

When I opened my eyes I was in a wedding chapel. I was still lucid and before me I saw an arrangement of flowers. They were the most beautiful lavender colored roses I have ever seen.

I asked for a message for the dreamers of this world. I noticed a pool of water close by and saw movement in the water. As I walked over to the pool, a dolphin swam up to me. It was purple with a white belly. I stroked its head and it smiled at me and it began to communicate telepathically. It told me that the year 2012 was to be the wedding of the God and Goddess and that humanity would realize at that time that all life forms are the children of that Union.

At this point I thought I woke up. I had to write this down! I thought I was still at the wedding chapel and saw the guest book and wrote down "Goddess, Roses, and Dolphin".

Then I noticed that all of the guests in the chapel were wearing lavender colored clothing. I thought to myself that "I must tell my wife about the synchronicity of this".

**Lucy Gillis September 10 2006**

**I Leap off a Balcony**

I am in a campus-like place. A teacher is there who is like XXX, only nicer. I go through an area that is mazelike; passing through hallways, and a narrow red stairwell with exposed pipes and girders overhead and along the walls.

I realize I’ve forgotten something and turn to go back, momentarily wondering if I will remember how to get back. I look at a pipe valve and for whatever reason, suddenly realize I’m dreaming.

Immediately I run, I want to get outside. I see a balcony – not sure if there’s glass doors there or not – doesn’t matter. For a nanosecond I “check” in my mind to be sure I’m dreaming. I think of the XXX person and know she’s not in my waking life. This convinces me I am dreaming. I leap off the balcony, feeling a bit of a thrill as I plunge into the air.

Far below me I see trees, lawns, many buildings, several small red-roofed sheds. The air is cloudy, misty. I fly/float through a fine mist. It is like a campus complex below me. I fly/float slowly upwards, the scene below getting farther away. I want to stop. (I don’t feel I have a body though.) I command “Stop!” in my mind and also use swimming motions with arms and legs I suddenly seem to be aware of. As I kick/swim, the clouds get thicker, until all I see is gray.

Then it seems like I am on my back, (in bed?) and can see through the lids of my eyes. I see black outlines of limbs (“my” legs?) kicking, making swimming motions, but it seems that I have four legs, not two. I then feel (physically) my legs kick each other clumsily. It hurts a bit and wakes me. However, it didn’t seem, when I had awakened, that my physical legs had moved at all. Were the four legs, two physical, and two “astral”?
I walk down a concrete, broken road with trees on each side, heading east. As I walk along, it begins to rain lightly. I go farther, and then the rain strikes me as odd, and I realize, “I’m dreaming!”

I begin to fly forward and up, but then desire to go faster. I see a tree with deep red leaves about a half mile away, and tell myself, “I am there.” Immediately, I begin to accelerate, and move towards them easily. I imagine touching the leaves, and within seconds, I stand near the tree. I then decide to look around, and walk into an interesting place - a large hall with various levels on my left and right, and a path or road through the middle. On the levels, different people (about 60 or so) stand or lay, but they seem “frozen in time” somehow.

Being lucid, I make an announcement and they all come to life! I think, “This is interesting.” Various groups of the figures huddle together, or express surprise and run off, as if to do long-forgotten errands. They look at me oddly. I climb up to one of the levels on the left where three or four men sit about. I ask them about themselves (I believe they explain their situation, but by the end of this long dream, upon awakening, I could not recall the details of their explanation). One says his name is (something like), “Signator Valkerie.”

He seems more intelligent so we talk about their situation there, and he asks questions like, “How did you become aware here?” I tell him about becoming lucid. “Could you return?” I tell him that yes, I believe hypothetically it seems possible. He wonders, “Could you bring others?” And I told him, possibly. Then some women dressed in an old fashion way walk by and talk to me briefly. When they leave, I ask about the most talkative one, “Oh, that was Hope.” I made a joke, like “Isn’t she the last to leave Pandora’s box?” And he replied, “Hope taught me, when you cry for one, you cry for all.”

I meet various others. A few seem a bit deformed, not grotesquely. All seem healthy and strong - in fact, a few seem a bit over-strong. After a while, I tell them that I want to look about. A group of about five of us, leave the hall, walking outdoors. As we go, I see that some of the figures were now out in the main street, doing things. When I look about, I see a wheat elevator and some familiar looking buildings - it occurs to me that this appears as a conglomeration of different parts of my home town in Kansas (a mash of South Main and Severance streets), and I tell them that I have been here (in this spot) before in my dreams. I add, “This seems a pretty good reproduction.” I decide to talk to a young blonde haired Viking-looking man. He introduces himself, “I’m Roy Antrim _____” (my spelling). He begins to tell me something, but the dream gets shaky, and I begin to fight it, but decide that it has gone on for so long, that I need to wake and write it down. I wake at about 4:25 a.m.

I was wandering around a dream version of Boston when I suddenly became aware I was dreaming. I decided to explore my surroundings while I tried to contain my excitement. First I flew up and over a park nearby, but wasn't doing so well staying airborne and decided to walk instead. The dream characters that had been causing me trouble before now gave me no fear, so I told myself I would be invisible to them now and walked among them listening to them speak of everyday things. I touched a brick wall and found it hard, cool and rough just like a real wall. I passed through a chainlink fence and a metal screen into a garage where I turned a puddle of water into ice. After looking at my slightly greenish complexion in a broken mirror on the wall I roamed the dreamscape watching the dream characters go about their business. After watching a rehearsal for a play put on by cats in little hats I pulled one character out of the scene and made him aware of me. We talked for a bit, (fuzzy) then it faded and I woke up.

I was at a house party with all my friends. I realized I was in the dream when I started arguing with my friend Devin. I pinched myself several times to make sure it was a dream. Then Devin and I started yelling at each other from across the house. It turned into Craig picking up the argument. Craig and Devin were screaming at each other until they got up and began to fight in the backyard near the pool. Craig and Devin were screaming at each other until they got up and began to fight in the backyard near the pool. Craig and Devin were screaming at each other until they got up and began to fight in the backyard near the pool. Craig and Devin were screaming at each other until they got up and began to fight in the backyard near the pool. Craig and Devin were screaming at each other until they got up and began to fight in the backyard near the pool.

Immediately everyone at the party came outside and flipped out because they were going to drown, but I said to everyone "Don't worry about it, this is all a dream. I know how to lucid dream now, and none of this is real, so they aren't going to die."

Everyone looked at me like I was crazy, so I got a little nervous that maybe I was going crazy and this was real and I was going to be responsible for my friends' deaths. So then I said "Listen, to prove this is a dream, I am going to walk on the water." So I went up to the water and stepped on, and after about a second I fell into the pool, swam down like 10
feet, but then immediately shot back up 5 feet into the air.

At this point I knew it had to be a dream so I was real excited and wanted to take advantage of all the things I could do. I tried to turn into a dolphin and swim in the pool but it wouldn't work, all I did was swim way faster, but I couldn't transform. Then, I got out of the pool and remembered that I could transform anything I wanted into a Ferrari so I tried that for a while but it wouldn't work. I found a children's fake car, and I was able to create an engine in it so it was real, but I got bored of it because it was slow. At this point none of my friends were outside anymore.

I walked back in the house, and exited through the front entrance where a box of pizza was sitting. I took a slice and continued down the sidewalk thinking "Okay, I am going to close my hand, and when I open it, there will be a key to one of these cars in my hand." I kept walking and before I opened my hand a Spanish guy walked by me counting "1...2...3...". On 3, he flipped a key to a BMW over his shoulder and I caught it. Then I asked him which car this would work for and he took me to a big truck down the street. I asked him how he knew I was in a lucid dream, and he said, "Because you looked famous." I then begged him to tell me how to do the trick where you can transform things into Ferraris, and he made me give him a dollar to tell me.

He then wouldn't really tell me, but he showed me how, he pressed about 4 metal buttons on the truck and suddenly it was a black Ferrari, on the wheels of the big truck. I got in and began to drive and suddenly I had two people I didn't know in my car. On almost every street, which happened to be my neighborhood, there were lots of people outside; there was some kind of block party going on every street which prevented me from going fast. I then ran a few people over because it was so hard to maneuver this car, and there were people everywhere. A cop put his sirens on and began to pursue me. The people in my car started to worry that we were going to get caught and go to jail and this made me very nervous. I remembered I was in a dream and didn't give a shit, but I did start thinking that as soon as I get caught I want to wake up.

The second I thought of this I started drifting back to reality. I couldn't fight it, and I had the feeling that I was back in my bed. I opened my eyes and was really happy that I had another successful lucid dream, but I was very upset that I didn't get to complete my fantasy of running from the cops in a Ferrari just like in Need for Speed, or Grand Theft Auto. No matter what kind of "barriers" are thrown at me, like the thought of my friends dying, or getting arrested, I need to be constantly reminding myself that this is just a dream so I don't get scared and wake up....

Perceiving the Misperceived World
Robert Waggoner

Robert's Lucid Dream 10/20-21/06

(Note: Another lucid dreamer, Suzanne, and I have been doing dream telepathy experiments. On this night, I was to "pick up" telepathically the target image. On the night's fourth dream, I became lucid, and eventually recalled the telepathic experiment, and submitted this dream.)

I seem to be in the lobby of a building. People come and go. I go near the elevator and notice that the shine on the metal seems unusual. "Oh, this is a dream!" I realize.

I get on the elevator looking at the others who get on - a young woman pushing a baby cart, and another woman with henna type markings on her face (geometric patterns). We go up, and get out into a large room with about six groups of 20 people. They seem to be doing something like play therapy or something.

I ask the woman, "What is this place? Is it a hospital?" She says, "No, it's a place for people with (kind of sounded like anaphasia - which I understood as a word which meant - misperceived or mistranslated understandings of reality). I thought about that for a moment, and replied, "Do you mean they have hearing disorders?" She said no, and indicated that these people misperceived reality somehow. All around us, stereos are very loud! So we walk on, and I began to notice sets of identical twins! They wore the same clothes, and looked exactly the same. One looked like LM. I probably see 5 sets of twins. One set of twins wears a one-piece gold bathing suit. We turn to the balcony area and I see a magazine or child's book. I think, "Oh I can use this to find out the telepathic image." So I decide to open it and see an image - on the right side, the profile of a man's face looks out straight ahead. It is an illustration and not a photo. The lines are flesh colored, maybe a bit darker. He seems to look out over a valley or "vista" (a nice view). By his image is his name (and this is hard to recall exactly since it has become a long lucid dream) it reads something like, "Statica... A god or deity who has to do with....... Related to the Adj (spelling?) of Indian....". It had about two sentences. I think, "Okay, that's it." (In a general sense, I think this had to do with a god of clear perception or something like that.)

When I finally saw the target image, I realized that in my dream journal, I had drawn the shape of the hot air balloon nicely and a line representing the hills in the valley. However, I had placed an eye, where the balloon has an "eye" looking design. I then proceeded to identify this as a man's profile, and added a nose!
It reminded me of Ed Kellogg's attempt to discover the ASD dream telepathy target by becoming lucid before the event. You can read about his experience at

http://www.asdreams.org/telepathy/contest2001/kellogg.htm

Suzanne’s Response:

Your elevator is no surprise to me, because that was my initial idea, but I thought you might use elevators from time to time, or in your dreams, and that it wouldn't be very distinctive. And I was thinking that it wouldn't be very appropriate to play out, that it would be something like me going in an elevator pushing buttons. But I wanted something that would rise up, also because of the use of such images in for example active meditation, using something visual like that to reach higher levels of consciousness (ooopssss I think I added some concept to it, in stead of 'just' sending an image??!!).

So then I decided no elevator, but a balloon. I wanted the landscape simple, so I searched for a balloon above the desert. This is a photo from someone's balloon trip in Egypt. I stood on one place the whole time, in my homemade basket, filling a small balloon with air and making a noise from the fire under the balloon (it must sound static when I think of it now ;) holding my hand up in the air with the balloon, pulling an imaginary rope that causes the fire to blow, and making a gesture of throwing baggage/ballast of the balloon basket, imagining bending to reach it and throw it away. In my mind, I was focusing on the movement upwards, and hanging with the balloon in the air (so not much movement over a landscape, more 'stationary', hanging in the sky). Also, because in the picture, it looks as if the balloon is just hanging there in the sky.

So I think you did it very well!!

Lucy Gillis September 8 2006

Remember the Avatar

I don’t recall what triggered lucidity. Instead of wanting to fly or get outside like I usually do when I become lucid, I immediately turn my attention to XXX. I want to talk to her about a particular situation at work that I can not talk to her about in waking life.

I am speaking well; calmly, firmly, in control . . A few times she begins to interrupt me, but I stop her, finally telling her to let me finish, just hear me out, and then, afterwards, she can say her piece . . . As I look into her face, I see that she doesn’t look like XXX at all. She has a thinner face, reddish-blondish hair, her eyes kind of sparkle, and she has lots of freckles on tanned skin.

I begin to feel disappointment that it isn't XXX when suddenly the thought comes to me of Linda Magallon’s recent article in LDE (see LDE 40, “The Dream As Psiberspace”) in which she he explains how dream characters may not look like who they “are” or who they represent. They could be Avatars. So, with this in mind, I keep speaking, confident that my words are getting to XXX somehow, no matter that this character-person before me doesn’t look like her at all.

At the end of the dream I have a false awakening. I am on a red-patterned couch. I see XXX come into the room, as I look past the back of the couch. I make the remark “if this were dream” or “for a second I thought this was a dream”. I then punch at the back of the couch to see if I can penetrate it with my hand. It is soft and springy, but my hand doesn’t appear to go through it, so I figure I’m not dreaming. I soon wake for real.

Reverence for the lucid light
Sleep asleep
The blinded blind
Shall wake into immortal sight

David L. Kahn
Calling All Oneironauts!

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April 16-25, 2007
Kalani, Hawaii

Come explore the wondrous Land of Odd with us! Special rates offered for alumni, groups of 3 or more, kama'aina (residents of Hawaii), and early registrants. A few partial scholarships may also be available. For details see: http://lucidity.com/hawaii
Join us in California in 2007 at Sonoma State University for the 24th Annual International Conference of IASD

The Spirit of the Dream

June 29 - July 3, 2007

VENUE The Conference will be held on the campus of Sonoma State University, a small residential California State university located an hour north of San Francisco in the warm wine country of Sonoma County. Earth, sea, and agriculture are kind to the county, producing world-class wineries, artisan cheeses, fresh fish, and wonderful restaurants highlighting seasonal local food. The campus is a gracefully landscaped 269 acres, with small lake, butterfly gardens, and an outdoor labyrinth modeled on the Chartres labyrinth in France expected to be built in the spring of 2007. The conference facilities center around the Cooperage, a 500 person conference venue, and the adjoining Sauvignon Village, a set of new apartments with air conditioned four bedroom apartment suites featuring a common kitchen and living room and high-speed internet access. All meals are offered in the light, airy campus dining facility, which offers good food for all nutritional orientations, vegan included. Extra campus amenities, usable at an extra daily charge, are the campus swimming pool; tennis courts; and recreation center with weight room, climbing wall, and indoor track.

TRANSPORTATION from San Francisco and Oakland Airports is available using Airport Express buses that run every 60 to 90 minutes depending on the time of day. See the IASD conference Web site for details and contact numbers for local travel options and alternative local hotel information.

THE CONFERENCE Join dreamers, clinicians, researchers, educators and artists from all over the world for four days of workshops, lectures, exhibits, and events examining dreaming and dreamwork as presented through traditional and innovative theories and therapies, personal study, scientific research, cultural and spiritual traditions, and the arts. Over 100 workshops and events on all aspects of dreaming are planned, with topics and events of interest to the general public as well as professionals. Special events include an opening reception, a dream arts exhibit and reception, an evening dream incubation and ritual at the Chartres-pattern outdoor labyrinth, a dream telepathy contest, an afternoon wine tasting at the lake, and the ever popular closing costume Dream Ball.

CE CREDIT The conference offers Continuing Education credit for selected sessions for psychologists, M.F.T. therapists, social workers, and other health professionals. The International Association for the Study of Dreams (IASD) is approved by the American Psychological Association to sponsor continuing education for psychologists. IASD maintains responsibility for this program and its content.

For further information see www.asdreams.org
**LUCID LINKS**

The Lucid Dream Exchange  
[www.dreaminglucid.com](http://www.dreaminglucid.com)

The First PhD. Thesis on Lucid Dreaming  
A site featuring Dr. Keith Hearne's PhD thesis as well as other lucid dreaming firsts.  
[www.european-college.co.uk/thesis.htm](http://www.european-college.co.uk/thesis.htm)

Lucidity Institute  
[www.lucidity.com](http://www.lucidity.com)

The International Association for the Study of Dreams  
[www.asdreams.org](http://www.asdreams.org)

Linda Magallón's Dream Flights  
The premier site for flying dreams. Several articles from LDE appear, especially in the new section entitled “Lucid Dreaming”  
[http://members.aol.com/caseyflyer/flying/dreams.html](http://members.aol.com/caseyflyer/flying/dreams.html)

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

Lucid Dream Newsgroups  
[alt.dreams.lucid](http://www.asdreams.org) and [alt.out-of-body](http://www.asdreams.org)

Sleep Paralysis and Lucid Dreaming Research  
[www.geocities.com/jorgeconesa/Paralysis/sleepnew.html](http://www.geocities.com/jorgeconesa/Paralysis/sleepnew.html)

David F. Melbourne  
Author and lucid dream researcher.  

Lucid Dreaming Links  
[http://www.greatdreams.com/lucid.htm](http://www.greatdreams.com/lucid.htm)

The D.R.E.A.M.S. Foundation  
[www.dreams.ca](http://www.dreams.ca)

Richard Hilton’s Lucid Dream Documentary  
[http://www.BulbMedia.net/lucid_dream_documentary](http://www.BulbMedia.net/lucid_dream_documentary)

Reve, Conscience, Eveil  
A French site (with English translations) about lucid dreaming, obe, and consciousness.  

Christoph Gassmann  
Information about lucid dreaming and lucid dream pioneer and gestalt psychology professor, Paul Tholey.  
[http://homepage.sunrise.ch/homepage/cgassman/tholey2.html](http://homepage.sunrise.ch/homepage/cgassman/tholey2.html)

Werner Zurfluh  
"Over the Fence"  
[www.oobe.ch/index_e.htm](http://www.oobe.ch/index_e.htm)

Beverly D’Urso - Lucid Dream Papers  
[www.durso.org/beverly](http://www.durso.org/beverly)

The Conscious Dreamer  
Sirley Marques Bonham  
[www.theconsciousdreamer.org](http://www.theconsciousdreamer.org)

Fariba Bogzaran  
[www.bogzaran.com](http://www.bogzaran.com)

Robert Moss  
[www.mossdreams.com](http://www.mossdreams.com)

Electric Dreams  
[www.dreamgate.com](http://www.dreamgate.com)

Jayne Gackenbach  
Past editor of Lucidity Letter. All issues of Lucidity Letter now available on her website.  
[www.spiritwatch.ca](http://www.spiritwatch.ca)

The Lucid Art Foundation  
[www.lucidart.org](http://www.lucidart.org)

Matt Jones’s Lucid Dreaming and OBE Forum  
[www.saltcube.com](http://www.saltcube.com)

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

DreamTokens  
[www.dream-tokens.com](http://www.dream-tokens.com)

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**Send in Your Lucid Dreams!**  
**Deadline: February 5 2007**  
[www.dreaminglucid.com](http://www.dreaminglucid.com)