


LDE

The Lucid Dream Exchange



Whose Dream is This?
Introducing Kid Lucid
Flying Dream Or Astral Flight?
DreamSpeak with David Melbourne
LDE Challenge: Tuning into the Stock Market

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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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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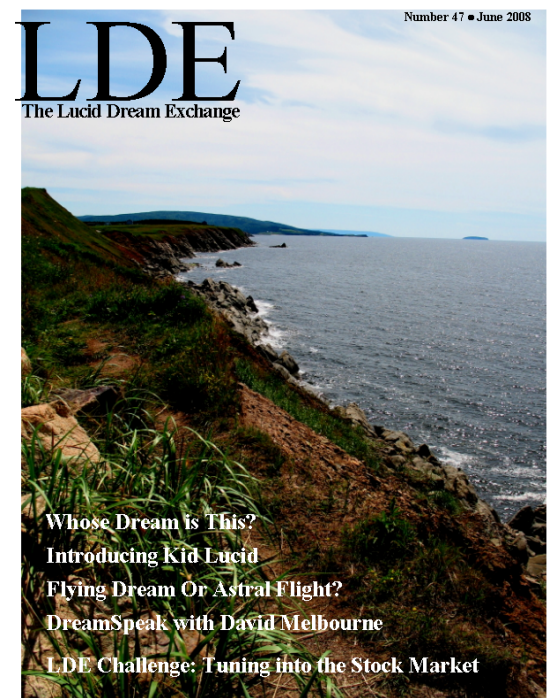
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An Interview with a Lucid Dreamer

By Robert Waggoner

Responses © David Melbourne

*Lucid dreamer and hypno-therapist, David Melbourne, has authored a number of books on dreaming, such as **The Dream Oracle: Using the Alphabet Dream Code**, with Dr. Keith Hearne. An interesting and original thinker from the Orkney Islands of Scotland, the LDE welcomes David Melbourne.*

David, thanks for agreeing to be interviewed for the LDE. As I recall reading, in April 1975, Dr. Keith Hearne at the University of Hull was the first researcher to show scientifically that a lucid dreamer (Alan Worlsey) could signal with their eyes from the sleep state. When did you first hear about lucid dreaming? Were you aware of lucid dreaming before this research?

No, I only began researching dreams in 1974, after having a near death experience, during my service with the London Fire Brigade - I was trapped on a burning roof in Whitechapel in London. Shortly after, I had my first of many out of body experiences, which convinced me that I had a soul that existed separately from my physical body. This set me on a quest to understand what "consciousness" is, and dreams, being closely linked with the unconscious, seemed a good place to start.

I think it was during the early eighties I saw Dr. Keith Hearne on television discussing his invention of the dream machine and how it can induce lucidity. After that, I made it my business to try and follow his career and I read, conscientiously, nearly everything he wrote on the subject. At this point it is worth mentioning that I feel disappointed that he still has not received the acclaim or public recognition he deserves in this field, as LaBerge's work, which followed Hearne's efforts, echoed and confirmed many of Hearne's discoveries. In truth, it would not be inaccurate to regard Dr. Hearne as the father of lucid dream research.

Can you tell us a bit about your first lucid dreams? How did they come about? What did you make of them?

Like so many others, I had my first lucid dream when I first grasped the concept of what becoming conscious within a dream actually meant, which was a day or two after watching Dr. Hearne on television. I was running through a field of statues of granite pigeons, when they took flight. Stone pigeons cannot possibly fly, was my thought at that time, which made me realise I was dreaming. In other words my lucidity was initiated by recognising an anomaly within my dream. The clarity and verisimilitude of the event was astounding and I woke up feeling elated. Fantastic!

Was there something about those experiences that intrigued you?

Unlike my out of body experiences, the golden rule of lucid dreaming applies, "What you think, you will them dream." However, my out of body experiences differed in that only a tiny proportion of each experience seemed to follow that rule, the rest was as if controlled from a higher consciousness,

which could have originated from me, yet felt as if another mind, millions of moves ahead of me, was in control – it's virtually impossible to put into words. I know I wasn't alone, though.

However, becoming lucid is amazing when we consider that, at the first moment of lucidity, we have our full identities restored, including our consciences, and long and short-term memories, too. From that moment, our behaviour appears to be governed by the same rules as so-called reality. For example, many people have reported to me that in message bearing dreams they can act totally out of character and, on occasion, can be horrified upon waking at the things they had done within their dreams, like committing murder or rape. Once lucid, though, those acts become unthinkable to the average individual.

A few years ago, the LDE ran your article about a scientist, Mark Creed, you met at a social function, who could not conceive of the idea of being consciously aware while asleep. Nonetheless, a few days after talking with you, he had his first lucid dream. Many of us have noticed this same phenomenon: after talking to a person about lucid dreaming, they report their first lucid dream. What do you think is going on here?

My own research into dream interpretation might reveal the answer to this question. During my studies, I became aware that, in the West Indies, there exists a small community who all believe in the same set of dream meanings. For instance, they believe that if a woman dreams of a fish, it means she is pregnant. The astonishing thing is that it seems to always hold true. In the West, however, there is such a hotchpotch of different ideas that no individual dream dictionary or belief can be viable unless everyone has studied all the previously stated meanings and believes the same thing. And this is exactly how the Dream Oracle works. (See answer to question 13).

Nevertheless, it also made me realise that the unconscious mind responds very well indeed to conscious beliefs, wishes and desires and also makes sense of the power of positive thinking. Therefore, if we believe, wish for or desire something that the unconscious mind has grasped and is within its power to provide, it will often oblige and is keen to do so. It is as if the unconscious has discovered a new way in which to communicate or prove its existence to us, and it seems to revel in the opportunity of doing so. In other words, the unconscious mind responds very well to conscious beliefs and can then provide appropriate dreams, whether it be dreams that carry clear messages, lucid dreams, or any other dreaming condition, and it seems that this is exactly what is

going on in somebody who has recently heard of lucid dreams and fully grasps the implications of what it could mean.

Deeper into your article, Mark relates how lucid dreaming has deeply altered his perspective on the nature of reality, the possibility of life after death, etc. Playing the devil's advocate here, how can lucid dreaming be so transformative? After all, as people say, it's only a dream, right?

Mark Creed is unusual in that, sometimes, he was able to prolong lucidity for around twenty minutes. In addition, perhaps his analytical mind enabled him to become an extremely accomplished lucid dreamer and examiner of the phenomenon – from within. During one of his dreams it occurred to him that if it were to continue indefinitely, then he would have no way of knowing that it wasn't reality. In other words, it presents that unanswerable question: Is the dream state another level of reality, or is so-called reality just another dream state? In Mark's case, some of his lucid dream experiences were so profound that he said it made him realise that life transcended death in that he, too, became a believer in a mentalistic universe. In fact, he said that it was the only thing that made sense of everything. (See next question).

"While men are dreaming they do not perceive it is a dream. Some will even have a dream within a dream. And so when the great awakening comes upon us, shall we know this life to be a great dream. Only fools believe themselves to be awake now."
(Chuang Tzu – ancient Chinese sage).

So you suggest that perhaps lucid dreaming indicates how a mental universe could exist? Would this be something that a person's awareness enters after their death, like the Buddhist idea of bardo? Or does it exist now, like some (new age) version of Jung's collective unconscious? How do you think of the mental universe?

Indeed I do harbour similar beliefs to Buddhists, but coloured differently from my own researches. Studying some of Dr. Parnia's work at The Southampton University Hospital, England – in the heart unit – he has uncovered established cases where consciousness exists after physical brain death. It also seems likely that, in accordance with my own discovery concerning how the unconscious mind often can hardly wait to prove its existence to us, it responds to conscious beliefs, wishes and desires.

To explain, Parnia has uncovered cases where, during a near death experience and after physical brain death has been declared, Christians sometimes claim to have seen Christ,

Muslims have seen Muhammad and children have seen Father Christmas, and so on. This suggests to me, strongly, that, after or during death, we will see what we expect or want to see – similar to the golden rule of lucid dreaming: What we think, we will then dream. This ties in very well with the theory of a mentalistic universe or a universe of interactive minds or a collective consciousness. I believe them all to be one and the same. A universe created by interactive minds and lived out through spectacular, living illusions. Wonderfully mind boggling, isn't it?

Having said that, if we do exist in a mentalistic universe, then things like miracles, premonitions, plus all manner of paranormal activity would be possible. Indeed, even astrology would work. Not because distant planets could affect our behavior, but because the concept would exist in our minds – a sort of, "We think, therefore it can exist or work," sort of thing. In this regard, it is interesting to note that astrology has a long track record of examination and might surprise your readers to know that Guaquelin's scientific study of the subject revealed a connection between birth dates and professions pursued by individuals. This is laid out in his book *The Cosmic Clocks*, (Paladin, 1973).

In the same vein Dr. Hearne discovered that out of all love saboteurs - people who deliberately or unconsciously, sabotage love affairs, usually after a set period of time has elapsed - some 90+% had their moon in the sign of Libra. This can be considered too statistically significant to be regarded as mere coincidence.

This suggests to me that scientists should not be in such a hurry to readily dismiss such notions. In fact, even now, most scientists refuse, categorically, to consider premonitions as being possible, which, in itself, is a most unscientific stance. The fact remains, though, that around 85% of people claim they have experienced a premonition or know somebody who has had one.

In a physical world we are forced to acknowledge that premonitions are indeed impossible – an affect cannot possibly precede a cause, yet they happen! This statement on its own throws up an obvious question: If premonitions are impossible in a physical universe, do we therefore exist in a physical universe, or a universe of the mind where anything could be possible, especially precognition?

In your writings, you point out what many lucid dreamers experience, which is, lucid dreaming appears to have levels of depth from slight lucidity to full blown lucid dreams. Since full blown lucid dreams lead to more profound experiences, is there anything a lucid dreamer can do to encourage full blown lucid dreams?

I don't think I can add to the numerous offerings put forward previously by many writers on the subject, although, during my experiments with Mark Creed, I used to hypnotise him and suggest that he would indeed experience extended full-blown lucid dreams, but that could prove to be somewhat expensive, as the power of suggestion can sometimes wear off and, from time to time, need replenishing.

This suggests to me, strongly, that, after or during death, we will see what we expect or want to see – similar to the golden rule of lucid dreaming: What we think, we will then dream. This ties in very well with the theory of a mentalistic universe or a universe of interactive minds or a collective consciousness. I believe them all to be one and the same. A universe created by interactive minds and lived out through spectacular, living illusions. Wonderfully mind boggling, isn't it?

Any full blown lucid dreams that you would like to share – ones that blew your mind, altered your concepts of the possibilities of lucid dreaming?

I found one of Mark Creed's lucid dreams of particular interest. He was standing in the sea and the waves were lapping around his ankles in "Quick time" almost as if a film were being played on fast forward. However, he was moving at the normal rate of speed. This could have fascinating implications of how we perceive time and motion, especially remembering that, for the most part, dreams do take part in real time and are not over in a flash.

You have written a number of books and articles on many aspects of dreaming. You mention having discovered the "trigger mechanism" in sleep which identifies message-bearing dreams. Briefly, can you tell us what you mean by that?

Briefly is not a word that fits with my explanation of the trigger mechanism, but I will endeavour to answer in as few words as possible or will end up writing another book on this topic alone.

Freud believed that dreams are the guardians of sleep. In other words, he thought that one of the primary purposes of dreams was to keep us asleep, to prevent us from waking, prematurely. Indeed earlier research appeared to confirm his notion, as it proved more difficult to awaken sleepers from REM sleep as opposed to other stages of the condition.

However, over the years I received literally hundreds of letters from people who required dream analysis, who reported their dreams and concluded with words to the affect of, "At which point I woke up." It also occurred to me that nightmares invariably wake dreamers and they are themselves dreams, albeit unpleasant ones. This set me to thinking that perhaps the unconscious mind wanted us to wake from a

message bearing dream so that we could remember and ponder it. This has since been established to be the case with my invention of the Dream Oracle. The entire system would simply fail to work if the "Trigger Mechanism", or perhaps more appropriate, the "Trigger Effect," or the unconscious mind deliberately waking us up, were not the case.

In addition, bear in mind that most people are in REM, dreaming sleep for approximately two hours a night – that's six years in an average lifetime - yet the typical person only remembers a fragment of a dream every other day. Indeed it is harder to waken dreamers from REM sleep, but we can all remember waking up and remembering a dream or being startled awake from a nightmare. Also, the only dreams we are able to remember are those from which we wake up, or are triggered by a coinciding thought a day or two later. The exceptions are those containing conscious thinking like lucid dreams, experiencing a false awakening, sleep paralysis, hypnagogic and hypnopompic imagery. All remaining types of dreams perhaps serve other purposes and do seem to keep us asleep.

Simply put, we now know, beyond doubt, that dreams that wake us carry messages from the unconscious mind – the Dream Oracle demonstrates this, beautifully. If we do not respond by giving these same dreams some thought and consideration, they can sometimes intensify and mutate into nightmares. In other words, it would seem that unless we either get the message or ponder the possibilities of the dreams that we remember, then the unconscious mind can end up shouting at us in the form of nightmares, which, incidentally, rarely translate into unpleasant messages. Therefore, when asked why we dream, we can now reply, with some confidence, that we know that one purpose of dreams is to bear messages, and they are the ones that wake us up, hence the trigger effect.

... sometimes the harder you try to induce a lucid dream the more difficult they can become to achieve. Be respectful to your unconscious mind and ask its permission and allow it to decide if a lucid dream is appropriate or not. Even better, give your unconscious a reason beneficial to yourself and others for producing a lucid dream. You might be surprised at the rapid response.

Any examples of a message bearing dream? I ask that since some people might say all dreams are a message from the unconscious.

I refer you to my previous answer. However, I have learned that it is unwise to attempt to interpret dreams containing conscious thought: lucid dreams, false awakenings and so on, because, remembering the golden rule in conscious dreaming, "What you think you will then dream," it becomes clear that these dreams become contaminated and manipulated by conscious thought. I believe that dreams we cannot remember serve many other purposes, one being desensitising us to hurtful memories and so forth. I say this because dreams can be invoked using hypnosis and I have occasionally stumbled across such dreams in others that would invariably not have been recalled and reported under normal circumstances.

You and Dr. Hearne have investigated lucid dreaming deeply. What areas have you focused upon in your investigations?

Healing, precognition, lowering of stress levels and consistent laws of dreaming such as the light switch effect, the scene shift effect, gravity and so on. Remember Dr. Hearne's discovery that dreams flow along verbal and visual associative pathways by a law of least effort. This is crucial to understand when researching any area of dreams, especially dream analysis.

For example, if it were put to your readers that somebody dreamed that they were unable to turn on an electric light during a dream and wanted to know what that meant, you might get varying answers. A Freudian, for instance, might tell you that it signified a level of sexual impotence, which, on the surface, seems reasonable. However, a follower of Jung might suggest that you are not "seeing the light", another realistic answer. A Gestalt practitioner, however, would be likely to suggest that it is the dreamer who is represented by the light, and had to question him or herself as to why they are failing to function properly. All three

explanations seem to be fairly rational, but they are all wrong. I can say this with absolute confidence, because of the consistent law of the light switch effect in dreams. In other words the imaging process in the brain is unable to change a dream scene from dark to light in an instant of time. It may, however go from light to dark and back to light again. Thus one could successfully dream of turning a light off then

on again. In this regard the study of the laws of dreaming have become very important to me. It is also interesting to note that I have encountered two individuals who claim to have successfully activated a light in a dream, but they seemed unable to recall whether the light was bright or simply glowed fairly dimly. Nevertheless, it becomes clear that this is a crucial area of research.

One thing that has surprised me is that lucid dreamers rarely seek out unknown information, e.g., precognitive, clairvoyant, in their lucid dreams. Lucid dreamers seem to get caught up in manipulating objects and dream figures instead. Are you aware of lucid dreamers who have sought out unknown or conceptual information?

I was once approached by a television company who were making a series of programmes concerning the paranormal, with a sceptical slant, who asked if I could provide them with any predictions or information of which I could not possibly have prior knowledge. I hypnotised Mark Creed and suggested to him that he would have a lucid dream in which he would gather such information.

The next day he phoned me to report that in his lucid dream, he had been walking along outside a row of shops and various buildings when he spied a man in a white coat and a stethoscope draped around his neck walking towards him. Mark said to him, "You must be the doctor I'm supposed to ask," to which the man gestured him into a building. They sat opposite sides of a desk, then Mark asked him for some paranormal information that he couldn't possibly know under normal circumstances.

The doctor then named the host of the proposed television series – a name well known and highly respected in the UK – and pointed to his own head, shook it and tutted saying that he had had a mental breakdown and was an alcoholic.

I phoned the television company, who seemed delighted and excited by my revelation. Funny thing, though, it was never

shown on that series. If the information had been false, I would have thought they would have jumped at the chance of decrying it. Having subsequently pondered this, I have to add that I would think twice before taking willing part in such a biased production again.

You and Dr. Hearne have a very interesting book, entitled The Dream Oracle. Could you briefly tell our readers a bit about how you employ dreaming to assist you and how the idea came to you?

Over the years, I became extremely disappointed with so-called dream dictionaries and other books that claim to interpret the meaning behind dreams. Clearly they were not founded on any intelligent research, if at all. One of my ambitions was to make dream interpretation available to all, but, as we have seen, it is a minefield of pitfalls. I then devised the Melbourne Cross Reference, Flow Chart System of Dream Interpretation, which could be learned. However, it still relied on individuals studying all aspects of dreams both past and present, and keeping up with the latest discoveries.

Then, one amazing morning I awoke with the idea of the Dream Oracle floating around in my mind. Although I was unable to recall a specific dream, it seems very likely that the idea came to me in a dream, or, more specifically, from my unconscious mind.

Simply put, The Dream Oracle relies on the trigger effect to wake dreamers with clear and unambiguous advice from their wise unconscious mind. People simply put a question to themselves upon retiring for the night and wake up with the answer. No prior knowledge of dream interpretation is necessary. Having said that, as I mentioned earlier in this interview, it does rely on individuals programming their minds – something like a computer – prior to using the Dream Oracle. In other words, by reading the entire book first, the unconscious mind is then able to understand the system and pre-programme itself with set meanings associated to letters of the alphabet (the alphabet dream code) that should apply to any and all eventualities life might throw at them. I had achieved my goal.

Interestingly, the Dream Oracle could easily be used in the field of psychiatry to great effect. A patient, for example, could be instructed to read the system then come back and report significant dreams. Perhaps more noteworthy, though, the psychiatrist could suggest that the patient's conversation could be affected by the Dream Oracle, in which case their dialogue might be heavily stilted towards certain letters of the

alphabet, which might provide extremely important clues as to their condition.

Any questions you would like to pose to our lucid dreaming readers? Any challenges? Advice?

Dr. Hearne and I would be interested to know what happens when lucid dreamers attempt to pass through solid objects: Bricks, concrete, metal, wood, glass, plastic and so on. Mark creed had to make his experiments top priority else he would become sidetracked by the verisimilitude of the lucid dream. Carry out your experiment as soon as you become lucid. In itself you may discover that this prolongs the period of lucidity.

In addition, remember that sometimes the harder you try to induce a lucid dream the more difficult they can become to achieve. Be respectful to your unconscious mind and ask its permission and allow it to decide if a lucid dream is appropriate or not. Even better, give your unconscious a reason beneficial to yourself and others for producing a lucid dream. You might be surprised at the rapid response. Like you, it seems to thrive on stimulation by carrying out tasks that are likely to help you, which also serve the purpose of proving its existence – almost like shouting out, “Here I am, over here!”

When you imagine the future, what impact could lucid dreaming play in that future world?

People seem very slow to catch on to the most amazing things like lucid dreaming. It is an anathema to me that everybody in the world isn't pursuing the subject. However, as time goes on, no doubt it will catch on, it's just that sometimes a snowball as huge as the lucid dream or even The Dream Oracle, for that matter, can take a Herculean push to overcome its inertia and get noticed. I have little doubt that, long after I am dead, people will recognise the value of lucid dreaming and The Dream Oracle, so that everyone will have a dream machine and a copy of The Dream Oracle next to their beds.

However, as a consequence, it seems a reasonable assumption, therefore, to speculate that an ever-increasing number of the world's population will come to realise the sense in understanding the possibility that we exist in a universe of the mind. What then becomes of a materialistic world? Perhaps there is hope for humanity after all.

Whose Dream is this?

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Like the proverbial onion, our lucid dreams contain many different layers of awareness. One level of awareness is such that we know we are experiencing a dream, yet we believe that the other characters in the dream are also dreaming. Upon awakening we take note of the folly of our dreamtime thought process, but should we?

If we assume that the characters in our dreams are aspects of our own personality, what is to say that these separate aspects of ourselves don't experience the dream from the perspective of the role that they are playing? For example, let's suggest that my friend Mike is a character in one of my dreams. We'll also assume that in this dream Mike represents some aspect of my personality. Would that mean that some part of my subconscious mind is experiencing the dream from the role of Mike?

As often happens to those of us that ponder such questions, these thoughts came forth after a lucid dream in which I questioned who was really experiencing the dream.

April 10, 2008

Whose Dream is this?

...I am with Dad and one other man, though I don't know who. We are walking somewhere that Dad wants to go. It is somewhere scary that he is intentionally going to, I sense for some kind of personal resolution. I don't have a sense of fear. It is night and where we walk is a concrete walkway that reminds me somewhat of the alley area by my grandmother's old apartment. As we walk further, it becomes more like an outdoor hallway shifting to an indoor one, or at least covered above us. The hallway narrows slightly as we walk further and it becomes darker. I now see doors on either side of the hall that have numbers on them. Rather than just continuing to walk, it occurs to me that we ought to be doing something, maybe going into one of these doors. We stop and I look at Dad and the other man. I begin to realize that this is a dream, but I'm not sure who the dream belongs to. I say, "Whose dream is this?" Neither Dad nor the other man answers, so I point to Dad and say, "Is it yours? All of ours?" I still get no response, so I then say, "If you don't tell me then I'll assume this is my dream."...

As this dream continued, I felt the power of a lucid dream. I knew that I could choose my actions and be the director of this dream, but at the same time I had a desire to provoke a response out of the other characters. They were just going along with whatever I said to do, with seemingly no thoughts of their own. Certainly they were not expressing themselves in any way, which I found to be rather frustrating. I attempted to use the dream itself as a method of inducing a response from these characters.

Now inside of a darkened room filled with nothing but covered furniture, I asked the dream to show "us" what we need to see in a similar manner as I have done in many previous lucid dreams. Somehow I felt as though the dream would force the issue with these guys. I didn't notice any big change in the scene. There was no big beam of light, we didn't go anywhere new, and no music began to play. The only change, which I didn't much pay attention to initially, was that I now noticed a window with closed blinds on the opposite side of the room. I could tell that there was light behind the blinds. As I was looking for whatever it is that "we" were supposed to see, I began speaking to my dream characters in a similar tone of voice that my hypnosis class teacher uses. I began to point out to them that "it" is out there, on the other side of the window. I said, "It is there, outside. Let's go see." I interlocked my arms with each of them so that I had one on each side of me, and then I proceeded to go into the wall. The wall was very thick and gel-like, and I was unable to pull them through it.

At this point I had a false awakening, with the same two men now in a room filled with morning light. I asked them if they also experienced the dream. Still I received no response, which I took to mean that they must not have. I figured it must have been my dream alone. I recalled the intention I made the evening before, while in a state of self-hypnosis, to have a lucid dream. I wasn't sure if this qualified since the other two men didn't experience it, but I said to them, "At least it doesn't prove otherwise."

What made this dream interesting to me wasn't so much that I believed the other characters may be experiencing my dream, but rather that I wasn't sure initially if it may be me that is experiencing the dream of one of them. I have some thoughts and ideas about what the two characters in my dream may represent to me, and some of it is still a mystery. What this dream did for me is to consider the role of those characters from their own perspective instead of thinking about how "I" am relating to them. If I were one of these other characters, what is it that I'm thinking and experiencing? Clearly I'm waiting for the David character to make the decisions. Is it because I'm afraid to do so myself, or because I want him (especially from the Dad role) to trust his own instincts? How do I view the David character? From the Dad role, I view him as my child though I still see him as an adult. In fact, I see him as being more in control than me - taking hold of the reins so to speak. He is now "The Man."

Placing yourself in the role of the other characters can open up some interesting perspectives on those characters as well as the role in which you play. Within a lucid dream you could even take on one or more of those roles while the dream is still occurring. Much like mirror dreams in which you get to see what is being reflected back to you, the opportunity exists to see directly how you are viewed by your inner personality traits.

Flying Dream Or Astral Flight?

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Illustrations by Suzanna Hart

Q – Is a flying dream an out-of-body experience?

A – Sometimes.

There are floating or flying sensations in many states of consciousness, from full physical awareness to deep trance. At times, you can seem to be completely ensconced within your physical body. Other times, the sensations range from being slightly "out of phase" to being at a great distance away.

Echoes and Contained Sleep

Some flying dreams are "echoes" of such sensations felt during the day. You went for an elevator ride, your emotions surged with joy or you felt light-headed at the onset of influenza. Whatever the source, any impact that has not dissipated by bedtime is available to form a dream. The event that triggered the sensation may

reverberate throughout the dream or only launch a flight, after which the piloting is taken over by the sleeping mind as it heads into new territory. A dream can also illustrate a story completely made up by the jabbering mind asleep. Whether you are aware of the process or not, you can literally talk your way into forming a flying dream. Try it next time you become lucid. "Once upon a time, I was flying..." It's rather like imagining yourself into the air, but with a sound track added. Another verbal variation is singing your way upward.

These are examples of stimuli prior to sleep or within a self-contained sleep state that's oblivious to any external influence. Under such circumstances, it's quite possible to dream-imagine that you are having an out-of-body experience (OBE) rather than actually have one. But can a dream respond to and reflect what's currently happening in another state of consciousness? Can it flow or flip into that state?

Concurrent States

A dream can certainly picture an event happening in the material world as you sleep. The most common example is a dream in which you seem to be lying in your bed. The imagery will be drawn from memory, but if you are in light sleep, you may have a vague tactile sense of how your physical body is arranged. Body placement can be portrayed accurately when subtle sensory information is available at the time the dream is occurring.

Now, suppose instead of the physical body, your dreaming mind becomes aware of the position of a body in another discrete state of consciousness. If the dream mimes that information, both bodies would be horizontal, vertical, standing or seated in a lotus position, levitating. A shared sense of movement could result in both bodies proceeding at the same rate, from high speed to complete stop; backwards, forwards, somersaulting or upside down.

When a dream portrays a literal clone of an alternate event, the picture of the body and its surrounding scenery can be correct in every detail. But since the environment is being witnessed through the lens of another state, perception is subject to state-specific quirks. Mental clarity, the "realness" of the scene, the thickness of the atmosphere, the type and intensity of sensations and the dimension and depth of the field of vision can differ from one state to another. Thus, it's possible to have a legitimate dream



picture of an out-of-body locale, although the two states of consciousness won't necessarily feel the same. An exact clone is a rarity, however.

A dream is more likely to take vague sensations and weave them into its ongoing story line. The most prominent sensations during an astral projection are weightlessness, plus the motion of rising and falling. The dream can picture these sensory feelings using its own creative palette of moving imagery. Thus, while the astral body is floating slowly towards the bedroom ceiling in its mundane environment, the dreaming body can be streaking through a fantasy landscape.

Because a dream is far more flexible when displaying its creative variations of flight, it's been assumed that the dream is less "real" than a more stable event that occurs elsewhere. Go back to sleep, it's just a dream. Oh, darn, this isn't my real bedroom; it's just a dream. That presumption may be a hasty conclusion, however. An alternate explanation considers the more stable option as but one choice in a multiverse of possible perceptions of reality, including those that dip below the obvious. From that viewpoint, the surface selection would be the more limited one. So I make no judgments about which body, which event, or which state of consciousness is the more existentially "real." I prefer to think of such alternate events as episodes in parallel realities, each with its own native behavior.

For events that occur on the same night, there are at least 4 ways they can be contrasted or compared.

1. Same events. Some events on the borderland of sleep leading to or returning from a dream or OBE can be similar or identical.
2. Sequential events. You are in one state, followed by another. The comparison becomes even more obvious if you can switch from one to another and back again.
3. Overlapping events. You see and/or feel more than one event happening at the same time. The distinction is especially noticeable if they are occurring with different background environments.
4. Shared events. You co-dream with a partner, but your sleep experiences occur in different states of consciousness which you can compare after you wake.

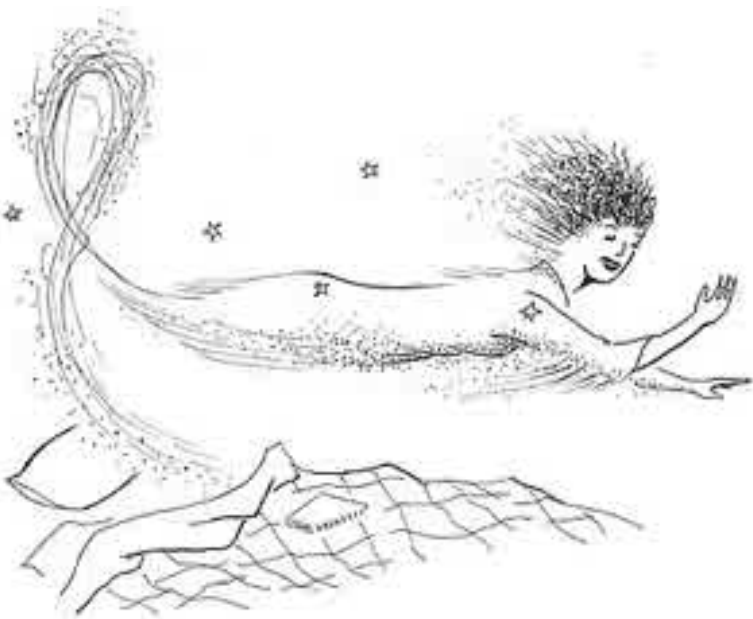
Same Events

If you use the WILD method, and hold onto lucidity from the waking state into sleep, the route to an astral projection or a lucid dream can be similar, up to a point. Twirling and constant falling sensations, the hypnic jerk, sleep paralysis and the feeling of lightness that accompanies loss of awareness of the physical body can occur on your way to either an astral projection or a dream. Such sensations can be used to launch flight in an altered state: you concentrate on them and take them with you as you begin your body-separation or dream-entry process. This is especially true if you discourage the formation of visual imagery (you imagine your eyes are closed) and concentrate on tactile impressions instead. When you "open" your eyes, what do you see?

Sequential Events

At the edge of sleep it is possible for one type of consciousness to meld so seamlessly with another that a distinction will not be noticed. For instance, you might claim, "I was awake," when laboratory equipment would indicate you had entered asleep. On the way out of sleep, a false awakening produces the same incorrect presumption.

You may be able to detect the change while it is in progress, or appreciate it only in retrospect. Sometimes there are obvious visual clues, such as when the street outside your home morphs into a river. Most often, the change is recognized when consciousness shifts abruptly, making the difference in feeling tones readily discernable.

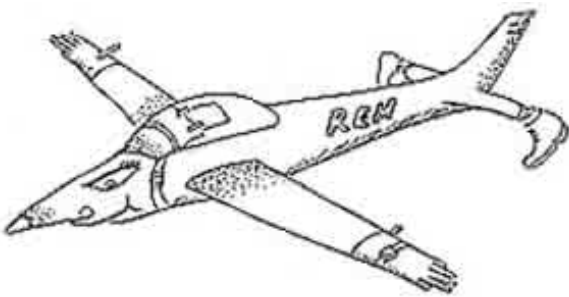


An OBE can lapse into a dream at any time, beginning, middle or end. You might complete an astral separation sequence in a replica of your bedroom, then drift down the hall and discover that your house has new rooms and missing walls. Or you may pass through a clone doorway into a fantasy landscape. I have experienced a type of OBE in which I find myself returning from a trip across outer space that shifts into a lucid dream as I approach home base.

For a dream to OBE conversion, you may have to wake up briefly, and then proceed with the astral separation sequence. Or you may remain asleep and try to wipe out the scenery, feel the position of your physical body or direct your attention to the sensations associated with such a sequence, like roaring sounds and vibrations. These are all deliberate attempts to replace dream imagery with out-of-body vision. But the shift can also happen spontaneously.

I once had a series of dreams in which I'd fly a rectangular route through the sky. Initially, each dream was the product of day residue. As a neophyte pilot, I continually practiced "flying the pattern." This involves taking off, directing the plane to turn course four times while circling the field, touching down on the runway briefly, then immediately taking off for another go-round. In the dream version, there was no plane, just me wending my way through the blue. One night, as I was "flying the pattern" in a brightly lit lucid dreamscape, my state of consciousness suddenly shifted and I found myself still aloft, but circumscribing the rectangular shape of my very dark bedroom. This is one of the differences I experience between dreams and OBEs. In a lucid dream, my bedroom is bright, vivid and colorful, as if somebody turned on a spotlight. The illumination in an OBE conforms more to lighting in the physical world so, if it's nighttime, it's always dimly lit, with little color to be perceived.

This was one of several experiences that led me to surmise that a dream and an OBE could be occurring at the same time, just at different levels of consciousness. Of course, physical reality was also happening, but that body wasn't in motion. Nevertheless, the waking state had an important role to play. It produced its own version of flight, which then became the master template for flight in altered states. In forming the dream, the contribution from the waking state was the echo of a real event. It wasn't a story invented from scratch.



It's also possible for a dream to echo an astral projection, in which case the dream isn't "making up" a fictional narrative, but producing a report on a past event in an alternate state. Of course, the dream will use its own native palette to paint the portrait. This is one of the little-appreciated advantages of dreams: not being so stuck in the here-now of astral projection, but able to retrieve the past for present use, whatever that may be. Perhaps the dream is even able to range ahead in space-time to produce its precognitive version of an OBE yet to come. In any case, the dream version is not to be dismissed lightly. At the very least, it provides the perfect practice arena for an OBE. As an altered sleep state already, the dream supplies a rendition much closer, much more true-to-form than waking visualization.

Overlapping Events

Besides the sequential occurrence of events, a dual perception of episodes occurring in both waking and dream states may sometimes be observed. If you wake while passing through hypnopompia, the dream imagery can be so intense that, even with physical eyes wide open, the dream remains visible for some time before it fades. This duality is readily discernable if the events are divergent. But if they are parallel, it can be hard to tell if a dream prop or character emerges from physical reality or not.

Within the astral state, a common duality is feeling your body lying on the bed while you view the room from a vantage point on the ceiling. The felt body might be the physical one, but is more likely to be one native to the OBE. As you are attempting to exchange the lucid dream scene for your bedroom environment, a dream-OBE duality can occur. The astral body may still be situated in bed or be out and about. I have perceived my dream body aloft in a lucid dreamscape while at the same time perceiving my astral body hovering in front of my closet doors.

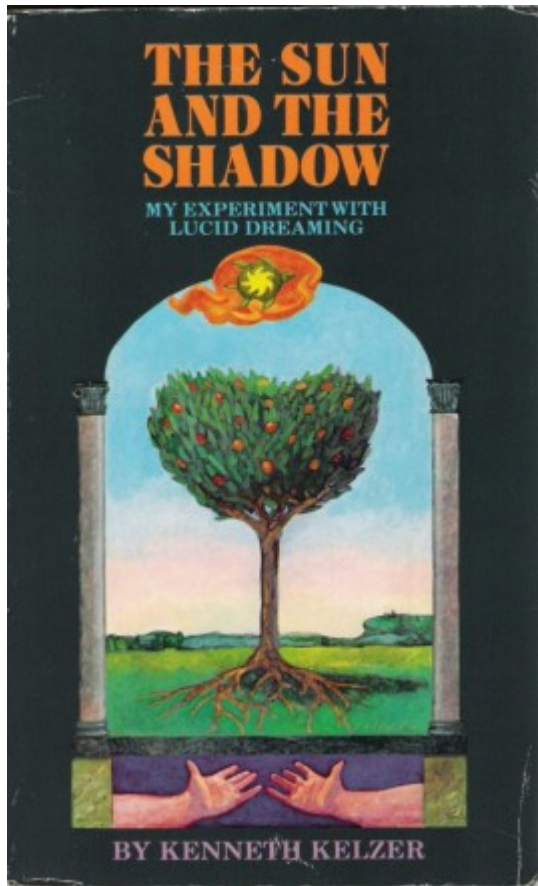
Shared Events

Although the most frequently shared activity in a mutual dreaming project is flying, dream partners may not see the same environment or perceive the same event because they experience different states of consciousness. Nonlucid dream, lucid dream, OBE, hypnogogia and hypnopompia, false awakening and sleep paralysis: these are discrete states recognized as relating to sleep. But there are many more.

Lucid dreamers know of the range between deep entrancement and sharp awareness. The mutual dreaming projects highlighted other ranges, most importantly, the range in sociality. A person sensitive to the presence of other people might see her partner in a dream, but if the partner is habitually wrapped up in his own thoughts, he may never perceive other people around. Both could be lucid and flying, but focused in different directions. Furthermore, it has been discovered that one person's lucidity is not necessarily the same as another's.

Even in waking life, we aren't always in the same state of consciousness. Comparison of dream reports not only reveals the recognized discrete differences but also the subtle states that we ignore in waking life, as we drift from being fully present to the situation to a daydream and back again. In which state is our physical body actually in motion? In which state does our physical body feel like it is in motion? In which state do we imagine it's in motion?

So, is a flying dream an out-of-body experience? Which body? Where? And when?



This book is officially “out-of-print”, but the author has a number of copies available.

For an autographed copy of *The Sun and the Shadow: My Experiment With Lucid Dreaming*, send a check for \$14.00 to:

Kenneth Kelzer
1025 5th Street
Novato, CA 94945

You can also contact the author by email at:

kennethkelzer@comcast.net

LDE Quarterly Lucid Dreaming Challenge

June 1, 2008

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

Seeking Specific Future Information: Tuning into the Stock Market

"Desire awakens only those things that are thought possible."
Rene' Descartes

Aware in the subconscious, lucid dreamers appear to have access to deeper knowledge. Whether we call this source the collective unconscious or the Inner Self, we may only need to lucidly make a request in order to realize the information available at deeper levels of our being. Probing that inner awareness, some lucid dreamers have tapped into unknown information of a clairvoyant or precognitive nature, often with interesting, informative and prosperous results.

In this LDE challenge, the goal involves seeking future information, specifically about the stock market. Why the stock market? First, information about the stock market and stocks is something that is widely available, and NYSE stocks seem **unlikely** of being strongly influenced by the average lucid dreamer (unless Warren Buffett and Bill Gates dream lucidly). Second, the changes in stocks normally involve numeric or percentage movements (something less open to interpretation than dreaming about headlines in tomorrow's newspaper). Third, if a lucid dreamer can get information on objective issues, it suggests the broader reach of knowledge accessible when aware in the subconscious.

In various traditional dreams, I have been given stock advice; stocks to sell, some to buy, even projected target prices. In those cases where I felt that I clearly understood the message, I have done well following the advice. However, whenever I was unsure about the message (uncertain whether to buy or sell, for example), the uneven results mirrored my uncertainty. Actively seeking stock advice in a lucid dream, though, seems do-able, but rarely considered.

The Challenge: Finding A Great Investment

Task 1 – Contest Task: Become aware in the dream state, and learn which stock in the New York Stock Exchange will be the highest percentage gainer for the first business day of the month (like Tuesday, July 1, 2008 or Friday, August 1, 2008, and so on). Then send that dream information in to us at the LDE before the target day. (Lucid dreamers may select another day, provided that they email us the lucid dream information at least 24 hours before.)

At the close of NYSE stock trading on July 1st, we will use the website of Yahoo finance to discover the highest percentage gainers for that day (located at <http://finance.yahoo.com/gainers?e=nq>) For those who lucid dream in July, we will also have the highest percentage gainers for August 1st.

So, just for fun, again, this is your LDE lucid dreaming challenge:

To become aware in the dream state, and learn which stock in the New York Stock Exchange will be the highest percentage gainer for the first business day of the month.

Email entries to R Waggoner (Dreambob@aol.com) accepted through June 30, 2008 for July 1, 2008 stock gainers; and through July 31st for Aug. 1, 2008 gainers. The person who provides the most accurate information will win a copy of Robert Waggoner's upcoming book, ***Lucid Dreaming: Gateway to the Inner Self***, and be mentioned in an upcoming LDE.

Alternative tasks: for those who miss the contest deadline, and for those who would like to focus their efforts on practical lucid dreaming tasks that may provide useful investment information.

Task 2: In a lucid dream ,ask for a company name, or for the one to four letter stock ticker designation (IBM, GOOG, etc.) that would make a good investment for you.

Task 3: If you already have an interest in a specific company, ask in the dream whether it will make a good investment for you. For special credit, if yes, ask at what price to buy the stock you've chosen.

Helpful Suggestions:

Develop Curious Intent: When we become curious about a topic, we are much more likely to investigate it in an open-minded fashion. Our curiosity may pre-establish the lucid dream setting to answer the intended question. For instance with this goal in mind, you may become lucid while reading the business section of the newspaper, or talking to a friend who is a stockbroker as you stroll down Wall Street. Your curiosity and intent may pre-arrange the dream's symbolic environment and help you discover the answer.

Seek an Appropriate Medium:

As Ed Kellogg has pointed out with his Lucid Dream Incubation Technique (LDIT), once lucid, you must create "a medium for the materialization of the answer." (For more information on the LDIT see LDE Challenge #2 at: <http://www.dreaminglucid.com/challenges/ldechallenge2.pdf>) Some lucid dreamers intend to find the answer when they open the next door, or look into a closed drawer. Others might decide the answer will be on a sheet of paper, when they turn it over. Wherever you find yourself in the lucid dream, you must creatively announce your intent and expect the response. In some cases, I have simply shouted the question to the dream and waited for a response.

Aids to Help with Focus: Once lucid, you have to focus on clearly articulating the question. Some lucid dreamers, write out their question before sleep, and memorize it. Others, prefer to focus their intent through a verbal rhyme, like "For July 1st, let me see, the highest percentage gainer, on the NYSE!" which helps their focus. Focus establishes a clearer intent, which leads to an appropriate response.

Using Expectation: So how would you like the information to come to you? Do you expect to see or hear the company name? Or would you prefer to see the stock symbol identification (this is the one to four letters which identifies the NYSE stock, such as General Electric is GE, while Monsanto is MON)? Or would you expect the information to appear in another way?

Sense of Reliability: Upon waking from your lucid dream and writing your report, ask yourself if you feel the information is reliable? Rank it as you would a news story:

Was the information **clear**? Did it appear in a form that seemed **understandable**? Was there any sense of questioning or **uncertainty** in the answer's materialization? Did you **remember** it clearly? Did the **source seem reliable**?

An example:

As I was considering this LDE lucid dream challenge, I had a lucid dream in which I tried the idea to some degree. Here's the lucid dream, followed by my "Sense of Reliability" rating:

Lucid Dream/s, May 7-8, 2008 – Robert Waggoner, "Seeking Stock Information"

As a preamble, this was my final night of a holiday. Heading to sleep, I concentrated on "opening up." I believe I may have had two lucid dreams – with a brief waking after the first to write a few notes in my dream journal. In the morning, when I wrote out this report, some of the exact details were fuzzy.

"I find myself in a place where the perspective of the floor seems unusual, just like the marble flooring design of a large basilica that I had visited the day before. The odd perspective makes me pause and I become lucid in a very big church-like area. I fly around, laughing at being lucid – it all seems an unusually bright and vivid place.

About five or six dream figures are scattered in a courtyard-size space. I stop to think what I wanted to do and recalled my interest in a stock market LDE challenge, and discovering the highest percentage gainer in the stock market for the following day. A dream figure says something, and I respond something like, "No, I want the highest percentage gainer" with the non-verbal understanding this would be for the next day. Then I remind myself that I need to be specific – I want the New York Stock Exchange and not the Amex or Nasdaq.

A new dream figure seems to appear who seems both energetic and knowledgeable. I ask him this question, and he responds something like, "Eastman" (sounds like that, as I recall). I think of Eastman Chemical. Another dream figure, who looks like a wealthy person I know, says, "It went up \$6.00 in a day (recently)." Then the knowledgeable dream figure gives me the idea that the stock will advance to \$139 a share.

I ask him another question, and then wonder about his name. He shows me a piece of paper with a name written on it in blue, powdery ink – "Forde". I smile, because I feel this dream figure "fords" realities, and then I tell another dream figure my supposition. I turn again to the knowledgeable dream figure and ask, "Is it really possible to get this kind of (stock) information?" He replies, "Yes. This and many other surprising things (are possible)." I then talk to a dream figure wearing a bright red shirt about this knowledgeable dream figure, who now seems ready to go elsewhere, where he is needed. I wonder if he acts as a representative of my inner Self?

(I believe he asks me, "Anything else?" then disappears. Here, I likely woke and wrote a few notes in my dream journal, and then fell asleep, back into a lucid dream, or a semi-lucid false awakening.)

I seem to be walking away from the area of the courtyard place, lucid and energized. I see my wife's secretary, standing near a 10' in diameter, circular pool with a white marble edge. In quick succession, three animals appear in the water; the final one is a crocodile which snaps at her. I wonder if this relates to death or a brush with death. I continue on through a parking area, and a woman asks me, which car will I select. I see four or five ordinary cars, and then a red pickup truck, which I feel is the natural lead car. It looks tough and invincible; I choose it. I hop in, and check it out. I wait for the others to come along."

So yes, I did it – well, sort of. How do I feel about this information's validity? Let's look at some of those Reliability indicators:

Was the information **clear**? Well, yes and no. I thought I heard Eastman, and felt it meant Eastman Chemical (which is a NYSE stock), but there is also Eastman Kodak. Hmm.

Did it appear in a form that seemed **understandable**? I heard it, and believe I heard it correctly. But it would have been nice to see the words, or stock ticker symbol.

Was there any sense of questioning or **uncertainty** in the answer's materialization? A bit, since I did not make a formal request; it was more like a conversation about the kind of stock information I wanted, as I tried to recall the details of exactly what I wanted.

Did you **remember** it clearly? Well, here, I feel uncertain. I don't know if the second part of the lucid dream was a false awakening, or what. Normally when I do a lucid dream challenge, I tell myself to 'wake up' as soon as I have the answer, so that I remember it clearly and write it all down. In a long lucid dream, it is sometimes hard to remember the early events in the lucid dream.

Did the **source seem reliable**? Here, the dream gave me something to investigate and confirm the stock information. The dream figure, who looked like a wealthy person I know, provided an odd detail, when he said, "It (the stock) went up \$6.00 in a day (recently)." Upon waking, I went to the computer, looked up the stock and clicked on its chart – by jove, Eastman Chemical had gone up \$6.00 in one day recently. Eastman had closed at 69.70 on April 24th, but opened at 76.43 the next morning! So this detail and the symbolic source of the detail (a wealthy person) gave me a sense that the information may actually be reliable.

Altogether, I felt a bit uncertain about 'what' had transpired, but I did feel that I had been given a stock tip (due to the \$6.00 jump detail being confirmed).

As it happens, Eastman Chemical (EMN) was not the highest percentage gainer the next day, though it did gain every day of the following six days (6% overall), and ended at a 52 week high, yesterday, May 16, 2008.

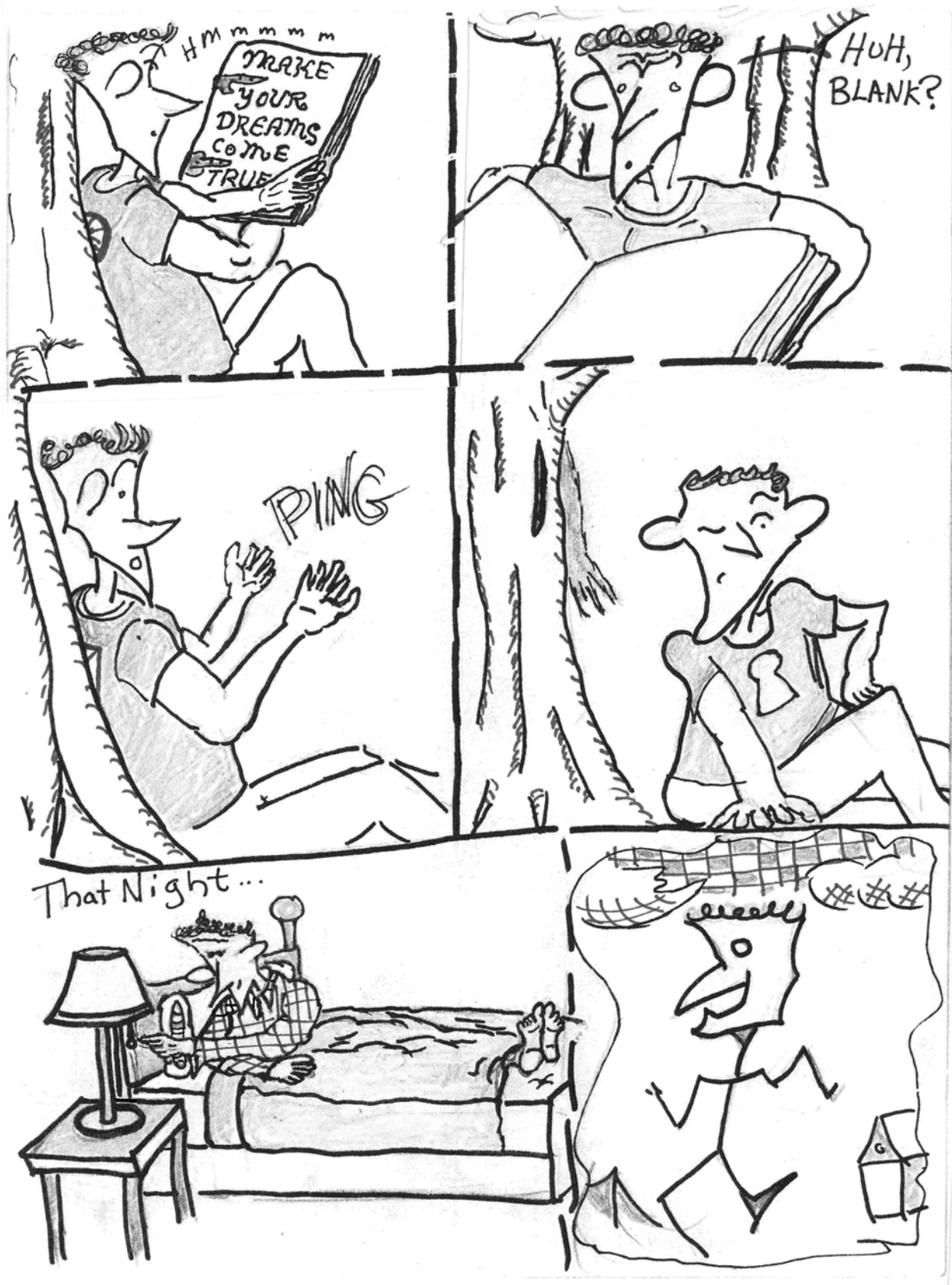
You should never invest what you cannot afford to lose, and you should never invest if the information source has a bad track record or worse, no track record. So the prudent person would want to establish a good track record of accurate information in lucid dream requests, before following the information.



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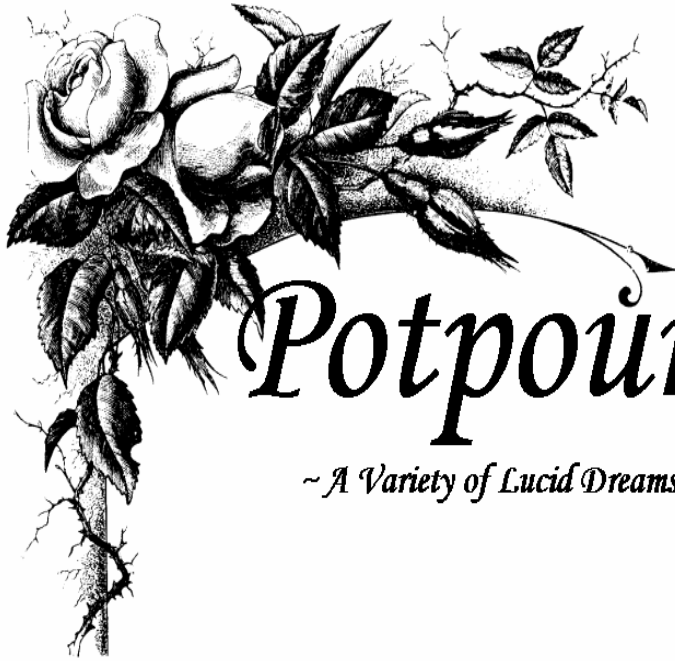
KID LUCID







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Potpourri

~ A Variety of Lucid Dreams ~

Lucy Gillis March 1-2 2008 5+ Lucids Within 24 Hours

It had been over three months, and in that time I had had only two brief lucid dreams. Usually I have an average of about 6 a month, with very little induction other than the power of suggestion. I was actually beginning to feel antsy – like something was wrong. The power of suggestion wasn't working it's magic as before. Even a few attempts at other techniques didn't work.

In the fall I had attended a "Seth and Out-of-Body Exploration" workshop led by Rick Stack. There, I bought his OBE Induction CDs. I decided to give them a try.

I listened to one exercise on Rick's CD before sleeping, and again in the early morning when I'd awaken before sunrise. After listening to the CD, I'd do a counting technique, "1-I'm dreaming, 2-I'm dreaming," etc. to see if I could enter the dreamstate (or OBE state) from the waking state, (WILD) without dreaming non-lucidly in between.

On the third night, I FINALLY had a lucid dream:

March 1 2008: I'm in a small pantry, a mug of tea in hand. I turn to go out and see the door is closed. I think to myself that O must have just gone out and closed the door behind her. I push it, it is heavy and thick, hard to open. As I push, I realize I'm in a dream and think for a moment that I've entered a WILD, since I was trying to earlier. But I realize that it couldn't be a WILD as I lost consciousness between

the time I was counting and the time I found myself in this pantry. I step out into a small kitchen, purposely taking a sip of tea, before putting the mug down so as to engage the dream senses and hopefully stay in the dream longer and keep it stable. The room/house is like an old country cottage; lots of floral wallpaper and upholstery. I go into a small living room, walking faster now, as though moving in a forward direction will take me deeper into dreaming. There is a fireplace to my right, and a round coffee table (complete with big round doily) in the middle of the room. I clap my hands and say, "Light!" so a fire will flame up in the fireplace. It doesn't happen right away, and I think if I can just drop the idea, then it will. As I turn to go around the coffee table, logs in the fireplace burst into flame. I'm pleased that it's worked. I begin to sing, "All around the mulberry bush, . . ." as I circle partway around the coffee table to get to a window. I want to see what is outside. As I step closer to the window I feel my physical body on the bed. The feeling gets stronger, so much so that I wake.

Thrilled that I had finally had a lucid, I decided to listen to the CD (and use the counting technique) again the following night:

(March 2 2008: Listened to one of Rick's OBE CDs before sleeping, and again when I awakened about 4:30-ish. Both times, after listening to the exercise I did the counting technique.)

I feel my solid physical body, still, not moving, on the bed, but I also feel I am rolling gently from side to side. I realize

it is my inner or “astral” body that is rolling back and forth. I know that I can roll and twist out into a lucid or an out-of-body, so I roll more forcefully, and then twist upwards to separate from my physical body. I get out, and don’t look back. I feel a bit wobbly and continue walking forward, trying to get away from the physical body quickly, so that I don’t get pulled back in.

I stagger out into the living room, and, gaining better mobility, continue out to the back door. As I pass through the laundry room I don’t take much notice that it doesn’t appear as it does in waking reality.

I want to get outside. I pull open the door, only to find another door, or more accurately, a thin sheet of wood behind it. I know I’ve seen/created this kind of imagery before, multiple doors in one frame, so I determine not to focus on that thought so as not to create it. I push this “door” away, with the determined knowing that I will next be outside.

I do get out, but it is semi-outdoors. There don’t appear to be any walls, or else there are distant walls, but the roof is low. I see wooden floorboards and beyond them, trees and shrubs growing outside. Suddenly I wake, back in my body. I resume the counting technique, to see if I can get out of body again.

Either I quickly get up out of bed, or I am already standing by a window (similar to waking reality bedroom). There is a Barbie™ doll in a bright fushia ball gown on the wide window ledge. The gown looks like a plant of blooms I saw yesterday in front of a flower shop. I know I’m dreaming. I pick the doll up and think how I would have loved to have had her when I was a kid – the dress is so beautiful and I love the colour. I notice her dress change slightly in my hands. Then there is a figurine of a sailor or fisherman on the ledge. Playfully, I put the doll by the fisherman and laugh at how the dream plays too, the lips of each figure puckering for a kiss. . . .

I am in bed again, and once more begin the counting technique. I get up, knowing I’m out of body, and run for the door. “Outside” is like before, there seems to be a roof overhead, but there are trees, bushes, and patches of bare ground among wooden floors and now walls here and there giving the impression of rooms. Slowing my pace, I see a tall man with grey hair sitting on a chair. He has seen me round a corner and come in to his space. I smile, and instead of continuing on my way to investigate other rooms, I walk up to him and ask, “Are you my guide?” He hesitates to answer, and I can see and understand his reluctance – “guide” being a poor choice of word, given the many connotations it can have in this situation. Jokingly, I say, “Spirit Guide or whatever,” knowing that that makes it even worse. He grins, aware that I am not attached to the term/meaning of “guide”. He gives me an answer, saying

something like, “There are lots of “people” around who can at times serve as guides if they want to.” It is then that I notice there are two or three other men in other “rooms” some seated at chairs, others standing. I wake or dream non-lucidly and then wake.

Once more I count, and soon I am in a place that resembles the scene from the last dream. I’m lucid again. The man I had spoken to is not there this time, but other men are. They don’t take any notice of me that I can tell. I walk among them, but then wake.

Within moments, I am in another dream scene, lucid, but the level of lucidity is low. I’m just wandering about, looking for something to do.

I soon wake, deciding to get up and write these dreams down before I start to forget them.

Felt rejuvenated and full of energy when I got up. At last, lucid and out of body again – more than five times within 24 hours!!

Thanks for the help, Rick!

(To check out Rick Stacks’s OBE CDs or to find out about upcoming OBE workshops check out: <http://www.sethcenter.com>)

Grant Montoya February 2008

After five months of recalling my non-lucid dreams, I accidentally used a technique that helped me have my very first true lucid dream. For any other first timers, the technique I used was to wake up early every morning and then suddenly sleep in very late, to be more aware. Anyway, below this section is my first true lucid dreaming experience.

All I remember was that I was in a big castle with one main room and two hallways which led out one door. I was being chased by some random people down a hall when I stepped into the main room. I noticed that it was filled with actors and I wondered if I was dreaming, could I clearly see their faces. I went up to the Jewish person from Beerfest and tried to look in his eyes. I noticed that I was starting to float while I concentrated on his face. Just then I became lucid. I looked at a person following me and I made her disappear. So I tried the first thing any lucid dreamer tries, I wanted to fly. Started lifting off the ground when I felt myself waking up, so I landed. If I couldn't fly then I would do the next best thing. I changed the location to a high security prison overlooking a cliff, and with a group of people trying to shoot me. I jumped. The thrill was amazing. I could feel my stomach churning and landed without a scratch. Sadly, in my glory of jumping, I forgot I was dreaming and returned to my dream.

David L. Kahn April 23 2008

The Prime Directive

I am in a public area of a hotel. This is the Montreal conference on the last day. The lighting is rather dim and there isn't much going on. . . .

I notice myself in the mirror. I look to be in very good shape in the upper body except that my shoulders look like they are scrunched. I take off a light blue windbreaker that looks like Heather's and I notice that I have been wearing a zip up hooded sweatshirt under it, and this is what is causing my shoulders to scrunch. The sweatshirt looks like one of Jacob's that used to be mine. I take this off leaving only a T-Shirt and now I look like I'm in even better shape.

I walk down the hall into the living room. It is daylight now. I see all four of the kids sitting on the couches and I sense that it is a dream. I go up to Heather and ask her, "Is this still a dream?" She just smiles and doesn't respond. I do the same with Jacob and he also doesn't say anything. I determine for myself that it is a dream. As soon as I accept this, I am upside down on the ceiling defying gravity. Kristin is also up there. We are walking on our hands and knees on the ceiling.

I begin talking to Kristin, I'm not sure about what, and we are now on the floor. The room now looks different, more like my teenage house. I close my eyes and I feel and direct sensations in my body while visualizing. The only thing I recall in the visualization is a gray-scale pattern or image. The body sensations were rather sensual and focused, keeping me at this point in the dream for several seconds until I determined that I wanted to continue with the lucid dream.

I am now back at what must be the Montreal hotel in an eating area something like a food court. It is crowded and looks to be more enjoyable than in the non-lucid part of the dream. I see the kids and I ask them, "What is the prime directive?" They don't respond verbally. I play with them a bit, this time asking Heather, "How many fingers am I holding up?" I show her my left hand. As I look, I realize I have six fingers. I then realize I can change this and I create seven fingers, then more until I have about twenty. It becomes hard to open my hand with so many fingers and I waive it off to a normal hand again.

I look at tables of strangers and I ask out loud, "What is the prime directive?" One woman replies, "Have fun." Another woman replies, "Calmness." I may ask the same question of other people, realizing along the way that it may be hard to remember all of this when I wake up. I am outside now.

There is a concrete walkway on the side of a building. I see a window to the building that goes into the kitchen area. It is like a restaurant inside of this place. I am still looking for the prime directive.

I realize now that I'm holding onto a rolled up paper, which is like a half-size newspaper rolled up with a rubber band around it. I realize this is something given to me by the dream, or God, or whoever is guiding me here. I open it up. Though it is small, I see that it is the Minneapolis Star Tribune. The headline is that the Rams won the Super Bowl. I look at the date. It is the year 2023. As I look again the date has changed to 2009, so I look at the headline photo which has now changed to the Cleveland Browns. The dates and images change, at one point being about the Vikings except this time I believe I am looking specifically at the sports page and not the overall headlines.

I now have in my hands a packet and a recipe. The recipe is part of the prime directive and is for cold cayenne pepper soup known as ITEO. I want to remember this recipe for when I wake up. I think about writing it down but realize this will do me no good upon awakening. I then think about where I may leave the packet, which I think is a spice packet. I am going to leave it by the window to this building, at which point I have the image of the Chili's Restaurant logo. I realize that I'll have to just remember as much as possible, so I make it a point to think the words cold cayenne pepper soup and hope that is enough.

I walk out by the street, which now looks residential and something like Mom and Dad's street. I now yell out to the dream, "Show me the prime directive." The kids are with me as we watch the sky. A dark round cloud rolls in over the rooftops across the street. I try to intellectualize this as I watch, telling the kids, "Here it is." I try to keep myself from intellectualizing too much and just observe instead. The cloud begins to drop large clusters of leaves from the sky. The leaf clusters are about two feet wide with some being in the shape of cheerios and others in ball shapes. I notice that they are shaped like cereal. They fall slowly down to the ground from the sky. There are many of them. I begin realizing how long this lucid dream has gone on. I'm still dreaming and I'm still lucid, so now what should I do?

I go by the street with the kids, though the road looks different now. A middle aged man is there. He begins explaining to the kids how he remembers which words are nouns and which are verbs. He speaks in a limerick kind of voice and says, "Ivan Itis is terrible. Ivin Itis is hard." I know that I don't need to use that method because I have no difficulty recognizing the difference between nouns and verbs, but maybe it will be useful to the kids. I then feel myself waking up.

Robert Waggoner April 8-9, 2008

Finding the Water Works

Wendy and I are at a party, like a wedding party perhaps. Some ladies sit with Wendy and offer her various bits of cake. These other pieces seem to come from other parties in the past.

The women ask if I plan to attend the “after party.” I tell them that the apparent mother of the wedding party looks like the scary goth-type woman from an earlier dream that night. I try to think what her name is and the women chuckle. Now I get a sense that I am dreaming.

I go outside and seem to be standing in a box or pickup. As I look into the night sky, hundreds of stars begin to float by, as if blown by the breeze. Now I know I am dreaming! I look again, and some of the silver stars have formed two Star of David configurations, as they continue to move across the darkness. I feel a rush of energy and mentally announce, “Inner Self, take me someplace interesting!”

Immediately, the place I stand begins to zoom up into the darkness. Now as I look below me, the gold colored city lights begin to merge together, much like the silver ones above. Beautiful. Zooming deeper in the darkness, I can feel movement, but lose all visuals and simply observe the darkness and sense the swift movement.

Eventually, I emerge into a very lush, sunny setting of attractive buildings, gardens and walkways. I wonder, “Where is this?” and look for some words on a beige building to my left. I see these words, “Water Treatment Building, Number 8.” I feel amused that the dream has added the number detail, but then think of 8 as being the number for eternity. To my right, as I float by, there is a beautiful, large purple urn with water dripping off its rim. I reach my hand out to touch the water. Then turn to the left, and notice another building; this one says, “Water Storage.” I stop.

I try to make sense of this. Ahead of me, I see a green door with a glass insert. I walk up to it, and look at the door handle – but think “Why bother using the handle?” and I simply walk through the door. Inside, it is like a gift shop – I see a ceramic cat figure, which I energize with intent, and it comes to life. I wonder why am I seeing this, and begin to lose the dream. I wake.

Matthew Garcia Spring 2008

Hello, I’m Matthew Garcia, age 12 from Texas. When I was 11 years old I came home from school and almost instantly fell asleep on the couch, and started dreaming about playing dodge ball in P.E.. I was just playing when suddenly, from

out of the blue, I realized I was dreaming. I instantly used this to my advantage. I grew six arms and turned one person into a toad, etc, etc.

But, after the game, I realized that I could control the very scenes and circumstances of the dreams I was in. My exploits spanned from Indiana Jones to Narnia, Jumanji to Harry Potter and so on. But then, as I was about to make my leap into the world of Teenage Mutant Ninja Turtles, I was confronted with these self-proclaimed “Dream Police” (not unlike the 2008 movie, *Jumper*) and was told that I could never use this power again, and then I woke up. Ever since then I’ve been trying to wield this power again, but have failed every time. I hope your resources, LDE, will help me succeed.

Jake Saurette

A Lucid Dream From Some Months Ago

I’m on a hillside, with some small houses here and there, and am being chased by some big frightening man. I realize I am dreaming, and decide to focus on ‘the void’ (a concept my real life partner describes which I don’t fully relate to), by locating a white cloud in the sky. Suddenly, I’m surrounded by whiteness, emptiness, just floating there in space. I meditate here for a while, then decide to explore outer space, so off I go flying in space with the warp space lights zooming past, planets and stars in the distance.

I have been using my dreams, especially my lucid dreams, to work through emotional and spiritual issues. I will sometimes invoke a situation that challenges me, and attempt to create outcomes that will hopefully be more fulfilling than the original traumas. Other times, I attempt to create a blank slate of my dream, and attempt to meditate (which is even more difficult in the dreamworld). I would certainly say that lucid dreaming is part of my spiritual practice.

Karl Boyken Spring 2008

Uncontrolled Substances

My wife and I check into a motel at Clear Lake. In the lobby, we see Kirk Douglas and his family come downstairs. He’s dressed immaculately, and I can tell he cares a lot about his appearance. All the Douglasses are somber, grim-faced, as if they’re on the way to a funeral. I nod silently at them as they pass through.

My wife and I go outside to the parking lot. I see two large areas in the valley below, circles crudely outlined in stone, with grass and fallen leaves inside. The circles float and spin on the water from melting snow.

We go to our motel room. As I sit on the bed, I realize I'm dreaming. My wife knows that I've taken galantamine, and she acts as if I've dropped acid. She's a little exasperated with me, because she's going to have to wait until I come down from the trip before we can do anything fun together.

Suddenly, we're outside, and I'm sitting in a snow drift, naked. My wife laughs as I pile snow on myself to keep people from seeing me. Then we're back in our room. My wife goes for a walk. Two men appear at our door, a gay couple who'd wanted to use our room for a tryst. They're disappointed to find me here. They leave.

A young black man in top hat and tails comes in. He's a comedian. My wife asked him to talk me down from my trip. His name is Leon. His coat is covered with neon-like lettering that advertises his act. He says he's performing at the Python Lounge. I make him repeat it so that I'll remember when I wake up.

I hear our daughter's voice calling for help. It's coming from the closet where the washer and dryer are located. I open the closet and pull clothes from a pile atop something that looks like a commode for a disabled person. A naked woman, not our daughter, rises up from the pile. She says she wants to make love with me. I wake up.

Comments: After reading *Advanced Lucid Dreaming* by Thomas Yuschak, I'd been curious about using supplements to induce lucid dreams. I bought some galantamine, and this dream resulted from my first attempt. It seems to me that at least part of myself has some definite, somewhat puritanical ideas about using supplements to invoke lucidity. Much of the dream, especially the very last part, with the naked woman, seemed to have a mocking tone, as if the part of me that dreams feels that my use of supplements was self-indulgent and not conducive to any kind of depth work. I'm going to continue to experiment with supplements for a time, but if all my dreams turn out like this, I will have to honor the message.

Lucy Gillis April 9 2008

"I Can't Manipulate Your Constructions"

(There were various "levels" of lucidity in this dream. At times, I was more lucid than at other times. Sometimes I don't recall what transpired between states of lucidity. Below are the lucid points:)

I'm at some hotel-like area. There are other people around. Sometimes I'm with somebody; sometimes it's a family. I don't really notice those changes. Then I'm outside, near the top of a long hill. I have some luggage with me. There seems to be a lot of structures on the hill - buildings or whatever, and as I'm going down the hill (I'm trying to get

to an airport terminal, apparently my flight has been changed but I don't have any information) I realize it's a dream. I drop whatever luggage I have with me, although I am still concerned about it. I fly up into the air a bit and levitate for a few moments.

I'm again in a public building, it seems to be nighttime. I got there with X, later I'm with Y. Her flight has changed as well. She is going somewhere else (not with me). She doesn't seem as concerned about when and where. Something about 6:00. I think mine is quite early in the morning, she at some point discovers hers is around 2:00 in the afternoon the next day - so she has more time. I'm still aware I'm dreaming, because I try to pass through walls, (but I am still caught up in the dream drama of the flight change problem). Sometimes it is very easy to pass through a wall. I also pass through glass walls. Walking down a wide sloping ramp to a foyer, stairs curving upwards on either side, I see that the carpeting is loose. I pull it up and discover a huge wadjet symbol staring up at me. (The wadjet in Ancient Egyptian hieroglyphics is the Eye of Horus.)

Then I seem to be with a family. British actor, Martin Clunes come to mind, a younger version, as though I *am* him or something like that (briefly). I am in a house, and I know I'm dreaming. I tell the family that I'm dreaming. The mother doesn't believe me at all, and the father is not all that interested. I try to prove it by going through walls and other large objects. But for some reason I can't. Then I try to melt glass in a large window. I put my hands on it for a second, and then I lift them off and rub them together to get the sensation of heat. Once my hands feel warm I again place them on the glass surface.

I feel the glass begin to melt under my fingertips but it then freezes immediately. Then I turn to the man and say, "I can't manipulate your constructions." I "know" instantly, that the environment, or at least the window, is a dream construct made by the man. Only he can transform his own constructions. So it seems that it (the window) is his dream construction or hallucinated form or something like that.

Later at some point I have created drinking glasses on a low table. I pull them into different shapes, demonstrating to the man that I can manipulate my own dream constructions. . . . Then a wind blows through the room. I've willed it. I say, "I am the wind," or "the wind is mine" (my creation in this place).

Then I'm at a wall with the mother and I just sort of fall back into it, with the intent to fall through it. She tells me I can't do these things. I don't pass all the way through the wall, but I am able to leave an impression of my body in it. Then it seems I fall endlessly, but never get all the way through. The sensation is interesting, of falling through something for long moments of time, and yet very little

distance is traveled. I just keep falling back and back and back. I want to be going down down down down down in this depression in the wall which is now on the floor. The woman stands above, watching me. I continue to fall (now down through the wall/floor) mostly to show off. But I only go so far, as there is only one floor or one story below me.

At some point I see Y, she says she has her information. I say, "Well, what terminal, what time, what flight?" And then she realizes she really doesn't have that information at all. But I find out later that she knows it's about 2 o'clock. These terminals, these flights – it seem like this has all happened before, or I'm going back (in time?). Anyway, at one point I'm talking with the man, or some man, saying something about being lucid at this part of the trip, because I was lucid at the beginning or I had two lucid dreams the night before or something like that. It made sense in the dream that it's only natural that I should be lucid again now.

There were many instances of penetrating through walls, flying, not very high, up in the sky, as well as flying in buildings. In one instance, I wanted to go somewhere; get to another airline terminal or something like that and I'm still in the hotel. So I move forward, or I'm flying forward and then I close my eyes and I keep talking about it (the place I want to get to) or visualizing it until when I open my eyes or step through a wall I'm there, at my desired destination. I'm pleased that I so easily got to the location I wanted.

Steve Parker May 16 2008 Cat Hitchin' a Ride.

It is 4:15am. I become lucid and find myself floating inside my house. It does not look exactly like my house. At first there is a little control problem. I stay calm and start controlling my flight. My speed is slow then fast, up and down, just enjoying the flying.

I see my two cats on the floor watching me with amusement. I decide to stand up and go pet them. They come over and are enjoying the fuss. One cat then jumps on my back. I start floating and then flying around the rooms. The cat is enjoying this and I take him for a crazy tour of the house.

I then stand back up and let him off. The other one has been watching us intently and comes over to greet us. I then fly around some more. I try to pass thru the ceiling. It only works when I close my eyes. I try different tricks in the air. One of them is to approach a door or wall and put my feet on them so I am horizontal. This is quite amusing. The imagery is a little dark but I can still see the various rooms. The flying and floating was a lot of fun. Each time I woke up I was able to fall asleep quickly and resume my lucid flying. This happened three times this morning.

Nathan Smith Ten Till

In this dream people are in my house and I am handcuffed. They are rummaging through my things and taking my belongings. I am led from the house at gunpoint.

At that point children (nine or ten years old) with car wheels for legs and feet, come charging out of the house after us. My captor, whom I know released me, gave me a handgun and I shot one of the kids, who crashed into some weeds by a stream. When I investigated the child it had turned into an infant.

This is when I realize that I'm lucid dreaming, and the scenario changes. I notice two children, a boy and a girl. I approach them and tell them that I am dreaming and that I have to wake up and go to work. They look at me with japanimation eyes. I tell them that in order to wake up I'm going to have to kill myself. Two older people come out of a house and ask what's going on. I tell them, and they tell me not to do it.

I run across the lawn which ends with a three foot drop to the side walk, jump as high as I can (I remember thinking, "I hope this is a dream") and come down on my head. I thought to myself this must be what a sack of potatoes feels like as I crumpled.

I awoke and tried to open my eyes to orient myself. "Oh great," I thought, "that gunk that I got as a child and sealed my eyes shut had happened again. How many years had it been since that had happened?" I asked myself.

And as I lay there, I remembered. Wow. Somewhere "between" waking and dreaming I had seen something. It is what I presume some people refer to as "the light." It looked like the dot on a television screen as it goes out.

I opened my eyes, there was no gunk. It was a psychosomatic response. My alarm was set to go off in ten minutes.

Race Robinson Spring 2008

This happened to me a few years ago, it's a pretty sweet story. First the set up:

I was at my friend Kerwin's house just hanging out watching TV. Kerwin turns to me and says his girlfriend is coming over and he wants to spend some time alone with her so he would like me to leave, so I stay another 1/2 hour then I leave and go home and go to bed.

(Here is where it gets good.) As I'm sleeping, I'm dreaming I'm back at Kerwin's place watching TV. Kerwin comes out of the bedroom, looks at me and says, "What are you doing

here? I told you I wanted to be alone with my girlfriend.” I said, “I did go home.”

“What are you talking about?” he said.

“I went home, and all this is a dream.”

“Prove it.”

“Well the only way I can prove it is to wake up.”

“Well can you just wake up a little bit?” Kerwin asked.

“Well I can try,” I said, and with that I began to toss and turn in my bed and as I did that things within the dream (TV, phone, walls) began to disappear.

Kerwin says “Ok I believe you, come back.”

I said, “It's too late, I can't.” Then I woke up

TRUE STORY

Lucy Gillis April 22 2008 Worm. Hole.

... I'm in a dimly lit, old fashioned room, near an unmade bed. A TV is on, in the corner of the room. I realize I'm dreaming. I jump up in the air a few times to check – noting that I easily stay up in the air longer than “normal.” I hover, momentarily deciding what to do next. I then decide I want to meditate, to become more aware, more lucid in the dreamstate. I go over to the TV and turn down the sound, then I go to the other side of the room, my back to the TV.

I sit on the floor in front of a long mirror, only briefly looking at my reflection. When next I look at the mirror I realize I can see right through it. It is now just a piece of clear glass. I'm standing now, looking through the glass into an empty space, like a closet, on the other side. It is all white. I want to penetrate through the glass and also go through the space beyond.

I decide to “melt” my way through the glass. As I place my hands on the glass, and am about to lean my weight onto them, a movement to my lower left catches my eye. I step away from the glass and see a worm or centipede moving over an old-fashioned decorative moulding (partially broken) along the wall just below the mirror/glass.

I stoop down to get a closer look. It is a worm. It's moving over a piece of the broken edging. Just below the worm is gaping black hole, about the size of a child's fist. I stand straight again, returning to my task, and as I place my hands on the glass my alarm clock goes off, pulling me out of the dream. It isn't until I write out the dream that I see the symbol of a “wormhole”. If I hadn't awakened, would I have traveled through a wormhole? <g>

David L. Kahn March 22 2008 I am light; I am Free

I am in an Applebee's restaurant. I have made up my mind what it is that I want to order. Servers then bring us some menus and I see that there are several items that look good, but I don't intend to change my mind. The servers then bring out food for display. The servers are a friendly black woman that looks to be in her thirties, along with her brother who is also the chef. The woman holds a large pan covered in foil. She folds back the foil to reveal a rice dish. The rice is blue and has waves that look like the ocean. We are also shown a whole roasted chicken. These dishes look good too, but still I plan to go with my original plan.

I am seated in a wooden booth. The people I am to eat with would be to my right, but they have stepped away. I end up eating alone. From here I leave and enter a Walgreen's store. I hear Elvis singing, but then see that it is an electronic Elvis doll. I know there is food in this place too. I realize the food is on the other side of the store. I walk over there and it now looks like a buffet restaurant. There is a table with various dessert dishes on it, like baked apples. As I look towards the table I realize that I'm dreaming. I have absolutely no doubt about it and the thought never crosses my mind to do a reality check.

Initially I think to continue whatever it was that I am already doing, but then I decide to move on with this dream. I feel hungry and grab a handful of chips from one of the bowls on the table. As I chew the chips, I know that this hunger is not literal but that it is symbolic. I also know that the energy that I receive from this food is also symbolic. I keep on chewing and for some reason the food is not going down. I feel like I'm wasting my dream time on this, so I decide to continue with the dream even though the food hasn't gone down yet.

I fly right through a large window. Outside the area below me is like an amusement park that I think of as The Magic Kingdom. It never occurs to me that I should have any difficulty with this. I just do it without thought, feeling very lucid. I fly straight up into the sky. The sky is very dark, but not quite black. It is more like twilight, with just a very slight tinge of blue mixed with the black. I feel like I'm in space now. I see stars everywhere. My attention focuses on an area where there is a bright light that I think of as a galaxy or nebula. It is a solid area of white light that has a shape something like the state of Tennessee.

I feel exhilarated as I fly. I yell out, "I am light! I am free!" I enjoy this feeling for a minute or so and then have a false awakening. I am now at an apartment where Mom and Dad are. I walk in with the kids. Mom and Dad must be sleeping. The kids' mom is supposed to be picking them up here soon. I have a bag that has clothes that the kids brought over. I am

looking for socks to wear. I begin pulling socks from the bag. I find one of my socks but can't find the match to it. I know that I have worn these socks three days in a row and I don't particularly want to put them back on, but they are all that I have. I figure I'll wear them for the moment and clean up later. I never do find the match and I also have trouble finding socks for the kids. Jacob's friend is there holding onto the bag. I realize he has put a lot of things in this bag. I dump the bag on the floor and it creates a big mess. He put toys and all kinds of stuff in there. I say or think something about Abe Lincoln.

John Pollard April 2008

I was asleep and dreaming. I heard something like a train. The sound became closer and louder. I heard the words, "Train, Train, Train." I could hear the chug, chug, chug of a train. The next instant I was on a roller coaster riding up and down. I thought this strange. All of a sudden I said, "I'm dreaming." It was neat and cool. I started to observe that there was a part of my mind that was observing the mind sleeping. At that point I woke up.

Lucy Gillis May 23 2008 "Take Me With You"

A knock comes to my door. I open it and see a young woman standing there. (Later, I realize she looked remarkably similar to me, when I was in my mid twenties.)

She asks if she can "borrow a chocolate bar." I say ok, and leave my apartment to go and get her one. . . . (Don't recall getting her one, got distracted by other things.) When I return to my apartment, I find that someone has gotten in and has left bouquets of beautiful flowers all over the place.

. . . Outdoors, I'm sitting at a high table, with a woman who I know (don't know her in waking reality, though she bears a striking resemblance to a young Julia Roberts). We are talking when suddenly I place my hands firmly on the tabletop and say, "This is a dream." I want to do something constructive with my lucidity so I begin to climb up onto the table, with the intent to fly away.

Before I can fly, the woman leans forward and says eagerly, "Take me with you." Without further verbal explanation, I instinctively know that she wants to awaken the part of her that sleeps, that part that can become lucid "here." She wants me to separate her from her body.

I kneel on the tabletop in front of her. We automatically raise our hands up, palms outward. As I reach out to press my palms against hers, a spark of blue-white energy leaps from my fingertips to hers. Simultaneously, a bolt of brilliant lightning strikes the ground not too far behind her.

We then proceed to press our palms together; my left to her right, etc. It is my intent to pull her "astral" body out of the body before me. Somewhere in my consciousness I am aware that in doing so, I am merely using symbols. I "know" that the body before me is already a projection of an astral form, and that my pulling her out of this body would be a representation of helping her to attain another level of conscious awareness. This all seems very natural and I have an almost nonchalant attitude about it all, as though I have done this many, many times.

With our palms pressed together, I can feel energy within one of her hands, causing it to tremble just under the skin. I tell her I can feel her astral body moving under her skin. I then feel that both of us could separate from our present dream bodies and inhabit other forms or even become formless. I try to interlace the fingers of my left hand with those of her right, with the intent to slightly penetrate the skin and grab hold of an inner body to pull out.

Just then, we are interrupted by the young woman from the, earlier non-lucid part of the dream. She still wants her chocolate bar. I'm a bit peeved at the interruption, but feel I should keep my word and get her a chocolate bar. I get playful and say, "Here you are! An O'Henry and a Mars bar!" as I make motions in the air with my hands, pretending to hand her the bars one at a time. I take on the expectation that the bars will quickly manifest for her. She looks at my empty hands, confused.

I promptly take my attention away from the young woman, so that the bars can manifest without interference or resistance by holding too tightly to the thought. I engage in conversation (now forgotten) with the other woman.

I believe at this point I either have a period of non-lucid dreaming, or I simply can't recall what happened next.

At the end of the dream, I am again lucid. I get a big kick out of seeing the young woman who looks suspiciously like a younger version of me, walk toward me, with a blissful, happy look on her face. In her arms are bags of chips, candy, and chocolate bars. With a free hand, she is eating a bar, a huge grin on her face. She sees me and exclaims, "I love this place!" I smile, knowing she is referring to this "place," the dreamstate, and knowing that she has just learned to manifest for herself the things she wants. I'm thrilled that she is learning how to operate more consciously in the dream environment.

On waking, I think about the fact that she looked like a younger version of me, at about the age I was when I first discovered lucid dreaming, and was experimenting a lot with manifestation in the dreamstate. Did I, in my "present" dreaming meet a "past" self and help her with her dream education?? I love this place! <g!>

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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://schrift-und-traum.ch/ring/tholey2.html>

Werner Zurfluh

"Over the Fence"

www.oobe.ch/index_e.htm

Beverly D'Urso - Lucid Dream Papers

<http://beverly.durso.org/>

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

David L. Kahn

<http://www.dreamingtrue.com/>

Rebecca's Website

www.World-of-Lucid-Dreaming.com

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