

LDE

The Lucid Dream Exchange



DreamSpeak
with *pasQuale*

Hallucinations Begone!

Integrating Lucid Dream Characters

**Evolutionary Advantages
of Sleep Paralysis and Lucid Dreaming**

**Conversing With Dream Characters:
10 Rules for Successful Conversations**

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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An Excerpt From the Lucid Dream Exchange appears monthly in the on-line magazine **Electric Dreams**. No excerpts are printed without the permission of the contributing author.

Submissions

Send your submissions via e-mail to lucy_gillis@hotmail.com. Include the word "lucid" or "LDE" somewhere in the subject line. Please indicate at what point you became lucid in your dream, and what triggered your lucidity.

Submissions are printed at the discretion of the LDE editors.

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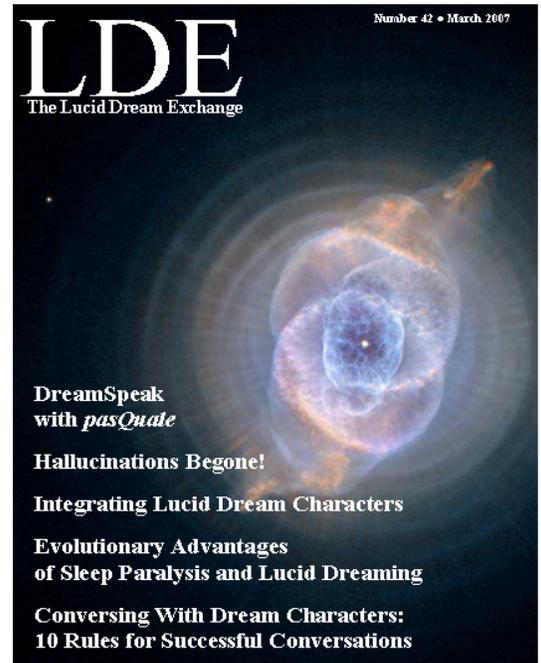
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Dream

Speak

An Interview with a Lucid Dreamer

By Robert Waggoner
Responses © pasQuale

Dutch lucid dreamer, pasQuale, has developed a deep passion and interest for lucid dreaming, as evidenced by her popular website www.ld4all.com

There, she and many others help and encourage new and growing lucid dreamers with tips, techniques and ideas. A lucid dreamer for more than 10 years now, the LDE welcomes pasQuale.

When did you first learn about conscious dreaming or lucid dreaming?

I first learned it when I was a student (about 13 years ago). A friend in school told me about the possibility to control your dreams. She lent me the book, *Creative Dreaming*, by Patricia Garfield. From that I learned how to dream lucidly. I had my first lucid dream before I had finished the book. I was so excited about lucid dreaming that I wanted to tell the world about it. Everybody should know about this. Therefore, from then on, all my school projects were about lucid dreaming. I created a concept and a demo version for a lucid dreaming game for children, and in my final year I wrote my end thesis about lucid dreaming and made a website about it. That website is now known as LD4all.com.

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

Sadly no. I only remember it was when I was reading *Creative Dreaming* that sparked my first lucid dream, and it was one that had to do with defeating enemies, I think. Unfortunately I can't find my earliest dream records. The first dream in my hand written dream diary is dated Feb. 26, 1994 and at the end I mention: "... but already I had come to the conclusion I was dreaming and I woke up."

What about your early lucid experiences did you find interesting?

Reading back in my old dream journals, I see I was busy with interpreting a lot, and when I was lucid I would do a lot to save my memory of the dream, (in the dream I would sketch the environment or try to take pictures), so I could use them for my school projects.

The incredible clarity and detail of my lucid dreams was a thing that also made a big impression on me. I was like a tourist, trying to save everything I experienced in my LDs.

Also, the thing that was most exiting was the incredible feeling you have when you realize that everything around you is a dream. That's why I want to teach lucid dreaming, so everyone can experience that feeling.

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

Back then, I was also interested in past life regression and reincarnation. I had done a workshop where we would be hypnotized and try to visit a past life. I learned self-hypnosis in this way and I had a kind of self hypnosis induction technique for lucid dreaming; I would do a relaxation exercise and then tell myself that I would be aware that I was dreaming.

Over the years it has changed. I started to do yoga, and incorporated a yoga relaxation exercise, which induced another kind of dream, where I would be able to roll out of

my bed, conscious, knowing I was dreaming. I then either flew out the window or stepped through the mirror in my bedroom to see where I would end up.

Later I didn't really do anything to become lucid, it happened spontaneously.

Lately, I'm experimenting with different methods, and now I'm trying dream yoga exercises, to see how that works.

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

Yes, a lot. I've had so many incredible lucid experiences. The ones that stay in my mind are the most clear, vivid lucid dreams.

Like one where I found myself on a cobblestoned street, outside a church. The stained glass windows spread their colors in front of me and it was so incredibly real. I slowly woke up from this and the waking reality seemed less real than the dream I just woke up from.

Another special lucid dream is one in which I met my spirit guide for the first time. I tell about that dream on my site too:

I have just gotten lucid and then remember my intent of meeting my spirit guide. I call: "Do I have a guide? Can I see you?". . .

I walk out into the garden, to the lawn, in the meantime asking: "Can I see you? I would really like to see you."

Then I see somebody. She wears a kind of jute orange dress. She has blue big beaded necklaces around her neck. Her hair is short and blond. Her age is about 40 or 50? She looks Dutch.

"So you are my guide?"

"Yes."

"What's your name?"

"Annette."

I taste the name. Annette.

That was how I first met Annette. Later I called her again in a lucid dream, because I wanted very much to paint her. I saw her and I only looked, looked, and looked at her. When I woke up, I painted her. She looked different than the first time I met her.

"The Museum of Lost Memories" is another one that made a big impression on me. It originally had a place on the first drafts of my site, but later it was discarded. It now has become a LD Quest to do. (Every moon (4 weeks) I run a Lucid Quest on LD4all - an assignment for members to do in their lucid dreams - I made a Quest about uncovering lost memories) but I still feel there is more to this dream:

. . . Then I'm on a horse and I ride across the hill. Then I see four castles. WOW! Castles in the mist. One of concrete, one of gold, one of silver and one of glass.

I go inside one of them. "The Museum of Lost Memories". There I pick up a strange object. It seems to be made of blue stone. It has a little orb on it and next to it a smaller hole.

I go inside. You have to stand against the wired fence, then it will swoosh you right inside.

I'd like to see my lost memories. I enter a very busy space with lots of people. At the first display cabinet a little boy plays a game with silver balls. I pay attention, I don't understand how he does it. There are also colored cards, but I can't remember those.

I want to have a pen and paper to draw all these things, so I don't forget them! I say: "In my pocket I have a pen" - and suddenly, there I have a pen. In my other pocket is paper. Yes, a small notebook. I quickly sketch all those things, the castle, etc.

I walk through to the end. There is a man who tells me I'm not allowed in there. I obey him. I'm outside again. I wish myself money so I can buy things. There, on the street is a pouch with money. A little like the Wild West.

I enter a 'store'. Behind the counter is a lady in a tight dress. What do you wish?

She shows me a map of the city. It has brightly colored buildings on it. Red, blue, purple, green, with thick black outlines.

After this I either wake up or can't remember.

Another one is also an incredible clear and vivid dream, so clear that I wanted to capture the image I saw when I woke up. In that dream I had stepped through my mirror and ended up in a little room. I stepped out of the window and then flew in an incredibly vivid landscape. At the end there was a huge pirate boat and all the little details were amazing. From far away you could still see every little ornament on the boat. When I woke up I tried to capture it in a painting.

I use my paintings as illustrations on my site, and the pirate boat painting is in there somewhere too.

You can see some more of my dream related, and other paintings at:

<http://www.quiipo.net/gallery.php>

If I would write down all the lucid dreams that have made an impact on me I'd fill a lot of pages. Since a few years ago, I began to keep an online dream journal on the LD4all forums, but you can only read it when you are a member. So feel free to join and check it out.

Interesting! What did you take from these lucid dream experiences? What did they come to mean to you?

I tend to see 'real life' more and more like a dream as well. One where other rules apply, but a dream, nonetheless. I also love to go to sleep because I know I can get lucid and can do anything I want.

Also, I feel I received a lot of knowledge and insight in my lucid dreams. For example, the dream about my spirit guide made me able to connect to her in real life as well. She still sometimes shows up in my dreams too. For me, the most vivid lucid dreams really feel like being in a different world. Just the other day I had again this feeling very clear, while in my dream I said to myself: "I will enjoy this while this lasts, I'll wake up soon and then I'll be on that dull earth again."

It seems that you have tried various experiments when lucid in the dream state, like talking to a nightmarish figure (the German soldier), transforming into an animal, and stepping through a mirror. Please describe the lucid dreams and tell us what happened and your reaction.

Oh yes, I love to experiment in my lucid dreams. Once, I had a dream in which a German soldier from WWII was coming after me to make me prisoner or something. I ran down a bridge and hid myself in a corner. Then I realized I was dreaming.

"I want to know who that is chasing after me, and why he's doing it," I said to myself. I yelled: "Here I am! Come and catch me!" There he came. But the mean-looking soldier had transformed into a small childlike woman. I asked: "Who are you?"

She replied: "I'm your fear for the unknown."

This was a very emotional moment in the dream and crying, I hugged her. I realized that my "fear for the unknown" had made me "run away" in real life situations.

In other experiments, I've tried becoming animals. I've transformed into several animals, and what's most profound is that you experience the animal's senses, and it always comes with a realization. Like laying an egg while being a bird:

Tonight I changed myself into a bird. First I flew around just myself having huge wings and enjoyed it. After that I tried to change myself into a bird to see what that feels like. Sure enough, I felt my body change, felt I had a tail and a beak. The eyesight also changed, like very wide vision that came together in the middle.

Shortly after that I tried to lay an egg to see what that feels like, it was actually quite pleasurable; realization: of course it is, nature wouldn't make it un-pleasurable.

Changing into an owl I'm in a backyard of some sort. I see two beautiful owls flying. I decide I want to try and transform into an owl as well.

I want myself to be an owl; I spread my arms and they become wings. I feel the feathers on my wings and try to be in an owl's body.

I fly on silken wings. So softly through the air with no sound at all. Even though it is dark, I have no problem seeing. I swoosh through the trees in the forest.

I try to remember what owls eat. Mice and stuff. I should try to catch one. And I will probably have to hack up an owl-ball as well.

Comments: I feel I succeeded in half, because I still felt myself being human as well. But I felt smaller and that experience of flying silently through the air was wonderful.

It has made an impact, this dream, because the owls were so beautiful. It was a barn owl. I did some research and it turns out the barn owl flies indeed silently through the night, I never knew that.

Other experiments -- Stepping through a mirror used to be the first thing I did once I was lucid. I still love it, but now I'm experimenting more also with how I look in the mirror, and how it feels to travel through it. Sometimes I end up in a new dream (world), sometimes the mirror leads to a black void. Sometimes it is hard to step through, the mirror then feels like it's made of thick syrup where you have to wade through. Here is one mirror example dream:

Lucid, I think, "Now what to do... flying out of the window?" The mirror in the bedroom suddenly looks very attractive. Let's try and jump through that.

It bulges a bit; it's not easy to walk through. I succeed in jumping through. I keep jumping through mirrors. Eventually I end up in a store. Then again, I keep jumping through mirrors. They now all lead to the same bedroom, but every time it is one a bit further away. They all look the same though.

Finally I'm in a room with a wooden table. A friendly female puts her arm across my shoulders and asks me what I will wear for the 25th anniversary. I try to remember what anniversary she is talking about. She lets me choose from different items of jewelry on the floor. I can't make a choice, since I don't know what anniversary she is talking about.

Like some of us, it appears that you have sought reincarnation information in lucid dreams. Any luck?

Yes, I have had several dreams on this. For example this one: Babylon, 56,000 BC.

I'm in the passenger's seat and I remember my request for a guidance dream. I know this is it. To my left, the driver, is a guide. He/she feels familiar. I can't remember who it is, or

what he/she looked like, only the energy, white yellowish golden, and very friendly and loving energy with a bit of humour.

The guide asks me where I want to go. I say: "Please take me to my past and my future"

"Why do you want that?"

"So I can understand more about myself"

"OK, where do you want to go first?"

"Please take me to my past"

"OK"

He drives, the road flashes by, we are on a highway in broad sunshine. The dream takes the form of a very well cut American action movie -- with complimentary music in the background. We pass a road sign: "Babylon 56,000 BC", and this is it. We are now in Babylon, 56,000 BC. I'm amazed that Babylon existed at that point, and that I apparently have a past there.

The dream is now like a movie. I'm a watcher and I wonder when I get to see who/what I was back then.

It is a mountainous area, the ground is brown, it reminds me of Hannibal's journey through the Alps, but that wasn't this long ago was it? -- I see sheep. They are very white and 'fluffy'. Black thin legs. It is like I can communicate with them. There is a little lamb somewhere too.

Then I see two old people, a man and a woman. They wear colorful outfits (reminds me a bit of Tibetan colorful clothes, but it is not the same). They are eating soup and talking to each other. I am offered soup as well, I now have the impression I'm a young girl. But I'm also myself. The soup is in a deep bowl and the spoon is green. It looks a bit like the Chinese porcelain spoons, only it is deeper and from another material. I admire it. I have to try several times before I can properly eat from it. The soup is nice and hot and there is some kind of butter in it I know.

All this time I feel the presence of the guide. I also know this dream is about to end and I'm sad, because it was just getting interesting.

And yes, I wake up, feeling happy and slightly disappointed at the same time.

Mutual dreams seem to be a fairly rare experience, and mutual lucid dreams even rarer. Have you experienced any of these?

I have tried. I'm actually on a quest to have a mutual lucid dream with an online friend in Australia. So far no luck. I have come close on occasions but I have never had a true proven shared dream. For example, I dream of information of a person that I didn't know, and when telling the dream proved to be right. For example, I dreamt of meeting

someone I know only online, from LD4all, and in the dream he told me the name of his girlfriend. I didn't know that name in real life. I asked him in waking life, and it turned out to be the right name.

Other people encounter me a lot in their dreams too, and see things about me I haven't told them about, but I never remember those dreams.

I have come very close on two occasions, when I dreamt of the same dream location of someone else, but she hadn't seen me. And another time where we both recalled dreaming of each other, and seemed to have been in the same location, but the dream setting was very different.

I keep trying. I have even been told in a lucid dream that I have to teach about Shared Dreaming:

. . . I'm still lucid, I'm in a high place covered in the greenest grass you can imagine. Everything is extremely vivid and clear. It is beautiful. There is no sound. Silence surrounds me. I'm alone in this place.

"This is why you have to teach Shared Dreaming". A voice says, or is it a realization in my mind?

I realize that with Shared Dreaming dreamers far from each other can meet each other in this place. But I still want to experience a real shared dream before teaching about it.

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

Well, I use my lucid dreams to show me things, for example how the design of the website should look like, or to show me paintings for inspiration. In lucid dreams, a lot of unexpected things happen, and it's one of the things I like to do too, to see what will happen when I do a certain action, (like questioning the people in my dream, to see what they will reply), or to reach into my pockets and see what comes out, to look at the sky and see what it looks like, etc. Stepping through a mirror also leads to unexpected places since you don't know what to expect behind it. I'm often in a very exploring state of mind when I'm fully lucid.

Here's an example of when I decided to follow the dream once I was lucid:

*While I'm sitting on the toilet, 7 of 9 (From **Star Trek**) comes to ask me something. She wears a **Star Trek** uniform. I do a reality check and realize I'm dreaming.*

I decide to follow the dream. "What do you want me to show?", I ask her. She walks to a door, it is closed. A little heart is drawn on it. The door is white/yellowish.

I ask her something that will help me remember this dream and keep me lucid. She gives me a smaller version of my

wedding ring, it fits on my left pinky. I try fitting it on my right hand, but it will only fit on my left. I check if I can see the rings I got in earlier dreams (on my right hand) but my right hand is empty.

I follow her and ask where we are. A beautiful view is outside. The colors are extremely vibrant and clear. I see a lot of small houses with different kind of rooftops. It feels old. In the front is a pasture where I see a lot of animals. The only ones I recall are 2 very bright white sheep and two marvelous grey wolves.

I ask her where this is. She says it is England. "I don't believe you, " I respond, "I have never seen two wolves like that, and certainly not so close to two sheep."

We are outside. I'm now with two young girls as well. We go to a big gate. Everybody gets pottery, pots to carry. They are now outside and carry a lot of those pots on their back. A rope is strapped around their head to carry it.

*The gate closes in front of the **Star Trek** character 7 and me and we wait while more pottery is being thrown down. Some of it hasn't been baked right and falls in pieces. Then we can enter as well.*

The girls take me to the place where the plates are being painted. It is a wooden building, kind of a workshop. A sand path leads toward it. There are more buildings like that, and more people working.

I slightly lose lucidity, but regain it after doing another reality check.

I see the plates. I tell them I'll make them a design. Yes! I will make a Plate of Dreams! I'm really enthusiastic about it. Some of the painters look at me disapprovingly, others are as exited as me.

Oh, I probably have to draw a circle first. I have a square sheet of white paper in front of me. Some of the girls help me make and cut out the circle. It isn't really round but no one seems to care. I write "Plate of Dreams" at the top. All the other designers make also 'plate of something's (can't remember what they did), and the title should be written on the top. . . .

I'm now holding the drawn plate (I can't recall actually drawing it), and look at it. Everybody is enthusiastic about my design. It is very intricate. It is in a comic book style. A lot is happening, and it was funny as well.

Altogether, how do these lucid dreams make you question the nature of reality?

Well, I have had LD's that were more real than reality and yet I knew I was dreaming. I touched objects and wondered how things could be so real. I'm getting more and more to the core feeling that reality like we perceive it, is like a dream.

A quote from an extremely vivid lucid dream:

"I look around the place. It looks so real. I have trouble getting my mind around the idea that this is all created by me. I wonder if it works like this in reality too."

How about on your website? Have there been lucid dreams that have surprised you, or shocked you?

It surprises me that people have so many ideas for what they do in their lucid dreams and that's very inspiring to read. There is a special section for members to keep their Dream journals and a lot of lucid dreams have been written during the years.

Also you notice problems people have, like ending up in a black void, new ways to test your reality - and the various ways people fly for example. I barely have time to read all the inspiring dreams, and there are really quite a lot to read.

Over the years, you have built quite a website for lucid dreamers at (<http://www.ld4all.com/>) What prompted you to begin the website? How is it going?

Well, as I said in the first question, it started out as a school project. At that time, I had just discovered lucid dreaming and I wanted to tell everybody how cool it is and how to do it.

Over the years it has changed in appearance and has had more content added, and the forum. I have always used my lucid dreams as inspiration and guidance on how to design the site. The LD4all logo appeared to me in a very clear lucid dream.

The site is still growing and evolving. The forum has grown to be a very close and friendly community. Many people have had their first lucid dream because of LD4all.

At your website, are there points that you are trying to get across to other lucid dreamers? Or does the on-going discussion and conversation, the collective knowledge, provide the education?

The forum serves a lot as a support group for lucid dreamers. People give each other tips, motivate each other, and people keep their dream diaries on the site.

Techniques are developed and tried out, experiments conducted. I started the forum because I got a lot of emails and it became simply too much to reply to all the questions so I decided that people could help each other, so I created the forum for that. It has grown to be a very close community.

A lot of lucid dreamers find it very nice that they can talk about lucid dreaming with someone else and they are not the only one. Many people can't talk about their lucid

dreams in their real life, people think they are crazy. People are pleasantly surprised when they find a large group of people who can lucid dream too.

For those who have never been to your website, what kinds of issues come up in the discussion about lucid dreaming? Tell us about the range of issues you see there.

Well, about everything you can imagine, really. The forum exists now for over 7 years and has around 10,000 members worldwide. A large part is of course the "help me get lucid" part. People help and support each other. New people come with questions, and experienced lucid dreamers answer them.

It is really a very friendly and supportive community. Then people keep their dream journals on the site, and members encourage each other and congratulate each other when someone has a lucid dream. Another part is the lab, where we conduct our own experiments.

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?

There are a lot of stories going around that certain foods increase dream recall and could aid in having a lucid dream. I'd like real scientific research on that, so that you could actually know what kind of food/herbs are really helpful in this.

Another thing I would like to see is developing new ways to communicate with the lucid dreamer, (besides eye movement) and maybe a way to communicate to the lucid dreamer while he's dreaming and the dreamer can communicate back. I think that would be extremely interesting to see a real communication between a lucid dreamer and the real world.

The ultimate thing would of course be a device where you could see on a screen what someone else is dreaming, and somehow record it so you can watch it again.

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

I'm really excited to see how lucid dreaming is gaining popularity. Back when I started my first site, there were only 3 or 4 other websites about lucid dreaming on the net. Now a lot of lucid dreaming related sites have popped up everywhere, and a lot of people have learned to lucid dream because of those. I hope to see one day that lucid dreaming is common knowledge and is taught about in schools.

LDE Lucid Dreaming Challenge

March, 2007

by Ed Kellogg

(©2007 E. W. Kellogg III, Ph.D.)

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

Design Your Own Challenges

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

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

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

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

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

Each night before you go to sleep choose the task from your list that most appeals to you, and see what happens. Just reading this list before going to sleep increases the chance of having lucid dreams for many people, as it provides a strong motivating factor to become lucid. If you find a task particularly fulfilling or enjoyable you can always do it again. And if you can't think of anything interesting to do - in a reality where magic works and miracles seem commonplace - I'd say think again!

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

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

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

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

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

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

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

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

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

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

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

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

Letters to LDE

Hello Lucy:

Happy Lucid New Year. I enjoyed your latest publication of LDE. It was very interesting. Your article on the link between lucid dreaming and the afterlife was great. I had been looking for articles before this due to similarities of the OBE and a lucid dream. They may be entwined more than we think. A lucid may lead to an OBE, and if you believe in OBEs then the belief in the soul existing outside the body after life is a definite.

David L. Kahn was interesting reading. Sometimes he uses a lucid dream to initiate an OBE. Also his references to hospitals in his lucid or OBE experiences are very interesting. In some of my OBEs I find myself walking through hospitals. No one can see me except usually one person. They either start screaming or they look in my eyes and acknowledge my presence.

I can sympathize with Salina's article on the neverending feeling. I have experienced this gut wrenching feeling many times in my vivid dreams. Sometimes they lead to OBEs or lucid dreams. This feeling maybe the separation from our physical bodies.

If Salina could control her dream when this sensation occurs she could end the cycle and experience a lucid or OBE. I know how difficult this can be. Her experience of being on a jungle gym and a swing are so familiar that I can relate directly to this. Usually I am on a rope swinging very, very fast back and forth. It is horrible. Sometimes I fall or I am shot up into the air by a huge wave. If you can let go of the fear then a lot of the time you will experience the OBE or lucid dream. This can break the cycle. Good luck, Salina!

**Happy lucid dreaming,
Steve Parker**

Hi!

At lunch with my younger sister today, we by chance discovered that all three of us sisters have had flying, floating, out-of-body dream experiences for years and never knew because we never talked about it with anyone. It made me curious, and since I was on the web tonight, I did a search and have found a lot of information!

My first experience was as a young girl and I floated off my bed and was looking at myself in a wall mirror floating. I was scared to death at the feeling I had! I had more occurrences over the years, and several years ago as an adult I started having flying dreams almost nightly and was also very frightened. I didn't understand what the heck was going on and would wake myself up petrified in my bed. I was afraid to go to sleep at night.

Then during one flying dream, I told myself to just go with it and I did. I was still afraid, but I was curious too.... it was very strange how I could control my floating, flying, and movement through the house, mainly up high around the ceiling areas. I mainly would be flying/floating around my house, but a few times I ventured outside and up into the sky. Such a strange and real feeling it was!!

I hadn't had any experiences for awhile until the other night; I started flying in my dream again, but this time I didn't feel it as intensely as I used to, or maybe I had gotten more used to how it feels and wasn't as scared as I used to be.

Do you think that there is any genetic reason that me and my other two sisters have all had these experiences? In my case, this was never discussed with my sisters until recently, so we each did personally, individually have these experiences without any power of suggestion or anything like that, yet we each told of very similar OBEs. I really don't understand what it is all truly about, but it's something that, even though it terrified me at times, I'm glad I've been able to experience the feeling of flying.

I'm sure there are many, many people who would be thrilled and even pay to have the ability and experience flying! Like I said, we never discussed this with each other before and each told of very similar OBEs.

**Thanks for your time,
Diane**

Hello,

A week ago I find out that there is a name for my problem. I've been suffering from sleep paralysis for almost ten years. I didn't think about it much, all I knew was that when it happens (sometimes 5 times a night so I'm scared to go back to sleep again) I wake up tired like I haven't slept at all. It's not a problem when it happens during the waking, I don't go back to sleep anymore.

Five years ago while I was under a lot of stress, after three attempts to fall asleep and very unpleasant awakenings with paralysis I got up, waited for half an hour and tried again. I have to say that I'm a very rational person and I don't believe in supernatural, astral trips but what happened then frightened me. I read about people that thought that they have been abducted by aliens or attacked by witches, I think it's just their imagination. This may be fantasy too...

I was in bed, lights off, complete silence, eyes closed, trying to fall asleep. I was somewhere half way there, the dark was still all I saw, so if this was a dream it was a dream made of sounds - the only one I had of that kind in my life. I heard three kinds of sounds one after another: first sound was something I would call a typical sound of unlocking your house doors when you come home: sound of keys jingling when you take them out from your pocket, how they hit the door when you are putting the key in keyhole, sound of key entering the keyhole, unlocking the door, but after that it wasn't the keys anymore, the second sound was sound of motor when you are starting your car and pushing the pedal of gas like you are in some race (I wasn't pushing anything or seeing, I just heard it) just after that I heard the sound of wings clapping in my ears like my head is a bird taking off and my ears are just below the wings so when the bird tried to fly it clapped wings directly into my ears, then I woke up, scared, my first thought was "Oh, good, I'm still here."

One person I spoke to told me that I was on my way to a spiritual journey... My father has sleep paralysis too and we usually complain to each other when it happens because we are the only two people we know that have it. When I told him this dream he had an interesting explanation based on his experiences. He thinks that that state we are in during SP is something primal that we have inherited from our ancestors, animals, and it hasn't been lost in some people during the evolution, some kind of half-sleep during which our bodies rest but our senses are fully awake so we can hear if someone is approaching us to attack us and we can escape. He thinks that I heard those sounds from my surrounding that I wouldn't normally hear but I was afraid to go back to sleep and my senses sharpened.

This theory make sense to me, has anyone thought of that before?

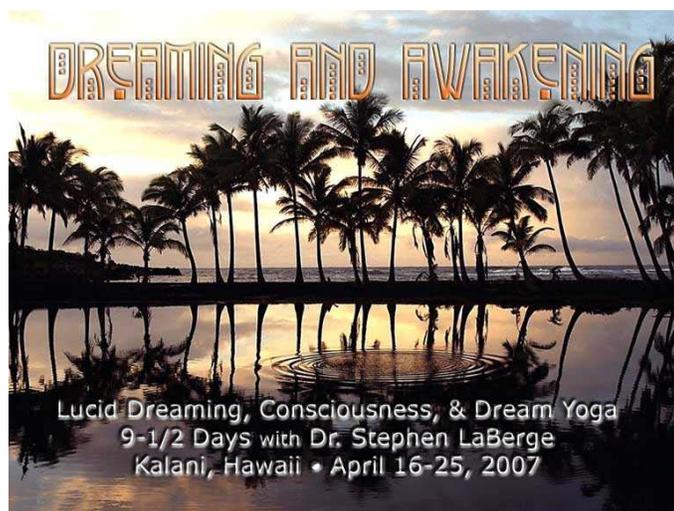
LJ

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Evolutionary Advantages of Sleep Paralysis and Lucid Dreaming

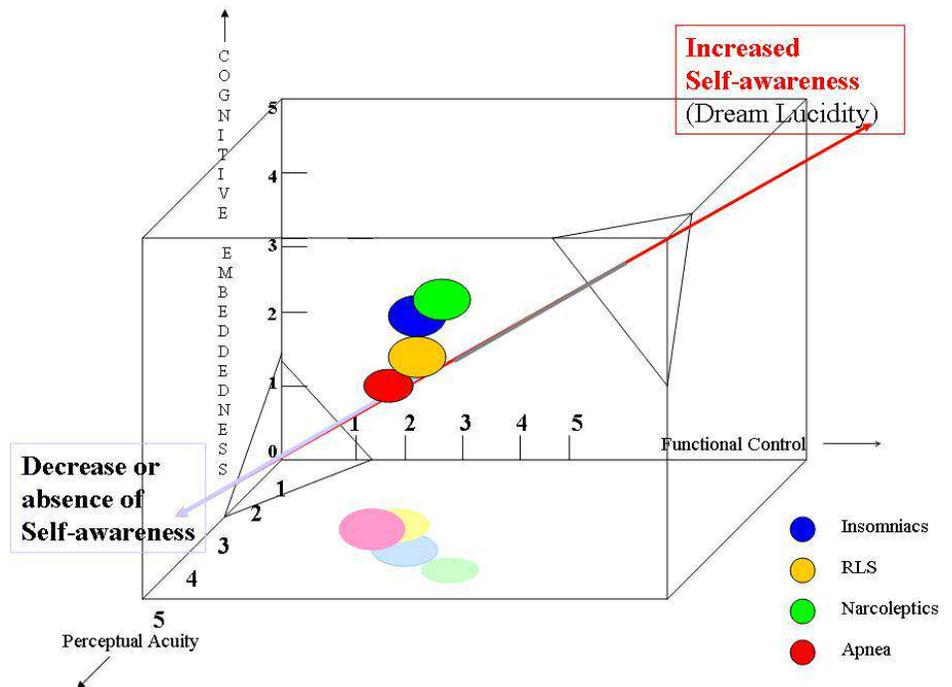
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Recently I received an email that prompted this writing. In essence, it echoed similar emails and the questioning of my own students as to the evolutionary purpose of Sleep Paralysis (SP) and, by extension, Lucid Dreaming (LD). The questioners originally proposed, or have heard, or intuit, that SP and/or LD are adaptations that were passed on because they gave our species an edge in survival, an evolutionary advantage.

In articles written since 1995, and recently in *Wrestling With Ghosts*,¹ I, like other researchers of SP and LD, have written (speculated) about the cognitive-emotive and creative benefits of SP and LD and of how their combined influences, in balance, may be beneficial to self growth and cultural development and innovations. In the 2005 December issue of LDE,² and more recently in a chapter entitled, “What does shamanic lucid dreaming have anything to do with ecopsychology?”³ I wrote about the mental health benefits of a positive feedback biosemiosis where SP and LD experiences, manifesting themselves in human populations that are close to natural rhythms and nature, produce aesthetics that impact the self and the culture in ecopsychological sustainable ways. This pattern of dream processing and experiencing in the context of raw nature seems to have been a most ancient and enduring homeostasis--creative dream hygiene. The down side of disrupting this positive feedback biosemiosis is that personal wellness, cultural, and societal systems could enter into a process of decay. In a real way, SP and LD are also self-correcting mental processes alerting to this present upheaval.

There is, however, a different psychobiological argument, the original question about the evolutionary reasons as to why we experience SP and LDs. There have been several proposals, theories, that attempt to explain the “why” of dreams, and more specifically, REM states. If we agree with the data proposing a memory consolidation role and/or a so-called “pilot light” benefit for REM sleep in species with larger and more complex brains (mammals), then, by extension, acquiring self-awareness during dreaming states (what happens in SP and LD) can be seen as an aspect of keeping cortical connections “in play” and thus enhancing an already beneficial cortical industrious adaptation. In the context of these proposals it seems strange that Stephen LaBerge was accused initially of advocating LD. His critics cannot have it both ways, on the one hand proposing that REM sleep as memory consolidation or active “pilot light” is a good thing and on the other criticizing that extended and advanced LD practices could be harmful.

Recent studies with my colleagues in the sleep laboratory of Inselspital in Berne, Switzerland, also suggest that the relative incidence of SP and LD in different populations with a variety of sleep disorders (Narcolepsy, Restless Leg Syndrome, Insomnia, and Apnea in our study) gives us additional information that hints at the evolutionary advantage of SP and LD. The findings of administering a 108-item questionnaire to these patients assess the quality of dream experiences along three main dimensions (perceptual acuity, functional control, and cognitive embeddedness) and are compressed in the following figure:



Evolutionary Advantages of Sleep Paralysis and Lucid Dreaming

These findings, although preliminary and tentative, suggest that increased dream lucidity and self-awareness during REM sleep correlates with disorders that, *taken in an evolutionary context, would have maintained nightly vigilance at least, conferring an attentional edge to their sufferers.* An insomniac would have been the ancestor who saw or heard the rival tribe on the prowl first. Better yet, an anxious insomniac who was either additionally perturbed by the SP experience or could creatively deal with its anxious state under LD, might have been in a better situation to flee. Apniacs under similar conditions would not have fared as well. All things equal, an already aroused brain, fully oxygenated, can respond to adversity more effectively than a sluggish one, when increased physical activity is the appropriate response. *Even when the SP experience mixes outer with inner realities in bizarre ways, the “trickle” of at least some external stimulation into the dreamscape might have been enough to alert anxious dreamers to a real threat.*

This suggests that even when the phenomenology of SP (in a continuum perhaps with LD experiences) is absolutely terrifying, disturbing, unsettling, and in general, not always a happy place to be, the SP experiencer, much like our insomniac, can get going at a moment's notice and save his/her genes for posterity so that we, his/her descendants, continue to have the privilege of being perturbed by the uncanny and terrifying dream.

¹ See Chapter One in Jorge Conesa-Sevilla (2004) *Wrestling with ghosts: a personal and scientific account of sleep paralysis.* Pennsylvania: Xlibris/Randomhouse.

² Conesa-Sevilla, J. (2005) Lucid dreaming and esthetics. *The Lucid Dream Exchange*, December 2005, page 8.

³ Conesa-Sevilla, J. (2006) *Ecopsychology as ultimate force psychology: a biosemiotic approach to nature estrangement and nature alienation.* Pennsylvania: Xlibris/Randomhouse.

Lucid Flying Dreams - June LDE

Send in your thoughts, lucid dreams, advice, and insights by May 5 2007

Suggested Topic Questions

Induction Techniques - Before Sleeping

- *How do you incubate flying dreams? What techniques or visualizations do you use?*
- *Do you imagine the wind on your face as you visualize soaring through the sky?*
- *Do you visualize birds flying? Or airplanes?*

Flying Styles and Techniques - Within the Dream

- *How do you fly in your lucid dreams? Do you have a certain method or technique?*
- *Do you fly close to the ground or to building tops or do you soar with the eagles?*
- *Do you have a body while you fly? Or are you a point of consciousness?*

Unusual Methods or Circumstances

- *Where do you fly? Is the space you are in a mirror image of physical reality, or are you in a strange environment?*
- *Do you have a method or technique for flying that you consider unusual?*
- *Does something you do or say cause you fly? Do your emotions determine if you can fly?*

Symbolism

- *Do you have any theories as to what flying dreams mean in general?*
- *What does it mean to you if you meet with obstacles or you fail in trying to fly?*
- *Why is it easy to fly in some dreams and more difficult to fly in others? What does flying in lucid dreams mean to you personally?*

Other

- *Has a dream character ever showed you how to fly? Or picked you up and flew you someplace?*
- *Does flying in lucid dreams come naturally to you, or does it require effort and practice?*
- *Do you fly alone or are there others in the sky with you?*

Integrating Lucid Dream Characters

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Our dreaming mind firmly but caringly shows us that which we deny, and in so doing guides us towards a life of integrity - if we choose to listen.

David L. Kahn

The word *Integrity* conjures up images of a person in power, such as a business or political leader who demonstrates high moral values. On a personal level, to live with integrity is something we associate as being honest to one's self and acting in a way that we believe is in the best interest of others. Our dreaming mind firmly but caringly shows us that which we deny, and in so doing guides us towards a life of integrity - if we choose to listen. This connection between dreams and integrity can be looked at as 1) your dreaming mind never suggests that you act in a way that is knowingly harmful to others, 2) dreams are there to *repair*, never to *impair*, and 3) integration of neglected or separated aspects of your personality is an essential part of achieving your highest potential. Can lucid dreaming be used as a means of integrating our lost or forgotten personality traits?

The self-integration view of the word *Integrity* is defined by The Stanford Encyclopedia of Philosophy as "A matter of persons integrating various parts of their personality into a harmonious, intact whole." This type of integration (integrity) within a lucid dream may present itself literally as the person merging with another person, animal or object as seen in the following example by Ralf Penderak of Badendorf, Germany.

I'm in the fields on the back of my house. I'm jumping backwards, and the jumps are getting longer and longer. How is that? I must be dreaming! Everything fades to grey, like so often in the moment that I become lucid. This time I won't give in to physical awaking so easily, but I start singing and dancing, with slowly rotating turns around my axis. After a few seconds I see my son and my dog (a Dalmatian) standing by a small tree. At first I don't want to go there, but then I realize that this is a good

chance for interaction. I remember that mostly everybody just disappears from dream scene once I become lucid. So, I go there and start playing with my dog, at first orbiting each other slowly, then faster and faster, until we are one whirl with no more borders between us. We melt into each other in ecstasy. When we calm down, I see my skin is now white fur with black dots. I awake physically. Ecstasy lingers and makes my day.

Dream characters that represent aspects of your personality are an interesting bunch. There are some that seem to prefer their privacy, but if called upon they'll show up to perform some function. Others are ready to be reintegrated into the "you" of the dream, no longer choosing to remain as a separate character. After integrating an athlete you may find yourself ready to get back into shape, or perhaps the integration of an artist sparks an old interest in painting.

Robert Waggoner recently provided us with the following example of an integration that occurred within his dream...

...Behind me, I see a tall slender black woman, who seems to be with us. It seems the farm wife doesn't care to mix their food with our food. We wait. As I sit there, I look at my brother and then at the black woman; it suddenly occurs to me, "This is a dream." I stand up and want to know what this means. I pick up the black woman and ask, "Who are you? Who are you?" She looks at me, and surprises me with her response. "I am a discarded aspect of your self." Immediately, I sense the truth of her statement and feel the need to reintegrate her into my being. She then energetically evaporates into me, once I accept the truth of her statement.

Lucid dreams provide us with a unique opportunity to heal by rejoining our fragmented personality traits with the whole. Asking your dream characters who they are or what they want should provide you with some interesting, and perhaps unexpected, responses.

An interesting lucid dream experiment would be to see if you can integrate a previously non-existent personality trait within the conscious "you." For example, perhaps you have been shy for as long as you can remember and you would like more courage. If you found a courageous dream character and asked them to join you, what response might you get? Or, maybe you would like to play classic rock guitar. If you invited Jimi Hendrix to become a part of you, would your ability to understand the music improve? Of course it may be best to simply see

who shows up, trusting that they are there for reasons that are important to the greater "you."

German gestalt psychologist and lucid dreamer Paul Tholey used his Conciliatory Method to make peace with dream characters. He found that by using this approach, dream characters would often transform from "lower order to higher order creatures," thereby helping the meaning of the dream make more sense. For example, a beast might transform into a human, and from there the human might integrate with you as seen in Tholey's own example...

I became lucid, while being chased by a tiger, and wanted to flee. I then pulled myself back together, stood my ground, and asked, "Who are you?" The tiger was taken aback but transformed into my father and answered, "I am your father and will now tell you what you are to do!" In contrast to my earlier dreams, I did not attempt to beat him but tried to get involved in a dialogue with him. I told him that he could not order me around. I rejected his threats and insults. On the other hand, I had to admit that some of my father's criticism was justified, and I decided to change my behavior accordingly. At that moment my father became friendly, and we shook hands. I asked him if he could help me, and he encouraged me to go my own way alone. My father then seemed to slip into my own body, and I remained alone in the dream.

The opposite of integration, of course, is *disintegration* - which is a word that we tend to associate negatively. The Cambridge Dictionary of American English defines *disintegrate* as "to become weaker or be destroyed by breaking into smaller pieces." Would you ever want to *disintegrate* any aspect of your personality? Consider this; cancer cells are part of the physical whole of a person. In this case, the attempt to regain health is done by *disintegrating* - destroying - those cells. A negative personality trait can cause damage to the entire person, even to the detriment of that part of the person - much like how the cancer cells inevitably destroy themselves. The "cancerous" personality trait may even be a physical aspect of you, such as the smoker or couch potato. These personality traits often make their entry into your psyche at a point in your life in which some form of defense is created to counter a real or imagined stress or danger. In some cases they serve dutifully, but it is time they retire.

For example, guilt can be a good way to prevent further bad life choices that are harmful to yourself or others, but when you carry guilt with you years after the event, who does it really serve? Just as there are personality traits that are best suited to be reintegrated into the group, others should be voted off the island.

The trick with *disintegrating* personality traits is to not eliminate one negative trait by using another. In other

words, if Judgment and Anger vote Guilt off the island, you are still only left with Judgment and Anger. Compassion and Understanding, on the other hand, may help find Guilt an appropriate place to take residence. The following is an example that I used in my book, *A Dream Come True*, and shows the results of a fear being disintegrated.

I am in the living room of one of my childhood homes. I hear my father yelling very loudly. He sounds very angry and I am afraid. I try to find him, but I don't know where he is. Now I see him. He is coming down the hallway into the living room. He looks to be about eight feet tall. He looks angry. I realize that this is a dream and I remember that I should try to show him love, rather than run away or fight. I walk up to him and hug him. He turns into my childhood dog, who I loved very much.

The disintegration appears in the dream as the scary personality trait shrinking and reducing itself down into something small, harmless, and loving. The result of this disintegration is *transformation*, and ultimately that is the intention behind the dream.

With all of this adding and removing of personality traits, should you be worried about the mind conducting experiments like a mad scientist mixing ingredients with potentially disastrous results? I think not. Our dreaming minds have earned our trust. This inner self wants only what is best for you, in a way that is also best for others. That is what *integrity* is all about.

Lucid dreams provide us with a unique opportunity to heal by rejoining our fragmented personality traits with the whole. Asking your dream characters who they are or what they want should provide you with some interesting, and perhaps unexpected, responses.

David L. Kahn

Conversing with Dream Figures: Ten Rules for Successful Conversations

Robert Waggoner (c) 2007

Many lucid dreamers experience little success when conversing with dream figures. In their lucid dreams, questions often result in blank stares, cryptic responses or looks of bewilderment. After a number of one-sided conversations, many lucid dreamers come to believe that dream figures have nothing intelligent to say. Au contraire, mon cheri - like speaking fractured French in Paris, conversing in lucid dreams carries unspoken rules of dream realm etiquette. When followed lucidly, these rules should result in more interesting and varied dream conversations. Sadly, the waking world promotes unfortunate biases about the dreaming realm, and many of us bring those biases into our lucid dreaming conversations. Look at these ego-loaded Common Assumptions about Dream Figures:

- 1) All dream figures exist as an expression of me,
- 2) All dream figures are symbolic,
- 3) In my dream, I dream them into being with the unspoken assumption that when my dream ends, the dream figures end.

Lucid dreamers would do well to suspend these common assumptions and approach dream figures with these 'Ten Rules for Successful Lucid Dream Conversations':

- 1) Do not insult the dream figure by expressing your prejudiced assumptions: 'You are a creation of my mind!' or 'Do you know I am dreaming you?' Most dream figures just stare at you, when you say those things. Instead ask something showing more awareness, like 'Who are you?' or 'What do you represent?' or 'Why are you here?' Then, listen for their response.
- 2) Ask more specific questions, as opposed to general questions. Asking general questions like, 'What is my purpose in life?' may lead to cryptic responses, like 'To live.' Instead ask more

specific questions like 'What does this white horse symbolize?'

3) When you have a choice, look for the most appropriate or intelligent dream figure to talk with. If you see Aunt Nelly, but remember that Aunt Nelly seemed a pathological liar, asking her questions may lead to questionable results.

4) For questions of a conceptual nature (or if no intelligent dream figures appear), it may be best to simply 'Ask the Dream.' Simply shout out your question to the Dream - and wait for the response!!

5) In the visually symbolic realm of dreaming, the best result may come when your question starts, 'Show me'. For example, 'Show me my ideal self!' or 'Show me an expression of the Divine!' By asking for a visual scene, you flow with the nature of dreaming.

6) If confused by the response, ask for clarification!! Too often, lucid dreamers walk away confused, when instead, a follow up question would clarify things.

7) See the answer in broad terms. It may come as a feeling, or an image, or words or a symbol or all of these! Expecting or accepting only verbal responses seems short-sighted.

8) Develop your most important question/s in the waking state. Sometimes in the excitement of being lucid, you may be unable to think of anything, or come up with something silly, e.g., 'Tell me why I like fig newtons!'

9) Come with a sense of open-ness to the conversation; come with a desire to learn, and not a desire to tell.

10) Recognize your influence in the process and the 'Expectation Effect'. If you expect something, don't be surprised when you get it. And if you get something unexpected, don't toss it away and ignore it. Don't be blind to what you do not want to see.

By practicing these rules of lucid dream etiquette, lucid dreamers seem more likely to have an actual exchange of ideas - a true conversation. With

experience, lucid dreamers may begin to alter their assumptions away from the 'common dream assumptions' and to a broader view, such as my Lucid Dreaming Assumption: Dream figures exist in varying degrees of permanency and awareness.

Some dream figures may be 'thought-forms' or brief expressions - symbolic representations of some day residue or emotional issue. Some dream figures may be 'aspect-forms' or symbolic representations of some ongoing-issue for our selves with semi-permanence. Some dream figures may be 'core aspect-forms' or symbolic representations of some permanent feature of our psyche, or some permanent issue in our psyche; they may feel 'at home' and 'alive' in the dreaming, reappearing at appropriate times, and having insight into our waking and dreaming life. Some dream figures may represent the larger Self, the Inner Ego or 'dreamer of the dream' which may have a deeper life and understanding than the Waking Ego. Also, they may be conversant with other means of expression via concepts, emotions, light, energy, etc.

Lastly, though obviously complex, some dream figures may represent something 'outside' our conception of our waking-ego-self; these dream figures may represent the deceased, the living, aspects of greater consciousness, other incarnations, etc., or they may be the symbolic representations of that knowledge somehow passed on telepathically or in some unknown manner.

Lucid dreaming has much to teach, and if taken seriously, might overturn many of the common assumptions that many dreamers and dream researchers hold onto. By approaching dream figures with a more open attitude, a more curious attitude, and a desire for conversation, lucid dreamers help to uncover the truer nature of dream figures.

Hallucinations Begone!

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“First you must realize that you are dreaming. . . This knowledge automatically changes the dream state into another in which the critical faculties are aroused and operating. . . You may “awaken” in your house for example. If so, check your rooms against their normal arrangement. Anything that does not normally belong there may be an hallucination, part of the usual dreaming process. If you will such images to disappear, they will, leaving you with the basic unhallucinated environment.”¹ Jane Roberts

It had been a while since I used the technique to “will away hallucinations” as suggested by Seth, channeled by author Jane Roberts. I can still remember the first time, many years ago, when I had come across the suggestion in Robert’s book *Seth, Dreams and Projection of Consciousness*. I was intrigued by the idea of the “unhallucinated environment.”

What was that exactly? If you are in a dream state, and not projecting out-of-body into a physical location, then what are you left with if you will away hallucinations? Is it that empty “grey space” that so many dreamers have experienced, or is it something more? Is it populated with symbols and objects of other people’s dreams? Or populated with other “real” entities? Is that possible? According to Seth, it is:

“You may, then, encounter images that are subconsciously formed, quite valid images, that belong in another dimension; or constructions created by others in other systems. For any control at all, you must learn to distinguish one from the other. Again, . . . you must first will it to disappear. If it is a subconscious construction of your own, it will vanish.”²

“The basic unhallucinated environment” became one more tantalizing idea that made lucid dreaming all that more appealing – what was “out there” (“in there”?) in the dream state to be discovered?

Over the years I played with the technique, always thrilled to notice when objects or the entire dream scene vanished, but for some odd reason, I didn’t seem to remember to apply the technique very often.

Recently, however, during an ordinary lucid dream, I suddenly remembered to will away my hallucinations to see what would happen:

I am at the cottage in Alberta. It’s dark; the place is dimly lit. It is very cluttered with furniture and other objects, like boxes and packages. It is not messy though, everything is tidy, but crowded. I get up from where I have been sitting and open a door to go into another room, presumably the washroom. I look around and notice that this room too is very cluttered. I then see a door that I had never noticed before. I wonder if it was meant to be hidden, or if I had just never noticed it behind stacked boxes. As I am about to go back out to the main living room area, I’m noticing more and more that the place just doesn’t look right. I must be dreaming!

I look for something to read, in order to reality-check, and I see a red LCD display, like on a digital clock, on a shelf. I don’t even have to look away and then re-look to see the numbers change; they change quickly with every blink of my eyes, proof that I am dreaming. I’m so happy to be lucid!

Then, reaching for the latch handle on the wooden door, I think that I should try to meet S (as we had planned to do when we would each next get lucid) but instead (probably due to all the clutter around me) I decide to try Seth’s advice and “will all hallucinations away”. I want to see just how much of the clutter is my own hallucinated imagery and I’m curious to see what will be left, if anything. I’m very pleased that I’ve remembered to do this; I usually don’t remember this technique when lucid, even though I think it is an excellent one.

I open the door and step out into a room that is quite large, almost like a gymnasium in size. There are a lot of people around, but none are paying me any attention. I speak loudly, addressing the dream. “Dream, I command all hallucinations to disappear!” I say this again, phrasing it in a different way, perhaps twice more, thinking that I should be more clear, or more commanding. On the third “pronouncement” I think that it would also be helpful if I spin, thinking that if I take my attention off the room and the characters there, it will help me to get rid of my own

subconscious dream constructions. I spin counterclockwise, but it feels awkward. I am acutely aware of the feeling of my toe pushing off the hardwood floor as I spin around.

I know that I am still too “attached” to the dream. I can still feel my consciousness tied up, entangled, in this dream scene; it’s hard to explain but it is a tangible feeling. I know that my level of lucidity is not high or clear enough to produce instant good results, yet I want to keep trying anyway. I stop spinning, and make my statement again, firmly, then I spin in the other direction.

When I stop spinning, I am thrilled to see that the room has changed dramatically. It has become smaller, all white, featureless, and nearly empty, save for a few boxes and some living room furniture off to my right. However, I am surprised to see three men, sitting casually on the living room furniture, watching me. “You three again!” I spontaneously blurt out. “You were left the last time too!”

My curiosity piqued, I approach the men and ask, “Who are you? Where do you come from?”

Unfortunately, I don’t know what their response, if any, was. Next thing I knew, I was awake.

My first thought upon waking was one of triumph. I had remembered to will away hallucinations and it had been successful, despite it not occurring as soon as I had commanded. Though it took me a few tries, I was happy that I had been aware of the reason – that I had been too consciously attached to the dreaming process and I could actually “feel” what that was like, while it was happening, even if I couldn’t later describe it in any adequate or even articulate way.

My next thought though, was one of disappointment. I didn’t get answers to my questions! Or if I had, I didn’t consciously remember them.

As I scribbled down the dream in my journal, I was struck by how surprised I had been in the dream to see those three men. I remembered how I immediately blurted out “You three again!” In that moment I had recognized them, and I knew, or my dreaming self knew, that the last time I had banished my hallucinations, those three individuals had been left behind.

But that memory was one confined to the dream state. I had no waking memory of previously willing away hallucinations in a dream and being left with these three people. Or had I done it earlier in *that* dream, but did not recall it when awake? It made me wonder how memory “worked” in the dream state and why waking memory and dreaming memory were sometimes cut off from each other.

The *feeling* of recognizing the men was difficult to describe too. It wasn’t a recognition based on physical appearances; their faces were not familiar to me in any way at all. It was a recognition based on a different sensation, a feeling that in some way had a thickness or density to it, as though it was alive or in motion somehow. Very hard to describe, and I could only borrow Seth’s term “feeling-tone” to come close to labeling it.

But those three men. My waking memory did recall other dreams where three strangers appeared together. Usually all male, but I knew that, on at least one occasion, one was female. I didn’t think that the female was a different...character...(if I can use the term), but was a different guise used by one of the three individuals.

Curiosity getting the better of me, I dug out old dream journals, and in going through a few of them, discovered that I had had many dreams of “three strangers” or “three men” over the last couple of years. Some dreams were non-lucid, but mostly the triad showed up when I was aware I was dreaming. They rarely spoke, when I was lucid. Usually they just observed me, or listened to what I had to say. Oddly, they were more animate when I was non-lucid, participating in my dream scenarios like actors playing their roles. But when I became lucid, aware of my dreaming condition, they became my silent audience, their attention then turned to me.

Now I had to wonder. Were these three recurring “characters” simply symbolic of something? Aspects of my own dreaming psyche? Personified dream symbols?

Or were they something more? They did remain after I willed away my hallucinations – were they somehow part of the “unhallucinated dream environment”? And if so, what did that make them? Dream constructions belonging to someone else? “Real” individuals able to travel through dream worlds? Denizens of the afterlife? (Some may argue that by spinning I simply created another dream scene, conjuring up more dream hallucinations or subconscious imagery, but as I spun, I maintained the *intent* that hallucinations vanish, with no specific anticipated outcome.)

Because they had remained after I banished hallucinations, because they had a distinctive and somehow familiar “feeling-tone”, and because of their behaviour in previous dreams I began to wonder if the three men really could be more than just inanimate dream symbols.

I remembered what Jane Roberts had said about the dream state changing when one became lucid. I remembered also that Seth had talked about the transitions from one state of consciousness to another:

“There are indeed others who can help you in such experiences, and who often do while you are in the dream state, whether or not you know it. They can be of great assistance as guides.”³

Could my three men be dream guides? Do they show up in my dreams to assist me with my “inner education”? Or are they old pals from another lifetime, checking in on me to see how I’m doing? Will I ever know?

How I love all the questions that lucid dreaming evokes! Each one like a stepping stone leading me deeper, onwards and inwards, into the dreaming mind - my own dreaming mind. It is as though each question is a challenge, or a reason, to get lucid again and again, to experience inner senses that differ from waking perception, to meet and greet dream “characters” (who- or what- ever they may be), to explore inner environments, – whether hallucinated or not! And so very much more.

“Hallucinations begone!” Give it a try the next time you become lucid. You may be quite surprised at what vanishes....and at what - or who - remains!

References

- 1., 2. Roberts, Jane, Seth, Dreams and Projection of Consciousness
3. Roberts, Jane, The Early Sessions Book 6, Session 261

LDE Readers Survey

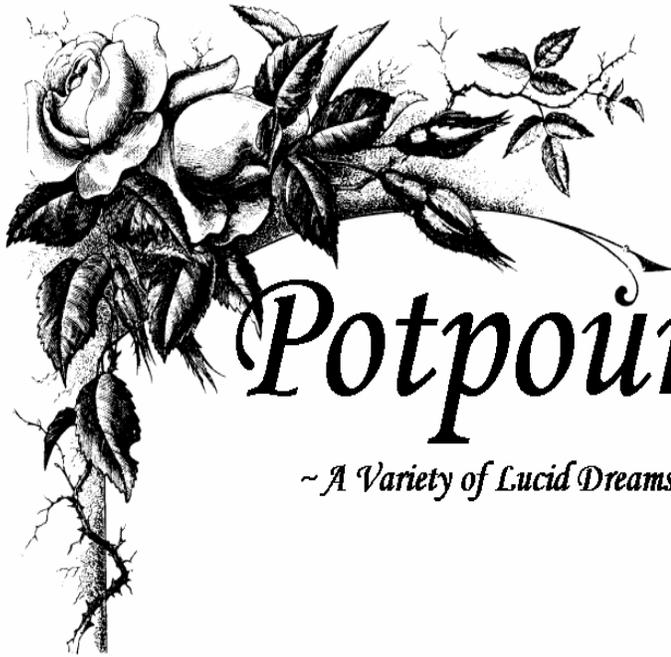
What topics would you like to see in future issues of LDE?

Some Suggestions

Lucid dream healing, OBE’s, sleep paralysis experiences, lucid dream experiments, experiences with lucid dream characters, tips and techniques, philosophical ideas regarding lucid dreaming, latest research, applications of lucid dreaming (what are dreamers doing in their lucid dreams, for what purpose?), Tibetan dream yoga, reincarnational dreams, spiritual dreams, witnessing, nightmare control, changing form, mutual, telepathic, precognitive, clairvoyant lucid dreaming etc.

How about more articles? More dreams? A Question and Answer Column? Other columns? Let us know what you’d like to see!

**Send in your thoughts and suggestions to lucy_gillis@hotmail.com
(Please put the word “lucid” in the subject line of your email.)**



Potpourri

~ A Variety of Lucid Dreams ~

Linda Lane Magallón September 16-17 2006

Journey To The Upper and Underworlds, F, L, Super

I am on a trek, always moving, hardly stopping except for a moment or so. A young man with blonde hair (in a modified spike style) is guiding me over hill and through dale. He is taking me to wonders or people with wonderful abilities. Each time someone does something marvelous, I realize that I have the ability to do them one better. Although I am proud of my achievements, I'm not trying to show off, just matter-of-factly demonstrating to the others that they need not treat me like a neophyte.

In a sunlit valley, on a winding path to a waterfall, we come upon a guru sort of man who is talking to a couple of members of his flock. He looks typically messianic – Caucasian with long white gown and long light-colored (or sunlit) hair. He greets me telepathically and when I speak back to him in the same manner, his eyebrows shoot up, his eyes open wide and he smiles broadly in surprise and delight. My guide and I take a cordial leave of the group and return the way we came.

Then my guide takes me to the underworld (in an elevator?). We step out into a huge space that looks like a warehouse with side rooms and a ceiling towering high overhead. As we walk along, I sense that tormented souls are just behind the right hand wall. It has the attributes of a canvas curtain, but the appearance of translucent glass. I can see dim shapes floating and churning in the foggy murk. One entity propels himself horizontally to the "glass" that

separates us. As he approaches, I can see his scary face (a combination skeleton and "Ghostface" from Wes Craven's **The Scream**). He seems intent on frightening me but, in order to waylay the onset of fear, I scan him to get a quick overview of his past life. Then I speak to him telepathically, reminding him of neutral or positive scenes from that existence. He relaxes somewhat and just bobs in the murk.

I continue down the wide passageway and pass through a door to a room with normal sized ceiling height. This one is filled with people standing about in dark robes, but their faces are animal-like. I especially recall one grotesque horse face. No one is threatening, though. I realize that the exterior reflects their interior. Some are self-deprecating or self-loathing, a habitual bad self-image.

I wonder if some could be rescued from this purgatory, and then realize that they don't need "rescuing" since they are free to go wherever they want. So I revise my thoughts to wonder if some of them could be taught to think of themselves, and thus treat themselves and others in a healthier manner. When I scan one of the men (they all seem male), I perceive he is very set in his behavior. It would take a long time of conversing/teaching/demonstrating new ways of being to get him beyond his low opinion of himself and the world. It could happen, but it wouldn't be an easy task.

My companion demonstrates lifting a small object with his mind. I wave it gracefully to grasp it gently in my hand, then let it go and wave it back to him. I suddenly realize

that, besides being able to levitate objects, I have the power of flight and that this is a dream. I think to myself, "Since I can fly in this dream, why don't I?" I lift my legs off the floor, bend at the waist and fly at head level into the next room. Now the people look human. Some seem impressed with my feat; others just look at me without emotion.

Meredith in Atlanta December 26 2006

I "woke up" at about 5:30 this morning and had a series of dreams that I instigated. This is the first time that I have experienced the actual initiation of a lucid dream. I was in some sort of post-REM state I guess. I lay there thinking, "I want to start a dream"... I visualized a pattern of cross-hatches in my mind and went deeper. It reminded me of hypnosis that I went through when I quit smoking. So episode 1 - I created a dream in which I could fly myself to the beach. Flew right into the blue warm water (went to Hawaii this year which I think is my inspiration).

Then out onto the beach. Met a great guy and seduced him - I remember bringing him up to this room and not knowing what the inside of the room was going to be like - and thinking "make it nice!"... I won't go into details but this is the very first time I've taken a dream this far. I don't remember how this dream ended, but I instigated about 4-5 similar dreams right after that - all totaled about an hour. I was very excited today to have experienced this.

Lucy Gillis December 12 2006

A Scooter and a Question

In the first scene I am on a vehicle that is a cross between a motorcycle and a scooter. It is shaped somewhat like a scooter, but has the power of a motorcycle. As I drive it, I marvel at how easily it handles and how much control I have over it. I maneuver around corners and around obstacles easily, enjoying the speed and the control.

Suddenly, for whatever reason, I know that I am dreaming. Ahead of me I see what may be the back of a large piece of furniture. There is a fine plaid fabric over it. Since I know I am dreaming, I decide that I will drive through this object and out through to the other side. It seems I slow down as I penetrate through the fabric. But I do emerge on the other side.

(At this point, either I wake briefly and return to the dream, or lucidity fades immediately and I dream non-lucidly until I become lucid again:)

I'm standing in a room, aware that I am dreaming again. I see many people lounging around in the room, sitting or reclining on comfortable furniture. I ask the people "If I am out-of-body, are you able to see me?" But even as I ask that question, I seem to "know" that I am not quite out-of-body -

that I am dreaming - but I have not made the effort to go out of body from within the dream state.

A woman with short, dirty blond hair, wearing tight-fitting black clothes, chuckles almost condescendingly at my question. No one answers me, and I wake abruptly.

A. Dreamer December 24-25 2006

Out Of The Bus

In the middle of a long dream I find myself riding a bus. The bus goes through something like the tunnel to Solano Ave. But we are not on Solano Ave. at all. I've missed my stop and we are going through some woods. I become aware that this is impossible so become lucid and decide to leave the bus. I float through the door. I hope to explore the woods but now see more open area and only a few scraggly trees. The road has disappeared. In its place is a rutted dirt trail, barely wide enough for a car. On the other side I see a not very appealing pond. I consider a swim despite the not so clean water since in a dream it doesn't matter. I decide against swimming, however. I start to see a few people around. A young man behind some trees says, "I'm coming out now!" I'm briefly afraid but then think, if he is some shadowy animus figure, I should face him. It's a dream. I brave up and stand looking at him as he runs out. But he runs over to some young males. He wasn't even talking to me. I am amused by my assumption. I wake up.

André February 2007

I am André...

I had so many lucid dreams in the last time since I tell myself every time before sleeping "You'll know that you're dreaming!" But I just want you to know about one dream I remember really clearly, it was my first lucid dream!

I stood on a small ship on the Nile in Egypt and I was fully fine with myself and my very own nothingness. I felt like I wasn't breathing, but I also felt that I wouldn't need to breathe to live on.

After knowing that, I looked to my right side, where I saw myself standing near me watching me with a smile on "my" face...I realized that this can't be possible, "What am I doing here?" I asked simultaneous with my other "me" and I watched "me" and said: "I am dreaming"... The other one was like "Ok, so now wake up again... This is gonna be a fine partnership!" Then I woke up, in the middle of the night and I said to myself "If I had known this for longer, I would have flown away, cause I knew that I was dreaming!"

It was a great experience, without the fear that is haunting me in my last dreams I was lucid in. But I'm about to understand this fear!

Steve Parker December 27 2006

I am having a very vivid dream. I am walking through the streets of a city. It is daytime. The city is very clean. It appears to be a modern city. There is not a person or car anywhere to be seen. I realize at this point I am dreaming. I say to myself "I am dreaming". There is now the sensation of detachment and I find myself fully lucid and in a different lucid environment. It is nighttime in my lucid dream. I am on my back floating several feet in the air. I am perfectly still. I float there, arms at my side, legs stretched out. I do not see my body but I know the position I am in. I am looking straight up. In front of me is a huge medieval church. It has two towers in front like a castle. It is bathed in moonlight. This helps me to see the intricate architecture of this church. I start floating away from the church. I am now floating backwards through the streets of this medieval city. My speed gets faster and I cannot stop the flying. I now wake up in a vivid dream and check the round alarm clock to see what time I had this lucid dream. It says 10:00 am. I then wake up and check my real alarm clock and it says 6:45 am.

Robert Waggoner February 18-19 2007
Extending My Arms

I find myself walking down a road that seems under construction, like a war has ended and it is being rebuilt. Other people walk along too. I get to a small schoolhouse, where I see my brother, P, and a little kid wearing an interesting blue and gold shirt. Something about this little kid or his energy makes me realize, "Hey! This is a dream. I'm lucid!"

I feel some excitement at being lucid again, and decide to fly through a glass window - I do so, but now am in a different room. So I decide to fly through a concrete block wall to see what lies on the other side - I fly through it, and experience the interesting sensation of seeing it as I do so. But now I seem to be in a storage room. I fly through the wall once more and end up near the entrance of the school.

Standing there, I wonder what to do, and recall Alan Worsley's ability to extend his arms while lucid. I hold out my left arm and begin to pull on it with my right arm - the arm begins to lengthen. I find this interesting and pull some more and then some more! Now my arm has extended to about 7 feet in length. I wiggle my fingers.

I look over at my brother, and while I have been extending my arm, he has been contracting his by pushing his arms into his shoulders! One arm has virtually disappeared down to the wrist and fingers! Suddenly, I can feel the dream ending, and I try to hold on, but can't manage to re-enter it. I wake.

Chiel Varkevisser March 19 2006

Healing Attempt

Since a few weeks I have pain in my left shoulder. I want to try if I can heal this pain from a dream. This morning I have several lucid dreams in a row between 5:00 and 7:00.

In my first dream I am on the edge of falling asleep but my mind is still conscious (dream in a dream). I start dreaming that I am moving a few inches above the highway, like a camera which is mounted below a fast driving car. During this experience I know that I am falling in a deeper sleep. Suddenly I decide to stand up and I am in a beautiful large city which resembles Prague. I did my favorite reality check by pulling my finger and indeed, the last part of it broke off and came back instantly (always funny to see this happening with your finger). I awoke and fell asleep again.

I am in a room with a mirror. I remembered my painful shoulder and decided to investigate it with the use of the mirror. First I look at my face and it looks very much like my real face. When I look at my left shoulder I notice three dried out spots, but I forget to rub my hands against each other and use the energy for healing. I hope I will remember the next time . . .

A. Dreamer September 16-17 2006
House Of The Unwanted Children

I am at school. The computer I'm working on vibrates wildly and I'm not sure how to stop it. Then I realize I was just awake and now I am dreaming. It is my body that is vibrating. I become lucid. I am now at my apartment. I go to the front door. It is dark now. I push my way outside. I can hardly see but am trying to get to the house next door. I hope to find a nurturing mentor there. Before I get to the house I wake up briefly.

I returned to dreaming. The woman who lives above me and her daughter come to my place. The daughter has four babies she is supposed to take care of. All of this seems too weird. I wonder where my cats are. I think I'm probably dreaming again so wake myself enough to feel myself on my bed.

Then I see that the daughter and the babies and young children she's taking care of are still there. I figure I still am dreaming and tell A. to take the children outside and play with them there.

In a moment I go out. I see she has organized the children and babies. They're playing quite sophisticated music. I want to prove I'm dreaming. I jump up and float. At that point I become fully lucid.

I get rid of my cane since I don't need it in a dream. I try to

fly toward the house next door but am pulled backwards. It starts to rain a little. My shoes get muddy. I get out to the sidewalk finally and go towards the house next door.

It takes longer than it should to get there. I see S., the person who really lives in the house, in the window, but pass on by. I go around to another apartment in that house. Somehow I get in and go back out where I meet up with some male chauvinists from a foreign country. One of the group has a headscarf on. I think she's the lone woman but when the headscarf is removed, he, too, is a male.

I come back around and go out onto the front porch. I look in the window and see three huge, ornate double beds in the living room. I enter the room. A lot of people are gathered, children as well as adults. I realize this is a place of refuge for unwanted children, and perhaps others, who don't quite fit in, staff it.

I go back into a further room where I see naked boys and girls, perhaps in the process of getting dressed. I also see a few naked adults. One is this emaciated old woman with withered breasts. She strikes me as having a masculine look, as if she didn't accept her womanhood. I ask her if she can show me to the woman of the house. She takes me to a short hall where there is a closet. She opens the door and says, "She's in there."

I'm not about to go into the closet, maybe get shut in, maybe get pinched from behind by a strange, impish woman. I sort of stand outside, moving clothes back to see if there's a woman in there.

It turns out there is. She looks to be in her forties, slender, dark hair, face a little care worn. I had expected her to be older. She has a toddler on her lap. I apologize for not quite trusting. She comes out with the child and goes somewhere.

I go into another room and tell someone she looks ordinary, just like anyone else, then I get to talking to a balding man who doesn't look that much younger than the woman but says he was in the house as a child and likes to come back and visit. At that point I wake up.

Mike Seeger February 2007

I am extremely fascinated with dreaming and metaphysics. I have been putting some effort into lucid dreaming. I don't have a very consistent pattern to how often I dream lucidly but if I were to give an average it would be maybe every 3-5 days. My first lucid dreams occurred far before I had ever had any knowledge of lucid dreaming, and there were only two that I can recall. The first as far as I can remember didn't have a dream sign. I realized I was dreaming and decided to jump to the top of a very tall building during its construction at the hospital here in Marshfield.

The second time I can ever recall becoming lucid was near the end of the longest, most interesting and most recalled dream I have ever had. During the dream I had memories of living an entire life that can only best be described as a futuristic holocaust.

... At the end of a lengthy and very detailed conflict I begin to walk down a tunnel. At the beginning of the tunnel sat an almost unconscious kid. I asked him "Are you on acid?!" Why I asked him that I have no idea but now I was not walking down the tunnel, I was walking through the walls of the tunnels - always to the wall to my left - and it seemed to go on forever but then I decided to walk down a tunnel because I didn't want to just keep going through the walls of these infinite tunnels. When I reached the end of the tunnel I chose I came upon a candy shop.

By this time I no longer had any knowledge of the holocaust portion of the dream (only as I awoke later did I link the two). The customers and cashier were all clay-mated. But at the time seemed absolutely normal to me. I asked the clay-mated cashier very enthusiastically, "Do you have any peppermint schnapps?" and she immediately replied "No". I then ran out the door at an extremely fast speed through a vast valley surrounded by mountains. The grass was unexplainably very green I don't know what's unexplainable about it, but it's not any green I could ever imagine again.

After running at high speed for a while I then realized I was dreaming. At this point I realized I could do anything I wanted, at least I thought I could. I looked at my feet and I yelled several times, "Skateboard appear!" But it never worked. I was very frustrated, but then I ran maybe five times faster than before and came upon a very, very tall tower. Still lucid I decided to jump to a ledge I saw near the top. When I got up there I put my face up to a window where inside I saw a clay-mated class and teacher. The teacher was mad that I was on the ledge and mouthed "Not today, not today!" I then raised my arms, shrugged my shoulders and said "All right, whatever" then purposely fell backwards off the ledge and as I was falling I woke up.

Lucy Gillis January 2 2007

Whale Riding

(I'm not sure when I became lucid, but just recall looking ahead of me and knowing I'm dreaming.) I seem to be on the water, on a lake in NS. It is a bright sunny day. I had earlier seen long, dark animals like eels only fatter and with occasional bumps protruding from them. At one point I'm standing either on the water itself, or on a structure that stands above the water. Sometimes it feels more like I am on a structure, as I'm towering a few meters over the water. Other people in boats are nearby, closer to the shore.

Soon, I see a large black shape coming up from deep under the water. I know it is a whale, but as it gets closer to the surface, it looks more like a giant version of the smaller eel-like creatures from earlier in the dream. The water ripples and bubbles, as the whale ascends from the depths. I step onto its back, just before it breaks the surface, feeling the water slide away over my feet, and thinking to myself that I can ride the whale while standing on it. I do so, easily, for a few moments. Then, either I wake briefly, or dream non-lucidly, a now forgotten dream.

A. Dreamer June 2-3 2006

Sand In My Bed

. . . In a lucid dream I find myself in my backyard. It and the buildings keep changing. As I explore I think I hear the bells of my cats from waking life. (I had fed them and fallen back to sleep.) I think how I should get up soon. As I look around I see that now the yard has become filled with sand. It is a huge sandbox. I sit down in the sand and think it would be fun to build something in the sand just the way I did when I was a child. Unfortunately the sand is dry. I hear a bell and think I should wake up soon and give the cats the rest of their breakfast.

Now I'm on my bed. Initially I feel sleep paralysis but it goes away. My covers have become sand. It is a strange feeling – these two scenes interposed. I'm waking up but not awake yet. I receive this computer-generated birthday card out of the air. I think it's not quite my birthday yet – one more day. I try to see who the "card" is from. All I can make out is "a friend". I read what it says on the front, noting the print seems pretty stable – can people really receive cards out of the air?

I look again and, of course, the writing is changed. It is red and green, now offering me a Christmas greeting. I realize, indeed, I am still dreaming.

A moment later I really wake up. One of my cats meows letting me know she wants more breakfast.

Jeff Daigle February 2007

I lucid dream about 4 out of every 10 dreaming sessions. This one however was extremely profound for me. I became aware that I was dreaming simply because it "felt" like a dream (Events in my dream do not match my real- life situations, such as going to work driving talking with people etc.). My dreams are usually extremely vivid however not always lucid.

This particular dream was located in a field in a summer-like setting. I told myself (very lucid at this point) if this was so detailed and real-looking/feeling, I would be able to pick up a blade of grass examine it close up and toss it to

the wind. I have never examined a small article such as this close up before, yet this time I had the urge to. I was able to pick up a single blade of grass out of millions in my view (floating at this point, normally I never walk or are effected by gravity in any way), bring it to my eyes and look at it as if I were actually there in real life. After examining the blade of grass I tossed it to the wind while thinking to myself how this could be so real?

I was thinking like I would be while awake but very much in the REM stage of sleep. I thought while just floating there, how could my brain be making this world for me to see? This is where my epiphany set in. Is it possible for my brain to make such a detailed world that can also support me thinking about how real this world is?

I finally concluded with a theory of an alternate space outside yourself that is connected to you by dreaming. Is it possible that when you dream you are connected to a higher energy source that isn't at all possible to reach when conscious? Your mind travels through different planes in this "dream space" giving you several different and sometimes vivid/lucid experiences. This is why you hop around from dream to dream not stuck on one particular experience. If you become lucid enough to realize this then you are able to control your dreams on a whole level beyond that of normal lucid dreaming.

Entering this space gives you the chance to look into the future as well. I believe that the phenomenon called "deja vu" is a previous dreaming experience not remembered. So when you think you had this certain experience before it's probably because you have dreamed it on the future plane of your "dream space."

Let me know what you think of my dreaming, I would like to debate this with someone. Thanks.

[Editor's note: If anyone would like to contact Jeff, let me know and I'll either pass on your message to him, or I'll ask him to contact you. lucy_gillis@hotmail.com (put "lucid" in the subject line).]

*Congratulations,
Dr. Clare Johnson!*

*On earning your Ph.D. in the field
of Lucid Dreaming!*

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

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

Lucidity Institute

www.lucidity.com

The International Association for the Study of Dreams

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>

Experience Festival

Several articles on lucid dream-related topics

http://www.experiencefestival.com/lucid_dreaming

Lucid Dream Newsgroups

alt.dreams.lucid and alt.out-of-body

Sleep Paralysis and Lucid Dreaming Research

www.geocities.com/jorgeconesa/Paralysis/sleepnew.html

David F. Melbourne

Author and lucid dream researcher.

<http://ourworld.compuserve.com/homepages/dreamthemes>

Lucid Dreaming Links

<http://www.greatdreams.com/lucid.htm>

The D.R.E.A.M.S. Foundation

www.dreams.ca

Richard Hilton's 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.

<http://florence.ghibellini.free.fr/>

Christoph Gassmann

Information about lucid dreaming and lucid dream pioneer and gestalt psychology professor, Paul Tholey.

<http://homepage.sunrise.ch/homepage/cgassman/tholey2.html>

Werner Zurfluh

"Over the Fence"

www.oobe.ch/index_e.htm

Beverly D'Urso - Lucid Dream Papers

www.durso.org/beverly

The Conscious Dreamer

Sirley Marques Bonham

www.theconsciousdreamer.org

Fariba Bogzaran

www.bogzaran.com

Robert Moss

www.mossdreams.com

Electric Dreams

www.dreamgate.com

Jayne Gackenbach

Past editor of Lucidity Letter. All issues of Lucidity Letter now available on her website.

www.spiritwatch.ca

The Lucid Art Foundation

www.lucidart.org

Matt Jones's Lucid Dreaming and OBE Forum

www.saltcube.com

Janice's Website

With links to lucid dreaming and out of body sites.

<http://www.hopkinsfan.net>

DreamTokens

www.dream-tokens.com

Send in Your *Flying* Lucid Dreams!

Deadline: May 5 2007

www.dreaminglucid.com