

LDE

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LUCID DREAMING *EXPERIENCE*



DreamSpeak Interview with Jeff Peck
My First Flying Dream
How to Re-enter a Lucid Dream!
Lucid Dreaming Questions and Answers
Exploring the Nature of 'Thought Forms'

New Lucid Dreaming Study Seeks Participants



A new dream research study seeks lucid dreamers, willing to complete a task within a lucid dream that involves exploring the dream space.

If you send your email address to LucidDreamResearcher@gmail.com, the research protocol will be sent to you. Once you receive the research instructions and read them closely, the researchers hope you will have a lucid dream, recall the task, perform it (while paying close attention to details) and complete the task.

After the lucid dream, the researchers ask that you carefully record your lucid dream, make detailed notes about performing the experimental task and answer the research questionnaire about your experience within the lucid dream. You will then send the completed questionnaire to LucidDreamResearcher@gmail.com.

To participate, please confirm that you meet the following requirements:

- **You have had at least one lucid dream in the past 12 months.**
- **You are at least 18 years or older.**
- **You have the ability to express yourself in English.**

To join the study, please send an email to: LucidDreamResearcher@gmail.com
[Note: Your email address will only be used to communicate about the study].

Within 24 hours, you will receive the research protocol instructions about the task and the questionnaire to complete after fulfilling the lucid dream task. If you have lucid dreaming friends, please make them aware of the study. More lucid dream participants will assist the research efforts.

The researchers hope that all participants will send in their lucid dream reports by May 15, 2017 at the latest.

Thanks for your participation in this study!



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Cover Image

Cover Image: *Learning to Fly*

© Joseph Kemeny

See more of Joseph's art here:

<http://fineartamerica.com/art/kemeny>

Statement of Purpose

The Lucid Dreaming Experience 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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Submissions

Send your submissions through our website or via e-mail to lucylde@yahoo.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.*

Subscriptions

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dream

Speak

By Robert Waggoner © 2017

DreamSpeak Interview with Jeff Peck (Part 2)

Lucid dreamer Jeff Peck has focused on engaging the inner awareness in his lucid dreams and exploring the space of dreams. Welcome back to the LDE for Part 2, Jeff!

What do you do in waking life to help with dreaming?

I personally view waking life and dreams as 'mental constructs' and the mental principles that I apply to my dreams are also applied to my waking experience. So while awake, I pay attention to my experience as if it were a dream and examine my thoughts, my sense of consciousness, what I'm experiencing in that moment, and 'why' I'm having that experience in that moment. All of this helps me understand the connection of my beliefs, expectations, focus and other mental principles to my experience at any time.

What sleeping strategies do you use? If you do WBTB, what do you do in that time that helps you have success?

My preferred method, which works virtually every time with the proper focus, is the WBTB method.

I usually get out of bed and throw cold water on my face. Then I take the time to think about what experiment or experience I intend to try out when I fall back to sleep (which makes me look forward to, and focus on, falling back to sleep).

Because I believe that dreams are a co-creation between my mind and my larger Awareness, I fall asleep thinking about how my intent to become lucid will be incorporated into the creation of the forthcoming dream. I naturally trust that my larger Awareness knows the proper moment and timing to spur me into lucidity or put me in a situation that will activate my critical awareness (to question if I'm dreaming).

Besides just the intent to become lucid, do you focus on anything else while falling asleep?

Underlying my intent to become lucid and experience a predetermined experiment is a natural feeling of excitement in how the larger Awareness will express my intent to become lucid. Along with experimenting with the larger Awareness' Creativity in the dream, I also love experimenting with the larger Awareness' Creativity in inducing lucid dreams.

The best way I can describe the 'feeling' of the technique is when you're a child falling asleep on the night of Christmas Eve. You know you'll be opening Christmas presents when you awake but you're also curious about 'what' you may get for Christmas as well. So as I fall asleep intending lucidity, I know the larger Awareness will construct my intent and present it to me in the dream, but I am also naturally curious as to 'what' the larger Awareness may present me with to make me lucid.

Once you become lucid, what stabilizing techniques do you use?

Again, because I see the dream as a co-creation between my mind and larger Awareness, I focus on using mental manipulation instead of any physical actions like rubbing my hands together, spinning, or anything kinesthetic. In my earlier lucid dreams I found it useful to announce aloud (or mentally) that the dream was stabilized. But even when the dream was stabilized I noticed that my awareness might still be dim or the coloration of the dream would be fuzzy. To remedy that initial concern, I thought that from then on I should first increase my awareness and then stabilize the dream. Interestingly, I learned one of my first lucid lessons in stabilizing the dream and also the relationship between my mind and the dream—when I intended a change and increase in my awareness.

When I intended or requested greater/more awareness, not only did I notice a greater sense of mental clarity, but also a corresponding change to the dream environment itself (in which the dream became more vivid and stabilized in direct relation to my increased awareness). The lesson was that instead of having to focus on stabilizing the dream, I could 'stabilize' or change my mind and the experience would also change as an expression of that mental change. From then on, I found it more direct and powerful to manipulate my mind and see a corresponding change in my experience (according to the specificity and clarity of my mental action). Chapter 10 of *Lucid Dreaming: Gateway to the Inner Self* clarifies the relationship between our beliefs, expectations, focus, intent, will, and the co-creative larger Awareness (which is what seemingly changes or stabilizes the dream in accordance with our mental changes).

In our last interview, you detailed some experiences that changed your beliefs and caused you to relate to your dreams in a new and expansive way. What have been some of your most expansive belief changes that have caused you to relate to the dream differently?

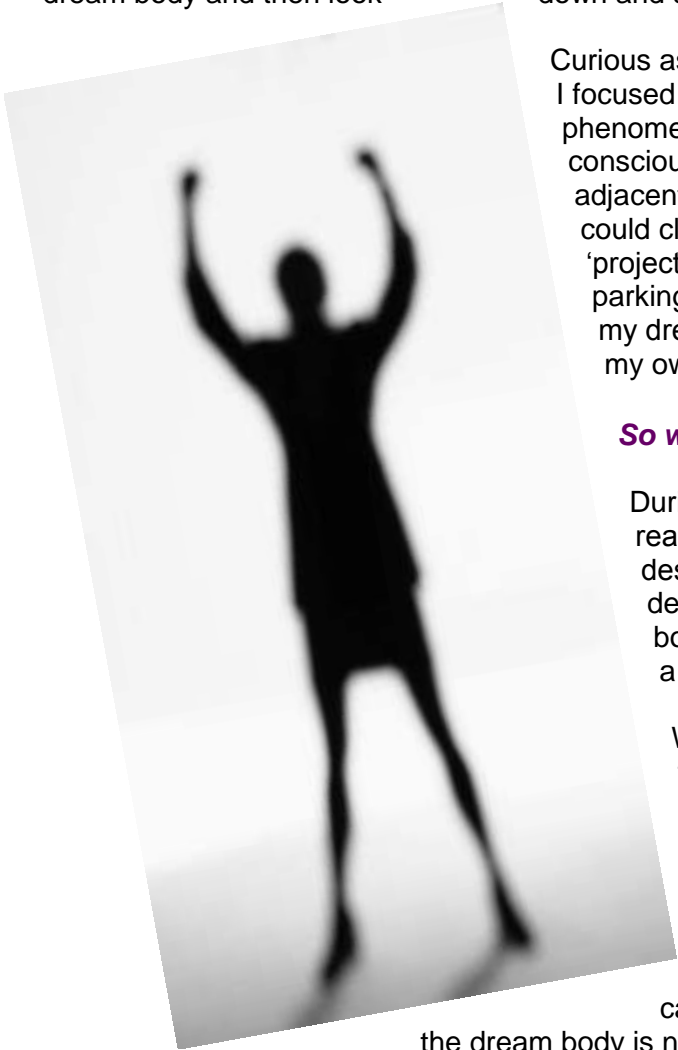
My most powerful belief changes about lucid dreaming centered around my mind, the dream body, and the dream space.

Like most lucid dreamers, one of the first things that I noticed about my dreams was that my consciousness or mind seemed to be embodied in a dream body. Somehow, my consciousness was 'interior' to some kind of dream body as if I perceived the experienced reality of the dream from 'in here' in the dream body and through the faculties of my dream senses—which perceived that the external reality of the dream was 'out there' existing from its own side.

My initial beliefs that the dream body and my senses existed fundamentally within the dream were self-evident until I had an intriguing lucid dream involving movement from one experience into another.

In this lucid dream I was in an old mansion looking through the various rooms trying to find something interesting. While directing my awareness around the dream, I became bored and intended to be taken to the desert. Usually when I intend to be taken to new places, a vortex or portal opens and I see my intended destination on the other side. Something different happened this time though. I distinctly remember the entire dream space disappearing and then moments later the desert appearing! I noticed that instead of moving from place to another, the dream locale of the mansion disappeared (along with the 'space' in which the mansion was placed).

I want to mention that this wasn't like the experience I've had in the past where the dream is ripped away and I find myself in a sparkly or dimly lit void (and have a dream body in that void). In this 'no-space' void, there was no 'space' or sense of a body at all—just my conscious awareness—until the reappearance of the desert. The next thing that I noticed after the reappearance of the desert, my awareness was momentarily a point of perception until a dream body was constructed. It was interesting that I could perceive the desert without a dream body and then look down and see a dream body being actively created.



Curious as to what might happen if I tried focusing on another locale, I focused my awareness on going to a new place and the same phenomena occurred. The desert disappeared, leaving nothing but my conscious awareness in a no-space void, and then a parking lot and adjacent buildings emerged around me after a few moments (and I could clearly see the larger Awareness simultaneously create or 'project' a space and fill that space with the mental constructs of the parking lot, buildings, and night sky). Just like the experience before, my dream body was created as I started to 'look for' it. Distracted by my own thoughts of what occurred, I woke up.

So what did you think about this lucid dream experience?

During the day, while replaying the lucid dream in my mind, I realized that when I initially appeared in the desert I could 'see' the desert, 'hear' the blowing wind, and also 'feel' the heat of the desert sun. But how could I do that if I had not acquired a dream body yet? How could I see, hear, and feel (all sensations) without a body in which the sense faculties are supposed to be based?

With further thinking, I concluded that the dream body isn't fundamental but my conscious awareness or mind is what actually perceives. The mind can have sensory experience independent of the dream body. I think most dreamers can recount at least one lucid dream in which they were a 'point of perception' or even a dream in which they held a strange perspective of being an overseer or bodiless observer. It's interesting how even existing as a point of perception, we can still hear and see even though we have no ears or eyes. So the dream body is not fundamental to perceiving our experience.

Furthermore, the reappearance of dream space appeared to be 'projected out' from my conscious awareness. While also thinking about the 'no-space' void, I realized that without a body or space as a reference point, our consciousness is formless, empty, and lacking of spatial predicates like color, size, shape, volume, etc. In relation to the dream or our dream body, we limit our awareness to our mental body image and act as if our consciousness is 'within' a dream body that our mind and mental actions mobilize to move around within the dream space. Watching the desert and parking lot spring up and emerge around me gave me the idea that dream space exists in 'projected relation' to us and is what gives our mind a certain defined reference point. It also made me wonder if we really move around in the dream space or if the dream smoothly changes in relation to our manipulation of focus and mental perspective. You bring up a similar point in chapter 3 of your first book.

I started to think deeply about my interpretation of that dream's events but it wasn't until I started to experiment further that I had clear insights into how the dream body was not fundamental to our experience and how the dream space is illusory (along with movement through the dream space).

What kind of experiments did you formulate to test these new beliefs out?

First, I started to experiment with the dream body and senses and seeing them as mentally mediated constructs (as they can be infinitely influenced by the mind) through a myriad of ways. For example, I used intent and

“The mind can have sensory experience independent of the dream body.”

applied multiple senses to my dream body. I added an extra set of ears, eyes, arms or even gave myself 360 degree vision. In other cases, I would multiply the dream body into two or more dream bodies and my mind would perceive multiple experiences feeding into my one subjective consciousness.

The weirdest one by far was when I shifted my mental perspective or awareness outside of the dream body but could still direct the movement of the dream body from a ‘bird’s eye view.’ I could ‘feel’ my awareness moving my dream body unlike just controlling the dream body like a puppet. Altogether, I could clearly see the dream body and dream senses were mental constructs that I could manipulate through manipulating my own mind in infinite ways. The most interesting effect was when I intended to relinquish the dream body altogether and experienced being a ‘point’ of awareness that could contract or expand to focus in on small objects or expand to ‘envelop’ an entire space.

After you discovered that you could contract and expand your awareness, what other lucid dream experiments came to mind?

The initial experiences taught me how fundamental the mind is over the dream body, how the mind normally enlivens and mobilizes a mentally constructed ‘vehicle’ of consciousness, and also the infinite mobility of awareness in the dream. These insights progressed into thinking about manipulating dream space.

If I could let go of the need to use a dream body, then I wondered if I could let go of the need to ‘move’ around in the dream and just mentally manipulate space. I got a clear idea of how to do it after reading your article in the June 2014 edition of the LDE on the nature of dream space.

Before further experimentation, I wondered, “If the dream body isn’t fundamental to the mobility of my mind then is the dream space also not essential to our experience of movement? Do I need to move ‘through’ space or does the seemingly projected dream space change in relation to my changing mental perspective (through the use of will, focus, and intent)?”

These were the deeper questions that I was determined to answer.

At the next opportunity, I had a lucid dream of being outside buying ice cream in a park setting with a friend from school when I became spurred into lucidity. Remembering my experiment, I looked into the sky and saw three large planets looming in the distance. Using clear intent, I wondered what would happen if I pulled the ‘space’ in which one of the larger planets was occupying to me. In a way hard to describe, the park setting moved away and I was now floating right above the atmosphere of this planet! I successfully experienced pulling a ‘space’ to me without the need of flying to it. Excited with this experience, I started focusing on far away spaces and pulling them to me. Each focused-upon space would rush to meet me. I was genuinely impressed at seeing the dream space change in relation to my mind instead of me moving in relation to it. Going further, I mentally contracted the space itself and expanded it further outwards. The space and relative position of objects in that space held no stationary position that I couldn’t manipulate. The same mental actions I initially used to manipulate the dream body were now used to manipulate the dream space itself.

In a lot of my following lucid dreams I would think about how movement through space is ‘illusory’ and the ‘appearance’ of movement may be just a constructed representation of the use of will, intent, and focus to change our mental perspective—which changes the ‘position’ of the dream space in relation to our mental perspective. Just as you rhetorically bring up at the end of chapter 3 in your first book, maybe the only real ‘movement’ that occurs in dreams is our changing mental perspective to change the position of the dream around us.

I do want to add that these two insights about the dream body and dream space made me focus on manipulating my mind as being fundamental above all in the dream.

What general advice would you give dreamers that wish to explore the experienced reality of the dream?

In our last interview I mentioned the importance of the larger Awareness in co-creatively constructing the dream. In this interview I detailed how I came across the fundamental nature of mind. My personal experience shows that both the mind and larger Awareness exist non-spatially in relation to the dream space.

When I used intent to influence or manipulate the dream space, I also examined the co-creative Will of the larger Awareness as It changed the ‘projected’ experience in relation to the specificity of my intent. In the ‘no-space’ experience, the reappearance of a new space clearly showed me the activity of the unconscious larger Awareness as It ‘projected out’ space. ‘Where’ is the larger Awareness before the ‘appearance’ of that space? So the lack of a space made me think deeper about how the larger Awareness can’t be anywhere ‘out there’ since ‘out there’ was removed and so it must be unconsciously occupying the same ‘position’ as my awareness in the dream.

Just as the dream figure of Hermione had given me insight into the larger Awareness being ever-present (*see Part 1 of this interview in the December 2016 issue of LDE*), these lucid dreams also gave me a deeper clarity in understanding that the larger Awareness was ever-increasing as It, like my own mind, can exist independent of space. Seeing the mind (and larger Awareness) as being the fundamental agents upon which the dream emerged around made me relate to the dream space as more of a ‘projected’ mental construct.

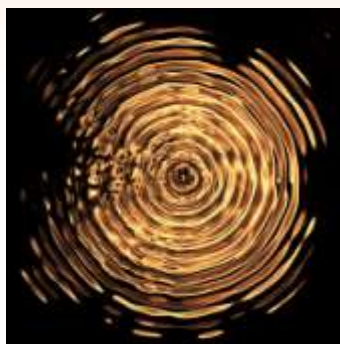
So with that, my main advice to dreamers would be to experiment with manipulating your mind and also pay attention to how your projected experience changes in relation to your mental actions (as evidence of the co-creative Activity of the larger Awareness). Having an understanding of your mind and larger Awareness’ essential role in co-creatively projecting the dream can open up an entirely new avenue of dream manipulation and understanding the psycho-dynamic relationship between your mind and larger Awareness, along with the projected experience which is an expression of that relationship.

Thanks, Jeff, for sharing your thoughts about lucid dreaming. Also, thanks to Wil in Seattle who passed on some of these questions for you.

“My main advice to dreamers would be to experiment with manipulating your mind and also pay attention to how your projected experience changes in relation to your mental actions (as evidence of the co-creative Activity of the larger Awareness).

My First Flying Lucid Dream

By Joseph Kemeny © 2017



Co-editors note: Joseph has graciously allowed us to use his lucid flying artwork titled "Learning to Fly" on the front cover of this issue. To view more of his amazing art, visit his website at <http://fineartamerica.com/art/kemeny>.

My first attempt at flying during a lucid dream occurred during what I now believe was a wake induced lucid dream (WILD). At the time that it happened, I was attempting to initiate an out-of-body experience and had never heard of "lucid dreaming." After reading Robert Monroe's book, *Far Journeys*, I practiced visualizing myself floating out of my physical body, going downstairs and out through the front door.

Finally after several weeks of this practice I was awakened at 3 a.m. by a loud buzzing in my ears. I also experienced an almost "electrical" vibration in the center of my forehead. The vibrations were so strong that it felt as if my teeth were chattering! I tried to remain calm and motionless as I thought to myself, "Wow, this is really working!" After a few moments of letting the vibrations spread throughout my body, I attempted the roll out technique, which I had read about in the book. With a little effort, I managed to roll out of bed and onto the floor. It felt so real I thought that I had physically fallen out of bed!

As I rose up off the floor, I noticed a very pale body resembling me lying in my bed. It was then that I knew that I had achieved some type of lucid state. I became very excited, but I did remember my goal of going downstairs and outside. As I moved down the stairway I looked at my hands and shouted, "Clarity now!" The entire environment became as clear and vivid as everyday physical reality.

Once downstairs, for some reason I decided to try and pass through the bay window instead of going through the front door. As I pressed up against the glass it molded around me like Saran Wrap. With a little push, I managed to break free of the bulging glass window and I was outside. The environment was warm and summer like. The trees were full and green, which is unusual for a January day in Michigan.

I then had the urge to attempt to fly up into the sky above the trees. I stretched my arms up, Superman style, and mentally tried to lift up off the ground. However, disappointingly, I only seemed to lift a few feet off the ground.

I then remembered the technique of focusing on the area that you wish to move to as a means of traveling in the lucid state. I looked up to the top of a beautiful maple tree and imagined that I was there. I started to float upwards like a helium balloon caught in the wind. About halfway to the treetop I seemed to be pulled by an unknown force into some power lines. My arms and legs became entangled in the lines, causing me to become frustrated, but also somewhat humorously impressed by the event.

As I chuckled to myself over my predicament I began to feel my consciousness "phase" back to my physical body in bed. Soon I was fully awake and very excited to have had this experience.

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THEME for the NEXT ISSUE — June 2017

Lucid Dreaming as a Journey

In most journeys, the traveler encounters moments of beauty and wonder, along with occasional moments of despair. For our next issue, please share some of the high points and low points of your lucid dreaming journey.

How did you break through a lucid dreaming 'drought' and get back on track? What do you think causes lucid dream droughts or sporadic lucid dreaming? Did you ever have a lucid dream that gave you transformative insights? What happened?

If you have a peak lucid dream experience, please share it so others can see the possibilities! Submit your lucid dreams and articles
by May 15, 2017

via our website: www.luciddreammagazine.com



How to Re-enter a Lucid Dream

By Robert Waggoner © 2017

Aware in an amazing lucid dream, I could barely believe that it was collapsing. In a few moments, I found myself awake in bed, wishing I could re-enter and continue that amazing lucid dream!

Lying in bed in my college apartment, I decided to try something adventurous: *to re-enter the lucid dream*. Did I have a plan? Yes and no. The very first time, I intuitively focused on the goal of re-entry and then listened for my body, mind and dreaming self to guide me, and help me develop a successful process.

Surprisingly, a fairly simple dream re-entry technique occurred to me. I found in many instances I could re-enter that dream consciously and continue it, often with the same or similar dream figures and dream setting. When I began to correspond with other lucid dreamers years later, I discovered that some of them had also managed to create a very similar, dream re-entry process—and had the same sort of success.

Learning **dream re-entry** seems a valuable tool for everyone, especially for beginners who may have a lot of enthusiasm, but find that their lucid dreams seem too short. Below, you can read the simple techniques that I used to practice **Dream Re-entry**:

- 1 As you lay in bed, recall the exact position of your physical body upon waking from the earlier dream. Now, position your body to conform to how it had been upon waking. Place your head, arms, hands, legs, etc., in the exact same position! By doing this, your body feels ready for re-entering the dream.
- 2 Recall the dream in your mind, while focusing on an event near the end of the dream. Keep your mind in a dreamy, relaxed state, as you call forth and focus upon the last ten or fifteen seconds of the dream.
- 3 Now that you visualize the dream scene vividly in your mind, allow yourself to fall asleep. At this stage, you may find yourself slipping back into the dream, consciously aware!
- 4 My final trick involves re-playing the dream to the end, and then “seeing” some portion of the dream “as if” you exist inside the dream. By that, I mean ***you should perceive the dream from some symbol or dream figure’s viewpoint in the dream.***

Once you begin to see the dream from *an inside perspective*, you suddenly will find yourself back in the dream state, lucidly aware. For example, you might see the dream from the perspective of the chair in the dream, or the dog in the dream—it doesn’t matter what it is, but ***place your awareness into it and see the dream from its perspective***, as you let yourself fall asleep.

At that moment, normally the dream will re-animate and continue, and your lucid awareness will be inside the scene. Sometimes it feels like re-starting a movie in which you have skipped ten seconds. Occasionally the dream details will seem slightly altered but, all in all, the dream process continues as you expected. I have shared this process on Wikihow (visit <http://www.wikihow.com/Re-Enter-a-Lucid-Dream> if you want to see that version with images).

If you have ever had the experience of a dream continuing, after you wake, then you know that this process can happen naturally. The Dream Re-entry process, though, makes it easier and clearer, instead of random and uncontrolled. At a recent workshop, I asked the participants “how” they became lucid most frequently. One person reported using the “dream re-entry” process, because they found that when they re-entered, they immediately “knew” it as a dream.

In this way, Dream Re-entry falls under the category of Wake Initiated Lucid Dream or WILD techniques. If you have success with this, please send in your lucid dreams to the LDE, or give me an account at my book’s website, www.LucidAdvice.com

Exploring the Nature of Thought Forms in Lucid Dreams

By Alexandra Enns © 2017

When it comes to the endeavor of exploring the construction of a dream, thought forms appear to be the most accessible phenomenon to get your research going. I discovered the idea of thought forms in the book, *Lucid Dreaming: Gateway to the Inner Self* by Robert Waggoner. As he saw it, dream figures varied in their awareness and responsiveness, so he gave the designation of “thought forms” to dream figures who existed by virtue of one's thought activity.

My first step was an examination of dream figures concerning their structure and characteristics. What interested me most about thought forms was to verify if dream figures might develop an “independent” personality. I learned by experience that not only did some dream figures not vanish when I announced that “All thought forms must cease!,” they also often reacted in an aggressive or snappy manner.

Almost at the completion of my consecutive series of experiments, I happened to stumble upon the book *Seth, Dreams and Projections of Consciousness* by Jane Roberts, as if through a synchronistic event. By studying her observations in the excerpts from “The Physical Universe as Idea Construction,” I received additional insight to my dream results which I found convincing and intriguing. As a consequence of this, I present selected dream excerpts connected with my exploration of thought forms, supported by Jane Roberts' definitions.

Apart from the basic approach, I also attempted to explore the opposite of a thought form, as the following dream segment illustrates:

“Mindful Speaking”

Showing my friends around my fictitious estate, I start talking about a virtual reality room to be soon established as one of the future attractions for my visitors. While explaining the opportunity to cope with simulated opponents, I suddenly get startled by the content of my monolog. What am I just saying? Doesn't that sound too surrealistic?

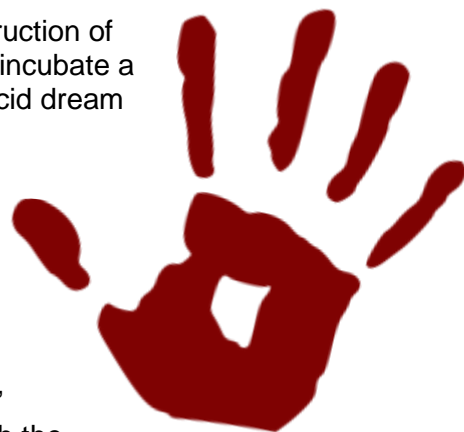
Full of suspicion, I look at my hands, revealing too many fingers. “It's a dream,” I pronounce at my companions, beaming. Having remembered my goal, I run in the middle of the guest room and shout out towards the awareness of the dream: “Show me the opposite of a thought form!” Because of that, the dream scene collapses at a snail's pace.

This outcome brought me to the confirmation that the dream represents a construction of thought forms not corresponding to the waking reality. At this point, I decided to incubate a dream to learn about the nature of a thought form. The brief scene of the non-lucid dream described below sheds light on that matter:

“The Force”

. . . “Learn to utilize the force of your thoughts. It is all you need to overcome any obstacle,” a professional athlete explains to me, pointing to hurdles of different sizes on our way.

In this context, I eventually realized that my discovery agrees with Jane Roberts' explanations, depicting a certain varying energetic force driving our thoughts with the potential to manifest in the physical realm.



Moving forward with my research, before falling asleep I set my intention to find out how a thought form comes into being. Consider the following dream scene, which answered my question by triggering lucidity:

“The Emergence of Thoughts”

I participate in a seminar on literature. The course instructor announces the task: “Make a note of anything you connect with yourself.”

Skimming through my column of strange symbols, I get a sneaky suspicion at the number 27 which does NOT denote my real age.

Blushing due to my instructor’s glance at my sheet of paper, I am astounded to hear her opinion, directed to me: “Our goal is not to talk about the results because they all are very personal. But you know what to do now. You have to carry out a reality test.”

Surprised, I have my eye on my right hand, containing twisted fingers, and get lucid.

Upon waking, I sum up in my dream journal: Thought forms arise in our head. They are personal. They don’t have to be true—a reality test might turn out helpful both in a dream and waking life.

Shortly after, I began to wonder if the deliberate creation of a dream figure that is not a thought form is possible and tried to achieve this goal in the lucid dream stated below:

“Thought Forms Through Dream Control”

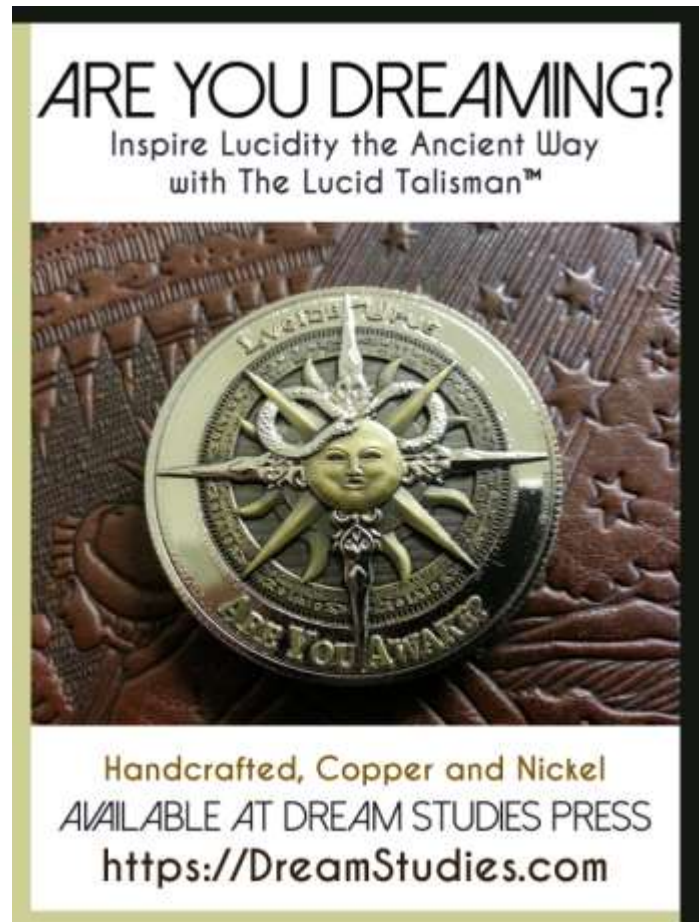
After a brief talk with my little sister, I fall asleep on a couch. Having awoken, I realize I am aware within my “dream” which serves as a substitute for a reality test. Carefully, I climb out of the window and land in a large meadow.

Recalling my intention from the waking state, I call out to the awareness of the dream: “Show me a dream figure that does NOT represent a thought form!” Immediately, I notice several children running cheerfully away from me, coming from nowhere. On the spur of the moment, I demand they disappear while trying to catch up with them. As no one vanishes, I wait until they stop to take a breather.

“Why haven’t you disappeared? Do you have a proper awareness?” I am pestering them. The children look at me with confusion until I recognize I won’t get any useful answers and wake up.

What struck me most about this experience is the fact that independent dream figures might be created artificially, yet under evident, mysterious losses which Jane Roberts explains by the claim that idea construction is reduced to its minimum function while sleeping. Might that be the reason why so many dream figures seem to be out of place or simply slow on the uptake when encountered in the course of a lucid dream?

In most cases, I noticed that “stable,” i.e. not disappearing thought forms, portray themselves as different aspects of myself. On the contrary, within the framework of “The Physical Universe as Idea Construction,” Jane Roberts also discusses the possibility of meeting another entity, not belonging to the dreamer’s personality. As



I'll detail in the following dream report, I happened to meet and speak with an inexplicable creature who seems to match this category:

"Someone (?) Beyond a Thought Form"

Standing beside two women in an unknown apartment, I spontaneously compare their hair color with mine: bright blue, bright yellow, and bright white. This evokes astonishment, which leads me to lucidity.

Afterward, I examine the rest of my dream environment by heading to another room where three humanoid beings in cloaks are about to form a circle, holding hands, as if performing a particular ritual. Persistently but to no avail, I yell my requests for them to disappear. To get in touch with these figures and learn the reason, I ask them directly: "Why haven't you disappeared?"

Suddenly, one of the creatures looks straight into my eyes with a rational expression on its face: "I am NOT a thought form." Taken aback, I awaken immediately.

In summary, my thought experiments based on my current development and level of expectation signify that our so-called reality is multi-layered, the energy behind our thoughts is fluctuating, and thought forms might either possess deceptive qualities or not be constructed to their full extent.

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Lucid Dreaming Questions & Answers

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Shirley Asks About Reality Checks

Hi Robert, I am in the process of reading your second book. I have completed your first book and am listening to your Tel Aviv presentation on Lucid Dreaming. I used to lucid dream as a child to get rid of nightmares, which worked. Now in later life, I had no clue what lucid dreaming was until I started researching it and realized it is what I used to do as a child.

I've had a couple of enlightening dreams...my first one, I asked the dream to share with me what it wanted and all I can say is...amazing! My question is: As you lucid dream over the years, do you still have to do the reality checks during the daytime or can you ask the dream somehow to help you to remember to do the checks while you are dreaming? Has this worked for you?

Robert Responds:

Hi Shirley, Glad to hear that you remember having lucid dreams as a child—and used them to deal with nightmares. As you can see, lucid dreaming has even more potential for personal growth, insight and transformation. Every person will have their favorite approach to lucid dreaming—and their approach may 'change' over time.

Some people find reality checks very useful to eliciting a lucid dream. At their foundation, reality checks help you to be more 'mindful' and re-energize and remember your intent to become lucid. If you think about it, just being more mindful is a type of daily 'reality check'.

There are stories of lucid dreamers who have asked 'knowledgeable' dream figures to help them become lucidly aware in coming dreams (and a bit of success). But in the final analysis, no one has reported a magic bullet. Lucid dreaming simply takes a positive belief/expectation, focused intent, tactics and perseverance. It is worth the effort.

Katherine Asks About Sleep Paralysis

Hi Robert, I am new to lucid dreaming and have a question. My whole life I have woken up while in sleep paralysis right before falling asleep. My body is frozen, yet I am awake and conscious. I always pull myself out of it, but it is bothersome and anxiety-provoking.

I learned recently that this could actually be a way for me to enter a lucid dream. I have always had very vivid, colorful dreams that I can recall in excruciating detail—not only upon waking up but also permanently within my waking state, with more clarity than regular memories. However, most dreams are unpleasant, scary or stressful. Last night I used my consciousness during sleep paralysis to try to invoke a lucid dream, but as I could feel something happen, I got anxious and pulled out of it. I thought since my regular dreams are so unpleasant then this lucid dream wouldn't "go well."

I have heard horror stories about sleep paralysis. I know I can control the lucid dream but am I more likely to have a negative experience when moving from sleep paralysis to a lucid dream?

Robert Responds:

Hi Katherine, Thanks for sharing your thoughts. Yes, you can move from sleep paralysis to a lucid dream. I learned this technique in Ryan Hurd's excellent book, Sleep Paralysis. He recommends that once you find yourself in sleep paralysis, just relax and 'imagine' flying over a nearby lake or park—as you imagine and imagine flying over it, suddenly you will realize that you are flying, and having a lucid dream!

In this way, you can use your imagination in sleep paralysis to 'construct' a pleasant environment, and then lucidly find yourself there. Now, it takes a bit of trust, especially the first time, but lots of people have done this and had fun. So if you can imagine that pleasant scene vividly, then you will find yourself

there, lucidly aware.

Let me know how it goes, okay? You can have an incredibly joyful experience of lucid freedom.

Doron Asks About a Lucid Dream Drought

Hi Robert, I used to have one to two lucid dreams a week. But for the past week, I have had no lucid dreams. I have been doing my reality checks, but no luck again. Can you help me?

Robert Responds:

Hi Doron, Most lucid dreamers report 'dry spells' where they do not have lucid dreams. It is probably because they are more focused on other things, like school, family issues, waking life, etc. Once they get re-focused on lucid dreaming (by reading lucid dream books, or free online magazines like the Lucid Dreaming Experience), then their lucid dreaming often returns to normal.

When it comes to Reality Checking every day, there is a psychological phenomenon called 'habituation' which may explain why you have less success now. Habituation means that when a practice (or a drug) becomes a 'habit' then it loses

some of its motivating power to affect you. The first day that you do a Reality Check, it may seem like, 'Wow!'—but on the fourth month of doing daily Reality Checks, you may think, 'So what...' It seems like just a habit, and loses some of its motivating power.

For this reason you may want to find a good book, read about other proven methods to become lucidly aware, and try them, too. Best wishes!

Alfredo Asks About Influencing Things

Robert, I had my first active lucid dream last night. In this dream I actually realized my intention to become aware of being in a dream state. In this lucid dream I started off by testing to see what I was capable of doing. Two of the activities that I engaged in were changing the setting of my dream from my grandmother's yard to a landscape from Sweden, and flying.

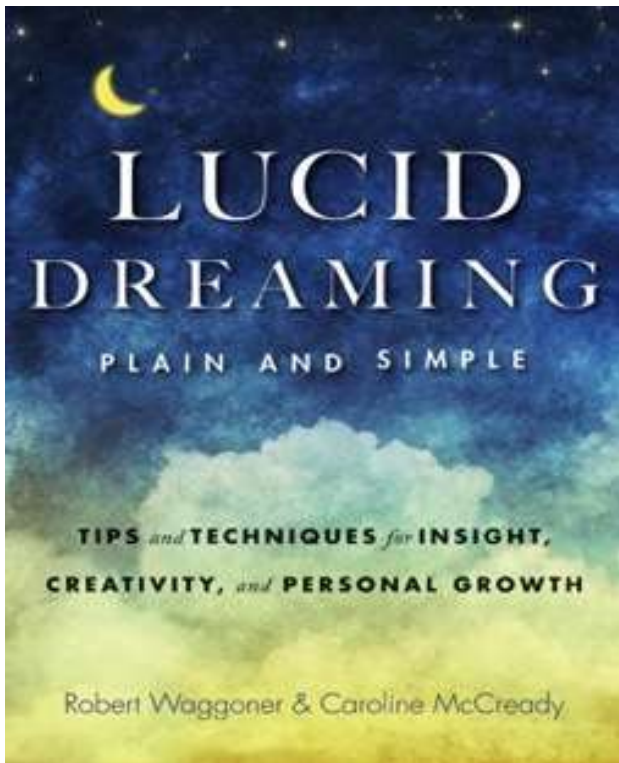
What was interesting about this experience is that when I awoke, I felt this limitation to what I could do. When I changed the setting of my grandmother's yard into a landscape from Sweden, it then reverted back if I didn't hold my focus on that specific change at all times. When I flew, I could only fly for a short period of time, then I'd fall back to the ground. I would try to fly again, but I would fall again after a short period. Not too long after that, the dream continued, but my awareness of it dissipated. I no longer was aware I was in a dream and lost my lucidity. I'm not sure what to make of this and I hope you could provide me with some insight. Thank you Robert.

Robert Responds:

Hi Alfredo, Congratulations on your first actively induced lucid dream! It's great that you were able to stabilize the lucid dream, and then think of some experiments to perform.

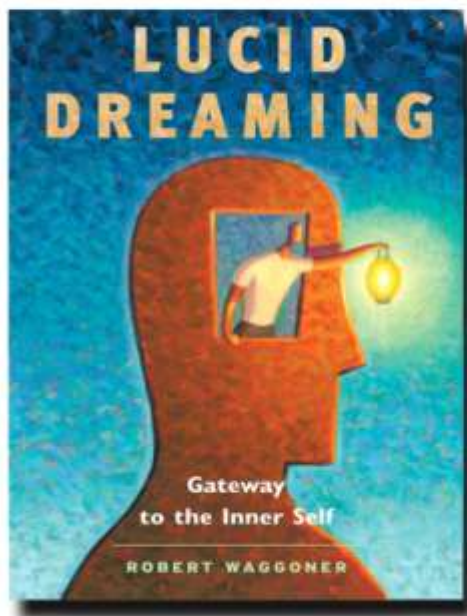
So I have a few comments:

- 1) Lucid dreaming involves your beliefs, expectations, focus, etc.—since they all get reflected in the dream experience. If you believe it is easy to fly, or in a lucid dream there is no gravity, then you will probably fly very well. But if you have doubts or uncertainties, they will get reflected in the lucid dream. Therefore, experienced lucid dreamers realize that they are manipulating their mind (beliefs, expectation, etc) and not so much an objective place;*
- 2) If you focus on Sweden, then focus on something else, don't be surprised that things revert to*



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Lucid Dreaming: Gateway to the Inner Self
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I wholeheartedly recommend this book to anyone with an interest in lucid dreams.

K. C.

I noticed that every single review is 5-stars, and after reading them I couldn't wait to get my hands on this.

Gary S.

No other book on lucid dreaming has fascinated and inspired me as much as this one.

Daniel W.

the original (your focus weakened). It takes time to learn how to influence things successfully; and 3) In early lucid dreams, it helps to remind yourself every 30 seconds, "This is a lucid dream." In that way, you do not get entranced by the dream action and return to regular dreaming! Maintaining your lucid awareness seems one of the most important early lessons in lucidity.

Charlotte Asks About 'Control'

Good Evening, I have been lucid dreaming as long as I can remember. This started as nothing more than waking myself up from nightmares as a toddler. When I was 18 (I'm 21 now), I began practicing it further. I have become more skilled at it and can change an outcome of my dream by either changing what happened that moment, changing the dream all together, or going back to an earlier part of the dream and doing something different so that the outcome changes.

Last night I was not able to change a part of my dream. I went back three times to try and change this and it did not work. This has happened plenty of times in the first year since I began actively practicing lucid dreaming. However, now I am very confident in my lucid dreaming. I know I can control a situation and I always do in a lucid dream.

Robert Responds:

Hi Charlotte, Glad to hear of your lucid dream skills. I want to encourage you to read my first book—since it has ideas that will help you advance as a lucid dreamer, and perhaps see it more broadly. So if you would, think about this: When you fly through a wall in your lucid dream, and then see a new landscape (with a pink house, a tricycle, and a teddy bear), who created that? You just flew through the wall—did you 'control' that too?

Or when you talk to a dream figure, and it says something surprising, how can that happen, if you 'control' the lucid dream? And if you "went back three times to try and change this and it did not work," does it suggest that perhaps you do not control everything? And how do we explain the lucid dream suddenly coming to an end, if we control it?

I bring this up to say that we lucid dreamers influence things and relate to things, but do not control everything. It seems better to think of lucid dreaming as "more aware relating" to the events in the lucid dream, because then we work with the dream more thoughtfully and more successfully. In my book, I tell how this can be liberating—and even enable you to relate to your larger awareness by asking it questions.

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In Your Dreams!

AJ Baltazar • *The Universe Within*



I'm strolling along a beach when a thought enters my mind, "Why walk when you can FLY?!" One second later I am fully lucid and flying.

Further down the beach, I'm challenged by a young man. "Let's see if you are really lucid," he says. I understand that I am about to be tested. He swings the golf club he is holding in his hands and hits a white and purple ball the size of grape that is now headed straight for me. I have an idea. I raise my right arm Matrix-style and think, "Stop!" The ball stops in mid-air a few inches away from my hand. I've come to a full stop as well, hovering in place. I notice that the ball doesn't look very much alive. I connect with it telepathically. Immediately the ball becomes translucent, then it starts glowing from within with vivid shades of violet with traces of blue.

As I examine it further I realize that it is more than just a glowing ball. It's a sphere containing an entire universe! I can make out different kinds of galaxies and nebulae. The sphere is pulsating with light. Then, all of a sudden, a profound change in the overall energy of the dream occurs and I feel an invisible barrier between me and the sphere dropping. This is when the sphere breaks free from my "magical grip" and backs up to take a run at me.

As it approaches me at high velocity, it expands, moving the galaxies inside apart. As it expands it becomes more translucent and its light grows dimmer. When our energy fields collide the sphere is roughly the size of my body. We merge with one another and become one. I realize I am the universe and the universe is me, always. This realization sends an enormous surge of energy through my entire being. It's total bliss.

My next thought is, "I have to write this down." One second later I snap out of the dream; I'm fully awake and alert in the physical, not tired at all, feeling rested and fully energized. I'm immensely grateful for this deep and profound experience.



Esther Manning • A Strange Answer

Please
tell me
what
to do
with my
life!



I was walking in my dream when it dawned on me that I felt light; I didn't sense my weight or body as much. I realized that I was dreaming. I instantly took to the sky, as this is where I feel best. While flying over grassy hills, under a bright blue cloudless sky, I pondered about what to do in this lucid dream as I had not planned on becoming lucid. Because I am at a point in my life where I am tired of depressing sales jobs that make no money, I decided to ask the dream what to do, because I just had no clue as to where to go from here.

Sometimes it takes a few tries to have a loud, clear voice in my lucid dream, but this time it came out effortlessly: "Please tell me what to do with my life!" I asked it several times loud and clear, and waited for an answer, but nothing happened—no voice, no scenery change, just myself floating in the blue sky as if time stood still.

I then decided that I should probably use a more general question, and asked the dream to show me what I needed to know. As soon as I said that, the scenery changed and I found myself in front of a big church. I was pretty freaked out by that answer, as I am not a fan of religion! Why the heck would my dream show me a church? I refused to believe it meant I should go to church.

I looked around then and saw that it really wasn't a church but a mall of some sort, with ads on the wall. Right below the steeple with the cross (which is why I thought it to be a church) was an archway, and to the right of that, a picture of a huge golden watch behind glass (like upcoming movie ads at the movie theater). Under the watch, it said *Koinion* or *Kionoin* (the O and I letters swapped back and forth). I tried very hard to remember the word so I could Google it when I awoke. I then walked around the archway some more to see what else might be in this church-like mall, but after noticing a couple of bathrooms on a side wall, I woke up.

I got up to Google 'Koinion' and added 'church' and 'mall' to the search engine. What I found out is that there actually is a church called Koinonia church, not too far from where I live.

Also, it turns out that the Greek word 'Koinonia' has quite a lot of meanings. [Wikipedia states "The essential meaning of the *koinonia* embraces concepts conveyed in the English terms *community*, *communion*, *joint participation*, *sharing* and *intimacy*."] Later I searched 'Kionoin' and only got one Google hit relating to astrology, which didn't make much sense to me.

Harald • The Missed Dragon

I watch pictures portraying scenes of non-existing episodes of an anime show (DBZ). As the last pictures envelope my field of vision, I find myself in a colorful Asian garden. Suddenly I hear a strong, whiny, hissing sound. The scene becomes gray and cold. I realize (this realization is a thought, not a fact) the sound originates from the water circuit of the radiator in my "physical" room. I'm dreaming.

An Asian clothed, long draped man with mask passes by. The weather and scenery strikes me as eerie and beautiful. I cheerfully note to the character, "There's a chilly wind, isn't it?" There's no response except a dull look.

Ahead stands a traditional Asian-styled clothed girl with a triangular mask. In my lucid state, I ask, "Could you show me the most beautiful dragon you own?" She signs to follow her along a large still pond. I try to stabilize my conscious awareness by tasting my fingers.

Along the shore of the pond stands a pale girl looking at the water; she resembles my mother. I want to whisper something in her ear, but the moment I stand behind her I can't resist the urge to grab her in an erotic embrace. She feels incredibly soft. But by grabbing her we lose balance and fall towards the



surface of the water. I force myself to ignore the gravitational pull and focus on the act of love.

As we fall, I lose all visuals and I hear a group of low male voices rhythmically chanting (humming). This suspended state lasts until I climax and wake up. I was frustrated to have passed up a perfect lucid opportunity (I didn't get to see the dragon) for carnal pleasure, and after registering my dream, I go back to sleep.

Ave • Pulling Down The Veils

One of the most fascinating applications of lucid dreaming for me has been the opportunity to have a glimpse beyond my restricted personal life in one body.

In this dream recorded on Dec. 11, 2015, I am entering my childhood house and see on my left many small matryoshka dolls (or dolls nested within a larger doll) and a somewhat bigger white handbag on the table. There is some green cauliflower in the right corner, which I can eat a little. Some women of my own size do not pay attention to my eating, since they are expressing their opinions about the small people who are queuing on the left. According to their remarks, each of the people is placed into one of the small matryoshka dolls. The people are very excited about it. The next

lady in the queue wants to become a white handbag on the table.

As they are dealing with the idea of who would become which doll, I feel no interest in becoming any of these matryoshka dolls or the white bag. I am distancing myself from the table. On my right, I see briefly a psychic lady (who I know in waking life). She is watching me with interest and a highly conscious look. I know we can talk later, but right now I exit this room by stepping through the wall. I find myself in the street. I feel my body straight, very light and highly conscious. (Body awareness is often a trigger for lucidity in my dreams.)

I start rising higher into the air. At some point I face a glass window covered by dark veils. I barely see some light emerging through these veils and so I start pulling them down with my two hands. At last the window is free and I see the light through the rain on the window. I think this is awakening now, but it turns out not yet, since I awake a few seconds later in my bed due to hearing my own breathing.

I am interpreting the act of placing the people into the dolls as reincarnation and the white bag as maybe becoming some important person. I interpret exiting the house and flying lucidly to symbolize liberty for me. The dark covers I pull off, I associate with pulling away the distorting Veils of Maya or illusion.

RickM • Be Careful What You Wish For

Walking in an unfamiliar room, I came upon an old chest and opened its curved hood to see an assortment of items wrapped in dusty old newspaper. Picking a round object, I unwrapped its contents to reveal a hefty paper-weight. It was made primarily of clear glass with a green translucent orb in the center. Thinking to myself, "Gee, another dream about glass," this comment sparked lucidity. With excited anticipation, I thought about how to start an exploration of a dream world that I rarely get to experience consciously.

Deciding to pop through the ceiling, I took a quick leap penetrating its plane to settle in a cavernous bedroom with gigantic windows all around. Nearby was a huge bed so I closed my eyes and, with all the focused intent one could muster, determined to open them to a voluptuous surprise.

Now looking, I was a little stunned to see my naked wife lying there with an inviting smile. I considered another blink, but the idea of producing some bare rendition of my mother-in-law quickly dissuaded me. I hopped on the bed and grabbed my wife in a romantic embrace. Looking over her shoulder and out a nearby window, I could see two guys and a woman standing on a balcony across the way. They were smiling and raising their glasses in apparent anticipation and appreciation of the forthcoming performance. Fortunately, this was enough to jar me back into waking reality.

Nathan Riddell • *Show Me a Spirit!*

I find myself walking along in a pristine Eden-like valley, when it hits me: This is a dream. My experiment at this time is to explore the possibility of communicating with some form of discarnate entity. I call out to the sky, “Show me a spirit!”

At this point a loud shriek breaks the silence behind me and a huge eagle/hawk-like bird swoops over my head through the sky into the distance.



Danna B. • *Thermonuclear Scientist*

I dreamt I was at my paternal grandmother’s house. (She is deceased in real life). I went out the back door and went to my car. It was a silver car. I was excited and semi-lucid in that I thought I got a new car. When I looked along the side and saw that it was dented and rusted in spots, I was disappointed that it wasn’t a nicer car.

Then I said to myself, “Oh, I’m dreaming.” There was a man next to his car, to the right of mine. He was standing there watching me. I was looking around thinking about what I should do since I was lucid. I remembered the technique that Robert Waggoner talked about in his book on lucid dreaming where you shout out, “Show me something important!”

I looked up toward the sky. There was a tree near me, and a branch was close and I saw three leaves right in front of me, almost looking 3D. I ignored that and the man, even though I felt a little embarrassed doing this in front of him. I said loudly, “Show me something important.” Nothing. I tried it again only added the word “Please” after it, in case I was being rude. Nothing again.

The man then came over to me. He was probably in his late 40s, slim, with salt-and-pepper hair. He told me he was a Thermonuclear Scientist. He said he tried using his mind to try and change the temperature around him even just a fifth of a degree but to no avail. He then said something that I don’t remember specifically, but I said back, “Oh, enjoy what you do.” He disagreed, and said that I had misunderstood what he meant.

The scene changed, and then we were standing next to an open coffee shop. I saw a woman waiting tables that I knew from junior high and high school. I’ve always wanted to reconnect with her. I called out her name: “Kari!” I felt a little bad that I ended the conversation with the man, but I was excited to see her. She looked at me and I didn’t say anything, hoping she would recognize me. She did and we hugged and were so happy to see each other.



The man had walked past me and sat down at a table. Kari and I talked about how long it had been since we saw each other. Maybe 34 years. We then went and sat down near the man and Kari held out her hands to each of us, wanting all of us to hold hands since it was a happy occasion. I was wondering if she knew the man. The dream ended.

I had another snippet of a dream where I was sitting in a fairly dark room. There were two other people in the room that I think I also knew from childhood. One was on either side of the room. I knew I was dreaming, and looked at a fireplace in front of me and said again, “Show me something important.” Nothing. Again I said, somewhat sheepishly, “Show me something important, please.” Nothing.

When I woke and thought about what the man was trying to say, it was more along the lines of, “It doesn’t work that way,” rather than “enjoy what you do.” I think he said he quit trying to manipulate with his mind and maybe it was more like going with the flow of things. Maybe next time I’ll ask what I’m supposed to do now that I am aware I am in my dreamspace. And what exactly is that to those who are there? (I haven’t asked these questions lucidly, yet.)

[Note to Danna from co-editor Robert Waggoner: In my books, I emphasize that the exact wording of a request or question seems very important. For example, the request, “Show me something important” might result in

seeing a President, or a Queen, or a Thermonuclear Scientist. But the request, "Show me something important for me to see!" will likely result in seeing something of significance and importance to you (and not a generic thing of importance). I hope you will try this again, and use the phrase, "Show me something important for me to see!"

Shawn Selders • *Clouds And Moon Below*

I am in my darkened bedroom, lucid from the start. I leap through a wall and fly over treetops in daylight. I say aloud, "Here we go..." I keep flying in one direction and see some fish swim by (right to left) through the air in front of me. I look at my hands, which look perfectly normal. I pause and hover in one spot, which seems to be about 20 feet high.



Looking down at some small trees with kite-shaped crimson leaves, I notice the leaves are breathing, moving. It looks quite magical, and I say with enthusiasm, "Yeah, let me see those leaves breathe!" As I continue to hover and watch, they become even more animated with a synchronized breathing motion that is truly beautiful.

While flying over my street and [literally through] some treetops, I say: "Show me the highest! Show me something amazing!" It is somewhat dark now as I fly towards a brook near my house. When I am almost above where the brook should be, I can see there is no brook. Instead I am looking down (now from about 40 feet up) at many darkly-colored clouds where the brook should be. And somewhat hidden in these clouds, I can see the moon.

As the dream continues I am trying to go with the flow and not control much. I find myself downtown, in daylight again. I fly right into an art gallery and fly around the room, looking at the big (mostly representational) paintings on the walls. I ask a question of the woman working there and she walks over to help me. I consider entering a big landscape painting, but instead fly through the front wall and pluck a small leaf from a tree branch as I go. At least I think it is a leaf. It may be something else entirely. Flying with it between my left thumb and forefinger, it begins to flutter with lots of strength and energy like a very lively butterfly, which feels extremely interesting.



Next, I am in a crowded mall where I interact with many people. I see a woman who, when I look away and back at her, morphs between two different women. I ask her to tell me something important. She says, "Where's the pizza at?" in reply.

Later, I sit on the floor of the mall hallway and manipulate some unreal, hazy, clay-like stuff, making it grow and spin like a mini-tornado as people watch in wonder. In a mall store I pick up an odd small candle and tell a kid shopping there, "Light this candle with your face." I hold it near his face and it does indeed become lit, but not with a fire flame. It's more like a unique, roundish light-thing that grows and shrinks and can be removed from the candle. It is not hot.

Back in the mall hallway, I am standing, holding several pencils. Twelve or so women are standing in a circle in front of me. Among them, and to my left, stands a Godzilla-like creature about 12 feet tall. I throw pencils at it (one after another) to get it to react, which it does, but minimally. It does not get very mad at me.

Later, I am walking with a friend towards a mall exit. I am wondering if this friend is having a lucid dream now as well.



I see some tall, narrow mirrors and decide to look at my reflection. When I do, I find I look a little odd and maybe younger.

At a few points in the dream, I float through pure blackness, and during one such point I marvel at some tiny moving rectangles of light surrounding me. Near the end of the dream I am standing in my kitchen, talking with my mother, who is sort of inside the kitchen window somehow. We are agreeing about something related to people's laziness, and as an example I say, "It's like those people who want you to tell them how to lucid dream with no effort. Like... *Can't you read a few books, people? It's totally worth it.*" Mom agrees.



FM • *Facing My Fear*

I was in the middle of a nightmare being chased by a strange woman who I don't know. I suddenly realised that I was dreaming. I was thinking, "When I'm running from someone, I'm surely dreaming."

Although I knew it was just a dream, I was so scared that I kept walking through the walls to try to hide while the woman was running after me. But then I decided that I'm sick of running and I'm going to face my fear.

I stopped running and looked at the woman, asking, "Why are you chasing me? Why do you want to kill me?" She said, "Because you killed my mum."

Although I knew it was a dream, I cried (it's like I didn't have any control over my emotions) and said, "No, I didn't kill anyone." The woman's face started to relax and she smiled at me, and I heard a voice. It was like a thought came across my mind, "So you know that you didn't kill anyone; then why hate yourself? Why are you so harsh on yourself? Why do you treat yourself like you're a bad person?"

Then some people came and took the woman. The dream scene changed and I lost awareness.

Chris Cunniffe • *Put Your Outer Alien Magnets On*

Vivid lucid dream: I'm inside a residential garage. I'm lucid. (Upon waking, I could not recall any specific trigger that caused me to become lucid. There may have been a prior scene that triggered it.) As I'm floating in mid-air, I say out loud, as if I'm speaking to the dream or my inner self, "Show me something important."

My body starts to be pulled in a circular pattern around the garage. Eventually, I'm near the side wall of the garage (the right side if I'm facing the garage door from the inside). I see what looks like a bumper sticker. It says: *Put Your Outer Alien Magnets On* (or something very close to this). The bumper sticker includes a small logo. Possibly a makeshift alien image?



I then decide to see if I can float through the garage door to the outside. When I attempt this, I just bang into the garage door. This banging felt very much as if I had done the act in waking reality. The door that goes into the interior of the house is open. There is a short hallway that leads into the house and I notice what appears to be the rear side of a large number of televisions (perhaps six or more). I walk toward the televisions....

I hear my mother's voice. I'm able to peer into the room, which seems like a kitchen. Mom is sitting up on a narrow bed, like a cot or a hospital-sized bed. There are two young children in the bed with her—a boy and a girl. They might be 2 or 3 years old. Both have dark hair. Mom realizes that I've never met these children. Mom refers to one of them by a nickname: "polar bear." She says something like, "Oh, you haven't met polar bear."

Sunshine • *Spaceships*



I entered a restaurant with my husband (J) and his father. It was empty. I kept walking through it to get to a backyard. J and his father already disappeared. There was a big party with lots of people and music. I started dancing with somebody. I was happy and laughing. Then I saw J on the second floor of a building by the end of the yard. He was on a terrace with more people.

I looked up to the sky. It was night time with tons of stars and four spaceships hovering there. The bottom of the crafts were dark gold. I saw other ships moving super fast, just leaving trails or streaks of light. I became lucid. I did the reality check several times and my finger never came through. I knew I was dreaming but I thought the only way to be sure was to jump in the air. But I saw those huge spaceships again and I didn't do it. (I think I was a little bit scared and I used the reality check as an excuse.) I woke up.

But here comes the interesting part: I told J I had a weird dream about spaceships. So as we start talking about it, we realize that we were sharing the same dreamscape!

In his dream, he was upstairs in the empty restaurant with the crew of the ships I saw and four same-looking waiters. There were three “star people,” two from one race and one from another. They sat in the booth and had a conversation (the contents of which J does not remember). Next they were out on the terrace saying goodbye to each other. The two of the same race suddenly teleported into their ships. A distant light portal opened and they were gone in a blink. The third one, still standing there with him, turned out to be a Vulcan (looked just like Spock). He smiled and nodded, then teleported to his craft. It hovered for a few seconds, then went through a similar light portal as the others.

The position of the ships in his dream matched the perspective I saw in my dream. Also, we made drawings of the ships that we saw and they were almost the same.

Steve Racicot • *Ladder in the Sky*

There is a ladder hanging down from the sky. It doesn't quite reach the ground. The bottom rung is about six to eight feet up in the air. There is a man trying to catch this ladder, but it keeps moving along ahead of him. The landscape is high desert with scattered pinon and juniper trees. Now as I watch the man run after this ladder, the dream scene begins tearing down the middle, leaving a space where it is blank. This causes me to realize that this scene is a dream; I am, in fact, dreaming.

Now that I know I am dreaming my perspective changes. I have now become the man who hurries to catch the ladder before the scene tears in half. Finally, jumping up, I catch hold of the bottom rung and, with much effort, I climb up to the top of this dream ladder. When I reach the top there is a sunburst of light. There is so much light that it becomes more than visual; it is as though it's emotional, almost a devotional light washing through me. For some time, light is all I experience—at first all golden/white, then some areas of blue/violet appear. Light is the entire dream.

After awhile, I begin to perceive darkness outside this brilliant light. My thoughts that had stopped begin again, and I wonder how there can be so much light in a dream when my physical body's eyes are closed and I am sleeping in a dark room. I don't seem to have a body now. Is the darkness outside the light the end of this dream, I wonder?



Now a new dream scene appears. I am very hot and find myself lying in bed next to my wife, Anna. We are both overheated and have thrown the covers off. I assume that I have awakened and try to turn on the light to write down my dream, but the lamp doesn't come on when I turn the switch. I grab a flashlight and turn it on. I find that my dream notebook is full. I can't find a blank page to write on. I get up and go into another room to find a new notebook.... After searching about I realize that I haven't really awakened and that this scene is also a dream. I feel foolish that I didn't realize this sooner.

I go back to the part of the dream where I see that Anna and I are lying in bed nude with the covers off. Our bodies are white and glowing with an eerie white light. The room and bed are dark. I think that I should really wake up and record this dream before I forget it. Then I really do awaken.



Daryl3d • *Astral Yogi*

I went to bed around midnight and woke up three hours later. That night I was experimenting with the DreamZ app, but now as I lay still trying to achieve a Wake-Initiated Lucid Dream, I found it would mistake my physical stillness for R.E.M.-stage sleep and play my pre-recorded message, "This is a dream, take charge..." and wake me up before I could enter the dream.

Since I was physically awake (for real) I decided to turn off the app and instead listen to a meditation recording that encouraged me to lucid dream. After laying there awhile listening, I heard a noise coming from somewhere in the house, so I got up and walked down the darkened hallway a bit dazed, not seeing very well. I found that my sister and mom had let themselves in and were in my kitchen.

My sister is from Tucson (I'm in Canada). I think she just came up to surprise me as she's done in the past. Everything was in place and looked so real; I thought to myself, this just can't be a dream. But I decided to check and tried to float forwards and dang it, I started to levitate... so I said, "Sorry Deb, this is a dream," and floated through the ceiling.

Now I'm in another living room and thinking about practicing some dream yoga (I had just done a course with Andrew Holecek and read his *Dream Yoga* book so his list of techniques/activities were on my mind). I start to fly (activity 1) and then as I get to the large living room window I slow down to see about going through it (activity 2). I hesitate for a moment, thinking about Andrew's sometime problem of bouncing off walls rather than going through them, but I relax and I put my hands through the glass, which feels like going through a film of liquid. Then I fly onto the street, where it's light out now, and stand at a crossroads watching vehicles drive by. Here I decide to change things (activity 3).

First, I hold my right hand up and wave it left to right to change the entire world before me... the sky blurs a bit but it doesn't change. I get some strange looks from people driving by. I do this several times with the same results so I conclude I need to start smaller. I go up to an object and make it bigger, then shrink it. I do this a few times. Next I see someone on the street and decide to enter their body (activity 6). I go to the back of this woman and try to merge. When I enter her, my vision becomes dark, I don't feel too much... then I wake up.

I get up and walk down my darkened hallway and decide to check if I'm dreaming again. I will myself to fly/float down the hallway and, as I'm floating, realize I'm still dreaming. So I decide to try the "merging" technique again

and fly through the roof and into another living room....

My aunt is there; she's younger than she is now and she's with her boyfriend. "I want to show you something that will be good for your back," I tell her, mainly to make an excuse to go behind her and merge. I start to enter, and at first it's dark and muddled but as I fully enter her I can now see through her eyes.

I wonder how it may feel to be her but I don't feel any profound emotions. I get a sense that she's wondering what the heck is happening and her boyfriend is a bit bewildered, too. I wake up again, in my bed, but this time in the physical.

Eric F. • *Tasting Food in a Lucid Dream*

I had always wanted to taste food in a lucid dream. I had read accounts from some lucid dreamers describing the sensation of taste by eating or drinking during a dream. I found it fascinating to try this experience during my own lucid dreams and so I set myself this challenge.

Unfortunately, when I found myself in this situation during my dreams, it was not that easy. When I tried to swallow in the dream, the connection between my dream body and my physical body was so strong that I really wanted to swallow, and then I woke up systematically.

It took me a great deal of effort to convince myself that I could swallow during the dream without the action being reproduced in my physical body, in the same way that it is possible to move one's arms or legs in the dream while the physical body is quietly lying in one's bed.

Finally, one night, I become lucid in a dream: I find myself walking at dusk on a sidewalk in Paris. Some streetlights are lit. I perceive a little further away the illuminated entrance of a café. Reminding me of the challenge I have set for myself, I hasten to go there and enter.

Inside, I find a traditional 'brasserie' atmosphere, with wooden tables and mirrors on the walls. I walk up to the counter and ask for a double hot chocolate. I take a moment to remind myself that I am dreaming and that what I am going to do will have no effect on my physical body which is quietly sleeping.

I drink a sip and am surprised to feel the usual taste of good hot chocolate, which I can swallow without difficulty and without waking. I decide to try my luck further by looking for something to eat. I see croissants on the counter next to me. I take one bite and there again, I can feel the usual taste of croissant.



When I wake up, I am quite excited by this experience. It shows the power of mental conditioning corresponding to setting a clear, simple task to be performed in the dream state. This is a good lesson to remember for future great lucid dreams!



Rob from Norfolk, UK • *Show Me Something Important*

I am walking through Liverpool city (United Kingdom). I suddenly feel elated that I am back in Liverpool, like I'm at my spiritual home (which in itself is interesting).

I then start questioning how I could be in Liverpool as I've not been here since I finished studying as a student. I realise: This is a dream! And I become fully lucid. I take a quick look around my surroundings to ensure my lucidity remains intact, then attempt to say out loud, "Show me something important;" however, for some reason I am unable to speak. I try and centre myself and this time when I say it, the words come out fine. I wait and look around, expecting some response, but get nothing.



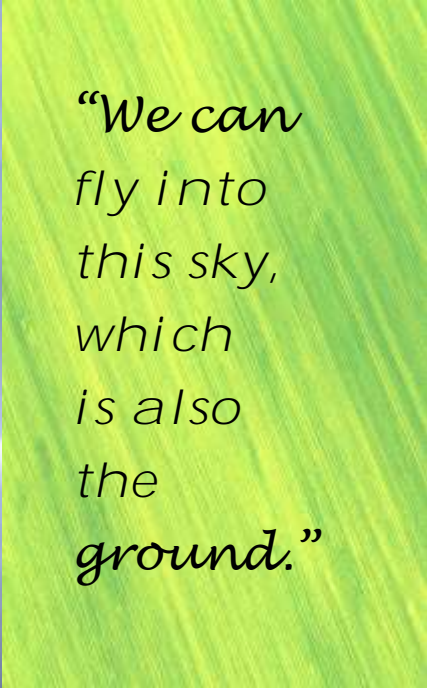
Not wanting to waste the lucid experience, I begin examining my surroundings. I walk past a trendy café and see M (an old colleague) sitting down. As per typical M, he is wearing a trendy hat of some sort. I walk up to him, and ask him what he's doing here. He gives me a typical Bolshie response. I ask him what he represents and he says something like, "What the f**# do you think I represent?" I figure it will be funny to see what happens if he sees me float in the air a little, so I do this. He just looks at me, unimpressed. I decide to pick him up and throw him into the air so he floats away. As he does, his trendy hat falls off and falls on the floor. It is green. I look at it and it has a picture of a kind of demonic looking man, a little like Ayatollah but with glowing red eyes. I put the hat on and continue exploring.

There is some kind of procession going on, people celebrating something. I am amazed I'm still lucid at this point, and keep reminding myself that I'm aware so as to not lose the lucidity. I try asking the dream again, "Tell me something important." Again, nothing happens. However, an old wizened man walks up to me. He looks a bit like the Asian actor from the film *Golden Child*—basically a Chinese sage. He says to me, "What did it say to you?" (referring to my questioning of the dream). I say, "Nothing." The old man then says, "That's because God has no self. So, how could he respond to you?"

I start following the man but I can feel the lucidity start to waver. I ask him to tell me something else that's important or interesting, and he begins warning me about something. It becomes difficult to interpret what he's saying to me now. He says, "Don't follow the list." I'm not sure what he's referring to so I ask him to elaborate. He then says, "It won't check out." I am then shown a supermarket checkout belt with various items of fruit on it. I know that one of the items of fruit (from the list) won't be accepted or will cause problems. I see something from the list won't "check out."

At this point I'm keen on remembering the experience so I wake myself up.

Maria Isabel Pita • *Asking God About His Dream of Me, No.1*



*“We can
fly into
this sky,
which
is also
the
ground.”*

For a long time, I've been in the company of two male companions. All I can remember is the strong impression of lying between them on some really high hilltop overlooking a soft, vast, jade-green landscape. Even though it's apparently peaceful here, a war is going on, and there's no doubt we are going to die. There's no escaping this death sentence; we just don't know when it will happen, or how, because right now the enemy seems to be winning.

As we lay there, talking about a lot of stuff, I begin to notice the view more clearly. I become semi-lucid as I realize the sky is covered by an inverted reflection of the ground below. It's as if the land folded itself over like a quilt, so that bright green fields—neatly lined with brown furrows for planting—are now the sky as we look up at them. This striking juxtaposition of dimensions is not happening directly above us, but rather over the valley below, visible as if through a great portal.

I sit up and point out this phenomenon to my companions. I get the feeling now that we don't have to just wait here to die. Instead, we can fly into this sky, which is also the ground. I urge one of my friends to follow close behind me as I take off. My other friend has gone off somewhere, maybe up high, and I can't reach him at the moment. But as I glide toward this increasingly obvious opening into a lucid dream, my missing companion rejoins us in a flash as he jets down to us at high speed, which doesn't surprise me. I think, maybe even remark out loud, “He can fly faster than any of us.”

Fully lucid now, I'm not surprised the three of us are flying through a huge stone structure like a castle, with rounded walls, as though we are high up in the towers. The color of the stone is a sandy-brown, not dark, not light. It feels Spanish to me. (Upon waking, I thought of Saint Theresa of Avila's book, *Interior Castle*, in which she uses a castle as a metaphor for the soul, which seems to explain why I end up in castle-like structures all the time in lucid dreams!) We glide into what feels like a high tower room with a narrow double window. The double closed panels look made of metal, like bronze blended with copper, and I'm drawn to it as a way out. My friends veer to the left, into some other spacious chamber, and I follow them because I want us to stay together. But almost immediately, I fly back into the more intimate tower, and the recessed window with its two narrow metal doors.

I think: I can go through this window; I'm not going to be trapped anymore. I manage to open the bronze shutters and fly out, my companions following close behind me, but we're still inside this vast dream fortress. Spotting another similar window, I repeat the procedure—only this time, when I part the “bronze” doors, I feel this window is a portal from the past to the present as I see cars parked outside in a dark lot. I step out onto a nocturnal city scene, walking as though on a sidewalk, with other pedestrians moving in both directions.

Remembering my intent, I say out loud, “Lord, may I please have a glimpse of Your dream of me....” It comes out just slightly garbled, my voice oddly compressed, but it's clear enough.





In clear daylight now, I immediately see heading toward me what looks like an old-fashioned bicycle ice cream truck, which seems French. It's being driven-peddled by a dark-haired man in a white jacket. I watch as it passes by me on my left, then looking over my shoulder, observe it making a right turn on its way to serve lucky kids ice cream. I keep moving forward with my two friends, thinking that this French-looking ice cream truck has to do with Sean and Illeana, and the mysterious treat of being able to dream share together.

As I turn gently left to enter one of those vast open and yet enclosed spaces that exist in dreams, I pass by a full-color plaque, carved in raised relief, hanging just to the right of the opening. It clearly depicts the Flintstones' smiling heads and figures, all facing in toward the "building" I'm walking into. It reminds me of how much I loved the Flintstones when I was a kid, and how I spent weeks making a detailed visual record of all their inventions.

Inside the convention-center like space, there are lots of people, but it's not unpleasantly crowded. Just to the left of the entrance as we pass is a sandy-haired man seated next to something like a combination bed-wheelchair. Yet I know he can get up and walk, and that is precisely the whole point of this "exhibit." Physical life has its limits and its end, but we aren't stuck in it. It's like we're in some sort of Dream Fair.

As we continue walking, a little dark-haired girl passes close by me on my left, quickly followed by a little white lamb. Mary and her little lamb! God, for Jesus is the Lamb of God, and Mary is his Mother. And I am also Mary-Maria, who is walking closely with Jesus now. I feel I understand—my life on earth is God's dream of me. I'm living His dream of me as my life. I also feel that what I am seeing in this dream is only just the beginning of His response to my intent. Turning to my friends, I say, "Ice cream truck, the Flintstones, and Mary with her lamb" and come up with an acronym that will help me remember what I saw when I wake up: "IFM."

Looking to my right now, I see a wall of glass windows. I walk over to them, thinking about shattering them, but I dismiss the idea, since there's no need for violence. I simply peel two of the panes apart just far enough to slip between them, like the petals of a silvery-white flower bud. I find myself outside at night. There is a flat open space before and around me, like a public park fronting the endless dark expanse of a lucid dream ocean.

Okay, now for my next intent. "My Angel! My Angel! Please come and take me to Sean's Guardian Angel! And Illeana's Guardian Angel!" Looking over at the distant sky over the black water, I think: I could be lucid in this dream a long time! (For some reason, I believe it's early in the night, when it's actually past 5:00.)

I'm moving forward as I call out to my Angel, and immediately—high up in the center of the sky relative to my position—I perceive brilliant white stars swiftly coming together to form a distinct winged figure wearing a shining robe swiftly descending over the water to land on the dark grass only a few feet away from me. Wow! It happens very quickly, but I see it all with stunning clarity, and I hurry over to meet this being who is literally made of starlight and darkness. I can see now that it's a woman, a beautiful, dark-haired woman. I'm surprised, because this is the first time my Angel has appeared to me as a woman, but I'm also not surprised. Amazing! Yet there is some black splotch marring (as in partially concealing) her shining white face near her mouth, as if she's frowning, worried or concerned about something as she reaches out a hand toward me almost urgently. I take her hand, matching her firm grip as she looks away, pointing up into the starlit sky with her other hand. I think: Yes, let's go! We're about to take off, when I lose the dream.

Lying in bed, I pray to become lucid again and continue this dream. For awhile, I'm aware of my breathing. My body is asleep and my mind is listening to my breathing, feeling the exhalation of air, sensing the intake of breath, acutely aware of what an incredible, sensitive, dynamic and vital process this is. I feel poised on some endless brink, aware that if anything interferes with this rhythm I will trip off this narrow edge of life and fall into endless darkness. It's essential to stay in rhythm, to breathe in mysterious time with the Power sustaining my breathing and keeping me alive at every instant.... As my body slips out of sleep, my waking exhalation makes the sound of a church bell ringing. I know what it means as clearly as if it had spoken: My heart is a bell ringing for God, pulled by God, and for God! My heart never stops beating, never stops ringing a unique note in the Heavens!



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