



Vol. 11, No. 3, December 2022  
[www.LucidDreamingMagazine.com](http://www.LucidDreamingMagazine.com)

# LUCID DREAMING *EXPERIENCE*



Using Tarot to Facilitate Shadow  
Work in Lucid Dreams

Music Across the Realities

On Acknowledging the  
Subconscious to Achieve Lucidity

Highway to Infinity

Lucid Dreams of Symbols,  
Energy, and Light

Pre-Lucid Dreaming Lights the Way!


Transformative Questions and  
Answers with the Lucid Void

Lucid Dream Surprises





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Sri Yantra Awakening © Jesse Jacobs

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## Statement of Purpose

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

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## Submissions

Send your submissions through our website or via e-mail to [lucylde@yahoo.com](mailto:lucylde@yahoo.com). Include the word "lucid" or "LDE" somewhere in the subject line. Please indicate at what point you became lucid in your dream, and what triggered your lucidity. \*Submissions are printed at the discretion of the LDE editors.\*

## Subscriptions

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## Next Deadline

Submission Deadline: February 15, 2023

We welcome your articles, lucid dreams, and artwork on any topic related to lucid dreaming!

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# dream speak

By Robert Waggoner © 2022

## DREAMSPEAK INTERVIEW WITH KAI

Tai Chi  
teacher  
and lucid  
dreamer,  
Kai,  
explains how  
Taoist  
philosophy  
helps his  
lucid  
dreaming

*Kai, welcome to the LDE! Tell us about your early dream life. When did you first learn about lucid dreaming? What did you think when you heard about it?*

I remember that as a child I loved watching *Tarzan* on television. There were scenes in which Tarzan would jump into the sea and stay under water for a long time. I always tried to hold my breath as well but never succeeded. Then one night I realized that, while dreaming, I could actually breathe under water and found that very cool. Unfortunately, no one told me then about the possibilities of lucid dreaming.

In my early twenties, I read an article by Paul Tholey who described the art of lucid dreaming and its possible uses. At that time I had a girlfriend who suffered from severe nightmares and gave the article to her. But neither she nor myself proceeded any further with that subject.

In 1999, I bought a book by Namkhair Norbu on “dream yoga” and tried the techniques described there but was not successful. A year later I attended a workshop by Juan Li. He offered a class in Taoistic dream yoga and I liked it very much. I got totally absorbed into the subject and started reading everything I could find about lucid dreaming.

*Did you have immediate success with lucid dreaming, or did it take a while? What happened in your early lucid dreams?*

In the early attempts, I barely succeeded. The basic approach was either “be present in your sleep and you will be present in your dreams as well” or “realize that you are dreaming while you are dreaming.” Then I came across Stephen LaBerge’s book and his valuable hint on testing reality.

A bit later on I found similar approaches to that by Paul Tholey and other authors. So, I tried that method and it worked almost immediately. Before the reality testing method, my lucid dreams were only slight glimpses and most of the time I woke up shortly after the realization of the dreaming state. I think the clue for me was that I needed an easy, down to earth method and when I found it, everything changed. I had longer and more fascinating lucid dreams since then.

***As you went along, did you have lucid dreams that surprised you? Or led to unexpected events? Tell us about those.***

When I got more settled into lucid dreaming, I had several lucid dreams a week or even in a night. I remember one dream in particular in which I realized that I was dreaming:

*I stand in front of a mirror in my bathroom. I open a window and I see the sky. It is dark outside but people are flying around at unbelievable speed. There is light and an incredible lively energy that surrounds everything. I ask if this is Paradise? A woman who appears next to me starts giving me a "lecture" about life and lucid dreaming.*

The dream continued for a while and the moment I woke up, I realized that I wanted to share the gift of lucid dreaming with as many people as possible.

At around age 30 I decided to look for a relationship and use my lucid dreams as a helper. The next lucid dream that appeared went like this:

*I am in a German cafe with many people. My father comes by and I realize that I am dreaming. (My parents lived in Spain at that time and so it was rather surprising that he was now in Germany.) I remember that I wanted to get some clue on where I should look for a girlfriend. So, I ask him about it. He answers that I am not yet ready for a serious relationship and then he disappears. I am not very content with his reply, because I had expected something else. I find a flyer of a nightclub and look a bit at it, then I wake up.*

Funnily enough, I found my next girlfriend in that exact nightclub and the relationship was not long lasting.

I also get a lot of hints in my dreams (lucid and non-lucid), about things that are going to happen. At age 38, in a lucid dream:

*I see a place, a bit remote in nature. There are Hindi signs and typical bright colors. Elephants appear, as does a woman on a horse. She asks me if I want to come along with her. I agree and follow her.*

About a month or so later, I get a phone call from a woman who wants to learn lucid dreaming. I agree to meet her. She lives on a farm near a wood. She is also very interested in Hinduism, and on the farm there are many horses. We meet and fall in love. We are now married and have three kids.

In one of my lucid dreams, I asked the energy behind the dream (I call it "the big dreamer") to show me something I haven't seen yet:

*Immediately I land in a pool of blue light. It is such an amazing feeling and energy. I feel totally at home and blessed.*

***What was it about lucid dreaming that you found interesting?***

I always feel the aliveness in my lucid dreams and this energy is then also present in daily life. The creative energy at play with numerous possible uses. I can transform my fears in lucid dreams. I can train Qi Gong, Tai Chi, and martial arts in my lucid dreams. I experiment with sounds in my lucid dreams. There are so many possibilities that are accessible in lucid dreaming that are maybe blocked in daily life. When transforming one's dreams, one transforms one's life.

***What techniques were you using to become lucid? Which did you find most helpful?***

Reality testing really helped at the beginning. Over the years, the WILD methods became possible for me. I also developed a form of "tactile lucid dreaming" that derives from the usage of your intent which then moves energy which then moves the body. While dreaming, it is very apparent that every movement has an intention beforehand. This is similar in Qi Gong and Tai Chi.

While I trained during the daytime it appeared in my dreams as well. After a while there was this kind of loop established in which I became very much aware of my intention and how I could direct it through my physical and/or mental body.

***Did lucid dreaming seem to have rules? Or did it seem random and chaotic?***

At the beginning, I could see how the reality testing helped in restoring a mindset in which lucid dreaming is possible. After years of practice, I realized that in most of my lucid dreams I no longer question the dreaming state, it simply becomes obvious that it is a dream.

I would definitely say that a certain order and mental preparation is necessary and also helps in general. My goals in life are now much more clear than before I learned lucid dreaming. I would state that lucid dreaming helps in establishing a relaxed but very clear mind.

***Many people would say it does not seem obvious that it is a dream. What happened in your life to make dreams seem more obviously dreams?***

Yes, it is true that we normally take our waking life mindset also into the dream world. But there is a big difference in the density of the dreaming state and life as it happens on a daily basis. Dreams are much more fluid and nothing really stays the same. This realization comes with the reality testing and then experiencing it in a lucid dream. This shift is necessary in order to have lucid dreams.

***Do you think that you have more lucid dreams now because of more 'mindfulness'? Or more attention to 'energy' and 'movement'?***

I don't know. The mindfulness is also required in the reality testing method or any WILD technique. I would say it is just another possibility of how you can use your mind in order to achieve lucid dreaming. In my case, I train in a lot of Qi Gong and Tai Chi, which is joyful and fun.

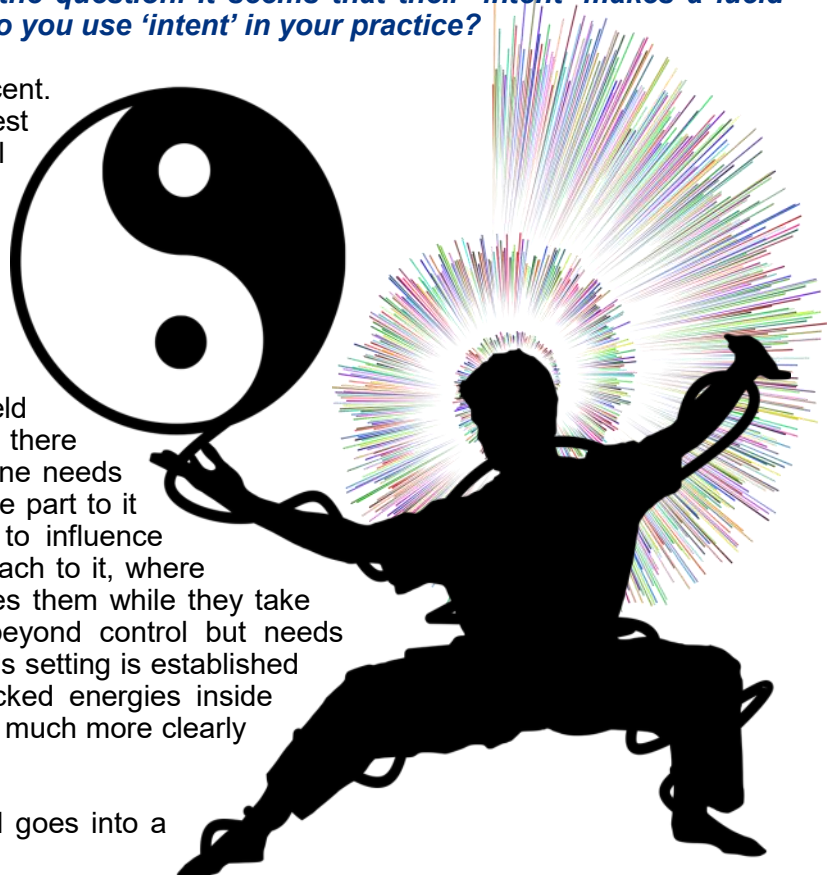
After a while you can sense your own life force and guide it through your body. During the night, the life force activates certain areas of the body. If you follow those movements you can experience every sleep cycle and also the dream itself right from the start. I would say it is important to find something that comes in a natural way. Then the separation between waking, sleeping, and the dreaming state disappears or you can feel the interconnectedness between those states.

***Some lucid dreamers notice that if they focus on an idea or a question, then they may have a lucid dream which explores that idea or answers the question. It seems that their 'intent' makes a lucid dream happen. Have you noticed this? How do you use 'intent' in your practice?***

Yes, I agree on that point one hundred percent. Nothing happens without a question or a request that is put out. Intention is everything. It is the will to express something as well as the will to let go of something. It is the language of creative energy. In the Tai Chi world one says: "the mind (it is called 'yi') moves the chi and the chi moves the blood (which means basically every body fluid)". The "yi" is all about willpower or intention.

There is unconscious intention, that is a huge field in which most of our body functions operate, and there is conscious intention. To become more alive, one needs a vivid awareness of the mind. There is an active part to it which is about lucid dreaming and the power to influence one's dreams. As well as a more passive approach to it, where one consciously lets things happen and observes them while they take place. Like a "letting go" movement that is beyond control but needs sometimes a certain setting in order to occur. This setting is established through a conscious intention. By clearing blocked energies inside one's system, one is able to access the intention much more clearly because one simply has more energy for usage.

In the Qi Gong training, one feels the body and goes into a





conscious movement. One intends, for example, to let the arms raise and feel it while it is happening. Therefore, one connects on a very deep level with the nervous system and the body. If you train in this way and you put some effort into it, those movements will one day also appear in your dreams. And when the intention of lifting the arms is set, you will fly upwards if it is a dream. You get a hint like a reality test.

With a bit of practice, you incorporate your intention while doing Qi Gong on a daily basis that you also want to dream about doing it. Doing Qi Gong or Tai Chi in the dreaming state is as pleasant as in the waking state, that's for sure. In the dreaming state you get a very good connection to your mental energy. In the daily life you use this mental energy to vitalize your physical body.

***In my first book, I share a lucid dream in which I wondered, 'What is chi?'—and suddenly had a surprising tornado of light appear on the horizon, which I laughingly jumped into when it came closer. Have you explored this idea of chi or qi or energy with 'the big dreamer'? What have you learned?***

In the Taoistic philosophy (as I understood it), there is the Tao and from this source everything comes into play. It is called Tao because no other suitable name could be found for it. From there on, something appears and this energy gets divided into an active (yang) and a passive (yin) energy. From yin and yang everything is formed. During one night one can experience total darkness (yin) and absolute light (yang). The link between everything is the life force in different states or moving frequencies.

The Tao never disappears though; it is like the background energy of everything existing.

In the sleep yoga, one can experience darkness and unite in it (deep sleep). In the dream yoga, one can experience light in different forms and from this extreme form of light, the background energy is easier to be grasped or reunited with.

"The big dreamer," as I call it, is the undivided consciousness as a neutral state that gives birth to every yin/yang in the body. It is the place that forms one identity and is at the same time not at all dependent on it. A bit scary maybe, at first, but then I found it was a big relief. Everything that exists has a neutral central axis. It brought you into life and it will guide you through death as well. It is the "Tao-Energy" within yourself that is everlasting and encompasses all.

***For yourself, how did you become familiar with 'the big dreamer'? Did it surprise you that an inner awareness could respond in the lucid dream state?***

"The big dreamer" is more accessible when one becomes very quiet, like in meditation or deep sleep. As I really like to explore the sleeping state, I had the chance to be aware and at the time be totally absorbed by this neutral energy. It always felt great in a way, although the part that describes the incident was not really part of the experience. That might sound a bit weird but with the understanding of an encompassing energy that is in the background of everything, it is maybe a bit easier to grasp.

It is similar to the experience of whole body awareness. First one starts with the hands, the arms, spine, legs, etc. and when each part is addressed separately, the moment comes when everything is simply felt at once. In this moment, there is just an undivided awareness. In the dreaming process, the access to this energy is easier because the question can be asked and one is not involved in holding onto any yin/yang identity.

***What advantages come from approaching lucid dreaming from an energy or Taoist perspective? How would it help the average lucid dreamer?***

I like the straightforwardness in Taoism. The whole existence is mysterious, fair enough, but there is a very systematic approach on how to connect to different states of being. We can distinguish eight fields of existence. Every level is connected to the next.

We have a physical body (1) that is the expression of everything that happened to us. It is run by a life force which moves also outside the body, as an aura (2). We have an emotional body (3), a mental body (4), a psychic body (5), a causal body (6), the body of individuality (7—the big dreamer within us), and the Tao (8).

With the gift of lucid dreaming, one can tap into the bodies (2–7). In order to integrate everything, the first (physical) body needs to be cared about as well.

***Tell us about your new book. How does it differ from other books on lucid dreaming?***

So far I have written two books about the “Tao of the Night” (Tao der Nacht). The first book explores the lucid dreaming world as well as it shows how to link the different bodies together and become whole again. It offers ways through Qi Gong exercises and meditations to let go of stuck energies. It shows you how to work with the mind and be connected to your self. It will revitalize also your physical body which is crucial if one wants to live a long and happy life (many years of exploring the sleeping and dreaming state). It shows you ways to connect to your willpower and let dreams become true.

My aim was to unite many aspects of the sleep and dream yoga in a clear and easy way, so that it is accessible to everyone. It is written in an open way. The only thing one needs is a bit of curiosity and some effort in bringing back an order inside of one’s self.

In the second book I go into more detail about the “dream Qi Gong.” During many lucid and non-lucid dreams I have been shown, or experimented by myself, exercises, movements, sounds, and mudras. I remembered them and started training with them in the waking state, which led to practicing them again in the dream state.

Basically the books are an invitation to reclaim your personal power and make use of natural states. The third book will be about my journey so far, with many dreamers in it that I encountered up to this point.

***Where can people learn more about your work?***

I give workshops and retreats in Germany and Europe. You can find the dates on my website: [www.taodernacht.de/](http://www.taodernacht.de/). Thank you for asking about the interview and your effort in bringing more people in touch with the world of lucid dreaming.

***Thanks for sharing your experiences with the LDE! ▲***

**MARCH 2023 issue:**  
***Any Topic!***

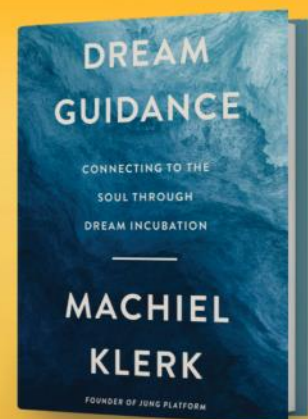


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**WHAT HAVE YOU ALWAYS  
WANTED TO KNOW  
ABOUT DREAMS?**



**MK**

Machiel Klerk



# Lucid Dreams of Symbols, Energy, and Light

By Jesse Jacobs © 2022

*My lucid dreams often involve visual-kinesthetic synesthesia of energy and light. Over time, these have led to lucid dreams of symbols of expanded awareness beyond my identity and ordinary waking perception. Sometimes these symbols are from various traditions. Others have complex geometry beyond my understanding. The following dream is an example of an encounter with a symbol of energy and light.*

## Cosmic Symbol

Before bed, I briefly read the dream suggestion: "To experience or be shown the concept of oneness in a way my mind can understand." I closed my eyes and melted into hypnagogia, focusing on the idea of oneness. A Sri Yantra symbol entered my mind, which I had recently learned about briefly. A geometric impressionist painting of undulating energy appeared as I fell asleep.

Later in the night, I was awakened within the dream by a vast energy in space. In this state, I was beyond conscious self-identity and egoic thought, floating in a cosmic awareness of the sacred geometry of light and energy. Although my vision was not yet open within the dream, I could see and feel with a visual-kinesthetic energy radar deep into space.

When I finally opened my vision within the dream space, I saw a magnificent field of light in all directions. A cosmic Sri Yantra symbol appeared as big as the night sky. I was beyond conscious thought, identity, and physical form; I was part of everything.

I was filled with awe and wonder as I saw golden and multi-colored luminous electromagnetic geometry going as far as the mind could see. Triangles, within triangles, within triangles of shining light: Sri Yantra! I was not just myself. I had become space within space.

Next, I realized many other luminous-colored sacred geometric symbols were coalescing and communicating with me. The symbols appeared to be a consciousness expressed through light, energy, sight, and sound, which moved through my entire being. It was magnificent. Suddenly, intricate multi-layered sky-sized mandalas appeared, containing entire civilizations. Thousands of identities seemed to live within each continuous geometric fractal.

Gradually I became aware of myself as an individual. I could feel the field of expanded awareness within my physical body. At first, I was beyond all thought, but slowly I had some presence of mind that led me back to my conscious self. 'Am I floating in outer space? Where am I? How did I get here?' While in vast awareness, I simultaneously became aware of my body. A self-identity slowly came online as I still existed within the layers



*Sri Yantra Awakening*

*by Jesse Jacobs © 2022*

*(Also featured on this issue's cover)*

of the geometric energy field. My physical body seemed connected by a cosmic awareness. *'What is happening? What are these other symbols layered upon one another?'*

Winds of electric light with independent intelligence began blowing horizontally and vertically toward me. I suspected this was communication on some other level. These massive forms flew towards me in organized flight patterns. The sensations and frequencies grew more intense as my ego-mind wanted an explanation. *'What or who are these luminous winds of light?'* I could see and feel the beautiful inter-dimensional coalescing mandalas. *'What are the awareness winds?'* These winds seemed to communicate kinesthetically within the energy field.

I searched for understanding. A wave of disorientation flowed through me. *'I am both here and not here. I am here and everywhere.'* I instinctively surrounded myself with a ball of light within a Merkabah. I grounded into the center of my body and the center of my being to integrate, recapitulate, and finally become embodied. In bed, I entered a trance filled with light that extended beyond my physical body in bed.

I awoke amazed and awestruck around 4 am, drank a glass of water, felt my feet, and wiggled my toes. I saw my lovely wife sleeping. My wonderful son was asleep in the next room, and my cute cat curled up in a ball.

When I returned to sleep, I had a series of dream scenes of a futuristic science fiction city. The Sri Yantra symbol appeared everywhere—on moving screens and animated paintings, emerging as translucent fractals everywhere within the dream.



*Cosmic Sri Yantra by Jesse Jacobs © 2022*

In the morning, I was surprised by the depth of the dream from the basic induction. Usually, such experiences come from small suggestions, and a beginner's mind likely helped my openness. The appearance of symbols in lucid dreams of expanded awareness is curious. Sometimes, I spontaneously move into these states of awareness within moments of becoming lucid. Other times, I am placed beyond my identity and become conscious only upon return, awakening in a trance, allowing me to remember and integrate the experience.

My dreams of energy and light are exponentially beyond my perception in waking experience. Over time, reflection has created acceptance and familiarity, enabling me to surrender to them as they begin and integrate them upon return. These lucid dreams of expanded awareness exist on a continuum and have led to my having dreams of oneness within a unified field of light. ▲



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# A Life Worth Living

By Lucy Weir © 2022

My most recent lucid dream was the most significant—if one can say that about dreams without sounding like an excited teen who has just discovered their own anatomy!

I was staying in a room on the top floor of a 100-year-old millhouse, in the place where the miller would have lived, recently and beautifully restored. There were big granite blocks and a spiral stair.

It was cold, and I could see the moon from the window. I pulled the duvet over my head and breathed to warm the cocoon. Eventually, after much slow breathing and calming the mind, the water rushing by along the river, crashing in constant turmoil over the weirs, soothed me with its white noise and I drifted into sleep.

I woke into a dream of disappearing down a spiralling black hole, the centre of which was ever receding. I was being pulled apart by the pressure on all sides and could feel myself disintegrating, yet suddenly I knew this was a dream. I could either shift the scenery and enter something more benign, or explore what was happening here in the spirit of self-enquiry, since this was something, evidently, that was on my mind.

I kept going, knowing that if I needed to, provided I kept my wits about me (and by that I mean kept testing the reality to show myself that this was happening in the arena of my dreamstate), I would remain perfectly safe. I reassured myself, I suppose. But I was surprised to find that I was only in control to the extent that I could remain in a state of openness to what was happening. I could not shift the scene.

I tried a portal jump, a kind of leap from one reality to another, but the sense of being drawn down and apart kept insisting itself upon me. In fact, the more I attempted to control, the more I found myself losing dream awareness and being dragged into a nightmare state. Instead, I simply had to relax, to let whatever needed to happen take place in its own time, and my entire focus became how open, and calm, and kind I could keep myself, rather than being overtaken by the fear that edged itself into my awareness like a knife.

I went right into the eye of the dark and there was a rush of sound and then, at the heart of the sound, was nothing, just emptiness, not even space, but it was open to all pos-

sibility, all activity. It needed no name, no placating. It was right at the very centre, and it encompassed everything. I let it be me.

It was one of those dreams that have no real end. I don't recall there being a conclusion. I was simply, suddenly, entirely conscious that *the key to my own existence lay in this act of allowing* whatever happened to turn itself by its own momentum, because the way of being at peace with that lay solely in my own attitude, which is in fact my own spirit, the way, the manner, in which I approach things.

This, in essence, is what lucid dreaming has allowed me to do. I now live (largely, not by any means completely) attuned, which is to say, in a state of listening, to what it is I really desire for myself. And it's not the expected things. I don't want money, particularly. I want for nothing. I have no independent income to speak of yet I'm lucky enough to be able to do

the work I really love—yoga, philosophy, writing—and to have a beautiful roof over my head, and friends and companions who entertain, educate, love, and appreciate me.

I want security, as far as that goes, but I've read enough to know security's a phantom, too. Instead, I want to be at peace with whatever's happening. Dreams are just our way of making life, the daytime story, make sense. The symbolism of what we see is more alive to us at night, in the memories that are reflections of our sense experiences. We live in that liminal world for moments but they are significant moments, moments that mean more to our overworked minds than the flood of narrative that knits up our daytime worlds.

Feuerstein describes five stages of meditation which you may also experience in lucid dreaming: the vision, merging with the vision, merging with the sounds, hearing silence between sound, and being with emptiness. These stages are visualisation, merging with the image, listening to sounds, listening to silence, and experiencing being emptiness.

These are advanced stages but you, like me, might have a taste of these through lucid dreaming.

Keep a notepad by the bed and take note of what you find in the light of the practice of lucidity by night. ▲





## Pre-Lucid Dreaming Lights the Way!

by Ed Kellogg, Ph.D. © 2022

When developing any skill, feedback matters—because the more sensitive and accurate the feedback, the faster we learn. And with the right feedback, you can learn just about anything, from how to shoot a basket, to how to deeply relax before going to sleep by increasing blood flow into your hands and feet.

And feedback works best when it signals small improvements, letting you know you've moved in the right direction. For example, when you notice you've thrown the ball just a little closer to the basket, and not just when you've made a perfect shot through the hoop. The same strategy works for learning to have lucid dreams.

As I've explained in detail elsewhere (1), lucidity can vary widely, both within a dream and between dreams. Although becoming lucid by accepted definition minimally requires having conscious awareness that you dream while you dream, other factors play important roles. These include the ability to think clearly, the ability to remember, the reality tone or vividness of the experience, the sense of Self of the dreamer, and the power to mindfully control your own actions and to influence the dreamscape.

However, for many—especially beginners—even vaguely realizing that they dream may prove too high a goal to provide good feedback, so what about stages before this, that indicate that their dreams have moved in the right direction?

I recommend that beginners—and former lucid dreamers on the comeback trail!—pay attention to more subtle signs of increasing lucidity, such as what I call the **Pre-Lucid** state, where when dreaming they notice **some sort of bizarreness** as unusual for **Waking Physical Reality (WPR)**. Even if they realize almost none of the implications and still believe all of this somehow happens in **WPR**, this **DOES** seem very close to lucidity, **as the dreamer's critical awareness has clearly begun to awaken**. And this can seem really simple, as in a dream in which you notice and pay attention to something out of place, that you realize does not fit. For example:

“... I walk around an area of town with people browsing a lot of small shops selling holiday goods. Lots of interesting stuff. I realize that I miss a silver pendant of mine, but then see it just lying in the middle of the street, where I have not gone, with several other obviously valuable items, such as a gold chain. I pick them up—yes, my pendant—and the items seem stuck together. I have no idea how they got there, and why, considering their obvious value, that no one picked them up. I don't understand—this does not make any sense!”

**Comment:** In this dream, I noticed something that did not fit, and this bothered me. My critical faculty had awakened. If I had stayed up-to-date at the time with the practice of routinely doing reality tests in **WPR** (2), I expect that out of habit I would have done one in the dream, and become fully lucid.

But doesn't anything happen **even before** this takes place, that might indicate that someone's dreams have



significantly moved towards lucidity?

Yes—what I'll call the **Pre-Pre-Lucid** state, where dreamers find themselves doing something—like flying or using psychokinesis or successfully working magical spells, or doing just about anything else that normally doesn't work for them in their waking lives. Most people have had these kinds of dreams, especially flying dreams, so the barrier of disbelief does not apply. When dreamers find themselves using these kinds of abilities, it indicates that SOME aspect of them **REALIZES** that the rules have changed, and the limits that normally apply to them in **WPR** no longer apply. For example:

"I finally find a way to demonstrate P.K. By using chi from the palm of my hand I can move a small piece of flat amber on a smooth table. I can move it toward me with my hand deeply cupped, muscles sucking in, but I find it easier to push the object away, my hand tensed to sort of push the palm out, while still cupping it."

**Comment:** In my dreams, psychokinesis—mind over matter—occurs just about as often as flying. Also, another kind of dream worth watching for—having much greater physical abilities than normal, for example of strength. For instance, in dreams I often find that I can jump much higher than normal. This non-lucid dream includes an interesting combination of both:

"In a very large room—empty except for bare carpet—60 feet across. I kick off strongly from one wall, and manage to stay just a few feet above the floor all the way to the far wall—where I kick off again and make it back to where I started. Amazed that I can do this in **WPR**, I find two skeptical friends I want to demonstrate this to. With them looking on I fumble the kick off—and don't go at all as far or as fast, but by closing my eyes and keeping my mind non-attached I manage to keep myself aloft skimming along only a few inches above the carpet, at least halfway. Not as impressive as what I did on my own, but 30+ feet seem far enough to make the point."

**Comment:** I do a lot of flying in my dreams, so flying does not work particularly well for me as a lucidity cue, as my dreaming self takes this ability for granted. However, seeing if I can float still works quite well as a reality test—but only if I first become lucid enough to think of doing one!

**How can paying attention to these kinds of dreams help those who have not yet had a lucid dream—or who have not had lucid dreams in a long time?**

Decades ago, I created a tool that helped me make a quantum jump in my ability to both incubate lucid dreams and to have **Fully Lucid** ones, *The Lucid Dreamers Checklist* (LDXL, 3). After years of working with lucid dreams—and practicing the **MILD** technique, the **Critical Reflection Technique**, and so on, I developed the ability to succeed at intentionally incubating a lucid dream to about 1 out of 5 times.

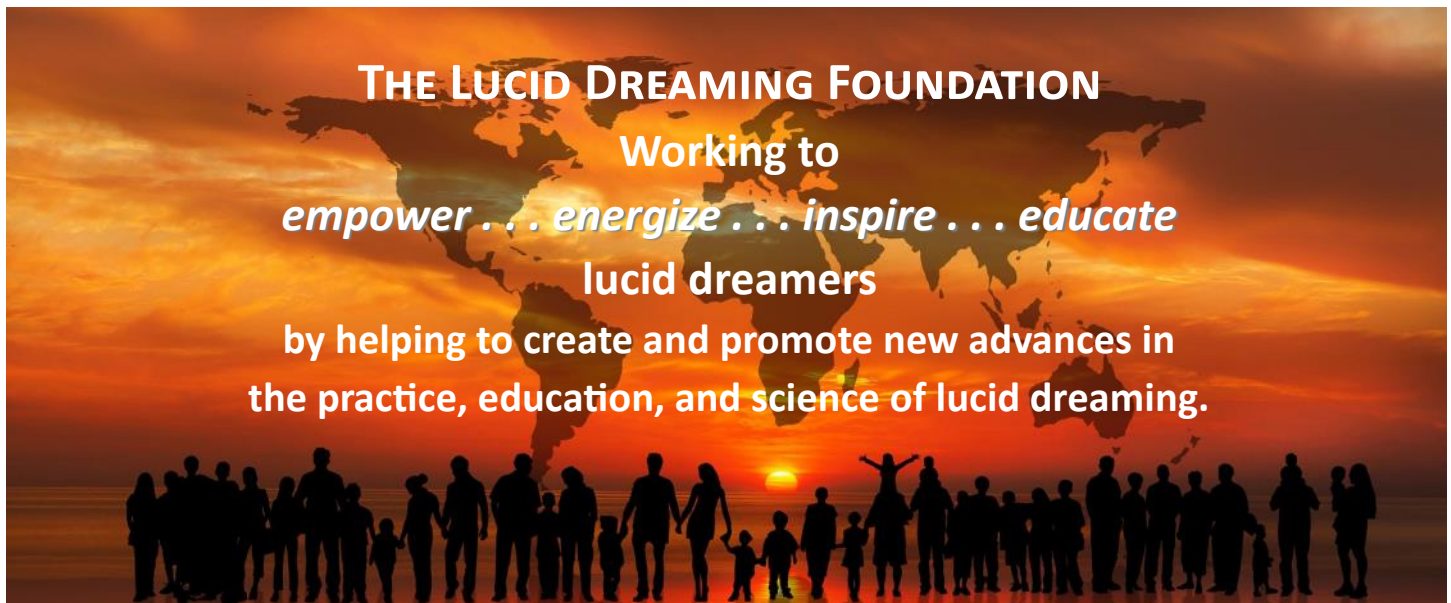
Thinking about it, I'd begun to vaguely notice a pattern with respect to the conditions that favored success, and decided to systematically explore this, by developing a checklist so to better pin down the optimal conditions that worked for me personally. I started filling out the form every time I had a lucid dream, looking for patterns. I found them, and when I **fully** applied them my success rate skyrocketed, **to 9 out of 10**.

The modified instructions seem simple. Whenever you incubate a lucid dream (whether you succeed or not), and whenever you have a spontaneous **Pre-Pre-Lucid** to **Lucid** dream, fill out the **LDXL** the next morning. Eventually, you will have enough information to create a **personal** profile of the **incubation techniques** that work best for you, as well as the **conditions** that facilitate your lucid dreaming. And when you have **Pre-Lucid** dreams of any kind, congratulate yourself—your dreaming mind has begun to awaken, moving away from ordinary dreaming towards lucidity. As you fill out the checklists for these dreams, or even for extraordinarily vivid or clearly recalled dreams, **look for patterns**. Doing so will help you discover your own personal set of optimal dreaming conditions.

In summary, pay attention to dreams in which you find yourself noticing something, or doing something, that **doesn't fit** with your beliefs and expectations about how **WPR** works, or dreams in which you find yourself inhabiting another reality altogether—an alien world, a future time, a different dimension, a different body. **Pre-Lucid** dreams like these provide useful positive feedback, that can guide you on your way not just to becoming **Fully Lucid**, but even **Super-Lucid**. Bon Voyage! ▲

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# Highway to Infinity

By David L. Kahn © 2022

Like many people, I have had several dreams that involve driving a vehicle. In 2021 I had a series of lucid dreams in which driving preceded lucidity. Each of these dreams had a common theme of letting go of control. Or perhaps I should say, letting go of the *illusion* of control.

In the first dream, I am hopelessly lost while in a non-lucid state. Shortly after the driving scene, the reality of my repeated behavior comes to consciousness. Upon feeling a sense of acceptance, I become lucid.

January 4, 2021

## Tension of Opposites

As the dream begins, I am in a bank having difficulty making a business deposit. The building has odd angles to it and looks like it is being renovated. No tellers are at the counter. I am unsure where to go and no one is there to help. I end up walking through different rooms and ultimately become completely lost.

The scene shifts, and I am now driving through the bank. I still have no idea where I am going, and I feel pressured for time. I now see what looks to be an exit, but I must drive up a triangular ramp and then back down to reach the door. I wait for a mother and child to pass by the bottom of the ramp, and then I hit the gas and exit the building. The scene shifts and I am now outside in the parking lot, where I spend a while trying to find my car unsuccessfully. The weather turns foggy, and my vision isn't clear. I use my keychain to listen for the beep of my car. I can hear it, but I still can't find it.

The scene shifts again. I am still lost in the parking lot, but I have a sudden realization that I will never find my car, no matter how long I look for it, and so it is time to stop looking. At this point I recall reading about the tension of opposites in Dr. Clare Johnson's book *Mindful Dreaming* and I become lucid. I know that I must stop searching for my car and just be where I am. I put my hands up by my shoulders with palms facing to my right and left, and I slowly press as though I am pushing something away on either side of me, though there is nothing physically there. It is as though I am creating space. I then float on my back and the scene fades to empty gray space before shapes begin to appear. I now feel peaceful.

In this next dream, it is by recognizing that what I see isn't real that results in me having the confidence to let go and see what happens.

January 11, 2021

## This Isn't Real

This dream begins with me driving at highway speed down a completely dark road. Though I feel like I am maintaining control and staying on the road, I can't see anything, and I am not sure that I won't crash. I feel nervous, but I don't panic.

A wall then appears not far in front of me, which looks like the side of a warehouse building. The front wall is colorful with artwork, maybe graffiti. I have time to stop, but as I approach, feel confident that this isn't real. I don't slow down to confirm that, and I continue at full speed straight into the wall. I go right into it and drive through the building. The inside of the building looks like an empty warehouse. As I drive through other walls, I become lucid, at which point I am no longer in a vehicle and my trajectory changes.



I am now flying straight upwards at a fast rate of speed, like a rocket taking off. I don't feel that I am controlling it, but rather, that I am not resisting it. I say, "Show me what I need to see" as I often do, and I now see a scene that looks like I am in outer space. In my line of vision in front of me and slightly to my left is what I think of as a large nebula. It has a disc shape with a center bulged area, much like a galaxy. I take note of the shape, and the scene shifts. The dream ends in a non-lucid scene in which I am on a boat with my friend and my son. The water looks calm.

The third dream again begins with me driving. Perceived danger triggers me to become more aware. I begin to question some things before the scene then shifts and I become lucid. As with the first dream, I stop a repeating pattern, but this time after becoming lucid.

May 23, 2021

### Trust Fall

I drive on a winding road with a mountain to my right. A couple of cars curve into my lane, heading straight towards me. I manage to avoid hitting them and they pass by without incident, almost as though they could pass right through. I feel odd, like I'm kind of in control and yet I don't feel quite like I am. I think to myself, "I wonder if I'm okay?"

I am now outside at night. I seem to be in a long driveway with a two-car garage door in front of me, except that there is no actual door. The space where the garage door would be is a completely black void. I become lucid and now have a hockey stick, or possibly a golf club. I hit a hockey puck or golf ball into the black void garage door space. As I do that a second time, I feel a strange sense of confidence, as though making these shots has accomplished something.

I now toss a basketball into the void, again trying twice, and making both shots. Now I hold a baseball and bat and am about to do the same thing when I decide I don't want to do this anymore. Instead, I say to the dream, "What do you want me to see?" I then fall backwards intentionally towards the ground. When my back reaches where the ground would be, I fall right through. I am now going down through a rectangular hole that looks to be in the shape of a grave. I fall fast a long way, perhaps 100 feet or so. As I fall, I see tiny dots of light in the sky above. I am not afraid and am fascinated.



Reflecting on these dreams, I could describe the action of driving as the "vehicle" that brought me to lucidity. Themes of endless searching and repeating patterns evolved into awareness, acceptance, letting go, and peace. At that point the vehicles disappeared back into the void. I have little doubt that more vehicles will make their way into my dreams from time to time. As they do, I can become more aware in my waking state and question if there is a pattern that I am ready to let go of. And, maybe, I will pass a few road signs triggering lucidity on the highway of my life. ▲

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Have you ever had a dream in which sounds or music from the waking world trickled in?

Perhaps you dreamt of rain and woke to realize that the bathroom faucet was dripping. Or perhaps you dreamt of being at a nightclub and woke to realize your neighbor was playing loud hip-hop music. As lucid dreamers, we can use this effect to our advantage by training ourselves to associate a certain tune with performing a reality check!

This idea came to me one morning after I had dreamt of sitting on a park bench that was vibrating. I had looked all around it but could not for the life of me figure out what was causing it. I then woke to the realization that my phone was vibrating next to my pillow!

I began experimenting with setting an alarm throughout the day that would play the theme song "Time" from the movie *Inception*. I trained myself to do a reality check every time I heard it, in the hopes that I would do the same in a dream when my sleeping self heard the alarm. Then before bed, I would set the dream alarm to quietly go off a couple of times in the middle of the night and place it next to my pillow. After several amusing near misses, one night I had this dream:

*I "woke" into a false awakening in my bedroom in which I set an alarm on my phone to play the music. I then "fell asleep" again within the dream and found myself standing on a beautiful beach. I was exploring the beach when suddenly I heard music playing from the sky! It's the song "Time" from Inception! I looked at my hands and noticed that I had extra fingers... I'm lucid!*

*I was in shock; everything was so real! I was amazed also that to be hearing music not from the waking world, but instead from another dream layer above me, from that previous false awakening. I looked up at the sky and listened to the music. Amazed that I was lucidly aware within my own unconscious, and that the "sky" I was looking at was really the surface layer of my waking consciousness.*

*I didn't have any particular lucid goals to achieve. I just explored the beach and a cave and splashed in the ocean. Absolutely marveling at the realistic detail of everything, right down to the warm temperature of the water. All the while feeling like I was a miniature sized me walking around within my sleeping self.*

*I then "woke" back into the false awakening, non-lucid once again. I saw that the dream alarm was playing. I turned it off and started to write down my dream.*

Then I woke up for real! I realized in waking reality that my music alarm had not yet actually gone off yet, and I had merely dreamt of it going off and yet still had a lucid dream!

In the case of this dream, it was merely the *anticipation* of the alarm going off that led me to dream of it, and yet it still led to lucidity. In fact, when I awoke, I realized that the musical alarm was not due to go off for another 40 minutes!

However, there have been other occasions where the musical alarm actually did seep into my dream, not just the anticipation of it. Here are two notable near-miss lucidity examples of this:

*I dreamt that I was in a room with Leonardo DiCaprio and some other people. I was apparently there to inter-*

*view to be his assistant. I was filling out papers when I heard my phone alarm going off playing "Time." I was annoyed by this distraction and turned it off, then returned to my papers. But it went off again! I attempted to turn it off once more, but it wouldn't stop! I tried breaking the phone but still the song persisted. I then woke to find my alarm going off next to me.*

*I dreamt that I was in a house and I heard the song "Time" playing but I could not find the source of it! I looked everywhere, but all the electronics I found were not the source. I looked under the cushions, in the cupboards, everywhere, and could not find a way to stop this song from repeating over and over again, getting louder and more annoying by the minute! Then I decided I must wake up to check if the song is coming from my waking reality! I woke and indeed found my alarm going off.*

Note about these two dreams: Some part of me knew that I was dreaming because I thought to check waking reality to see if that's where the song was coming from. However, although I definitely noticed the song in my dreams, the association I had created with it was "turn it off as soon as possible" instead of "do a reality check!" This is what led to these being near-misses!

I have since made more effort to pay closer attention to my reality check when I hear the alarm throughout the afternoon; to not turn off the alarm immediately and instead let it play while I stare at my hand for a few moments. This has since created a much stronger association with the song and has become my favorite lucid dreaming induction technique!

A few important notes about this technique to help get you started:

1. Choose a peaceful song that will not startle you into waking. Some suggestions are cello, piano, or meditation music.
2. Set the alarm to go off several times throughout the day. The more often you do it, the sooner you will associate the tune with a reality check.
3. Turn the sound volume to a low setting, just loud enough that you can hear it but quiet enough that it is more background level. ▲

## Where's Robert?

### Upcoming Events with Robert Waggoner

**Begins late February, 2023 — Online**

**"Lucid Dreaming and Living Lucidly" Workshop**

**A 30-day IONS workshop with Robert Waggoner, Gillian Thetford, and others**

Details at: <https://noetic.org/experience/lucid-dreaming-living-lucidly/>

**June 18–22, 2023 — Ashland, Oregon**

**International Assoc. for the Study of Dreams Conference**

**Robert and others will present at the 40th Annual IASD Conference**

Details at: <https://iasdconferences.org/2023/>

**Jung Platform Online Course**

**"Lucid Dreaming — A Path to Healing and Inner Growth"**

**A 4-Hour Self-Paced Training Session — Available now!**

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**Hemi-Sync Online Course**

**"Lucid Dreaming for Beginners, by Robert Waggoner"**

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[Lucid Dreaming for Beginners Online Course – HemiSync](#)

Want  
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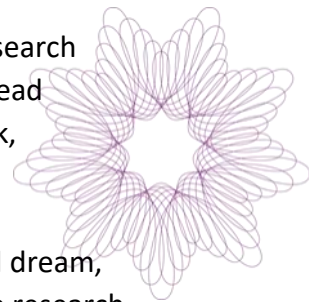


# New Lucid Dreaming Study Seeks Participants

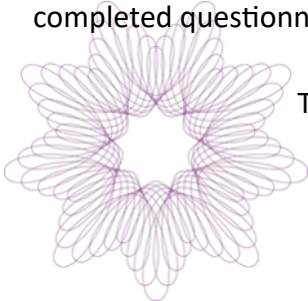


**A new dream research study seeks lucid dreamers, willing to complete a task within a lucid dream that involves asking a question in the lucid dream.**

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



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



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

- You have had at least one lucid dream in the past 12 months.
- You are at least 18 years or older.
- You are able to communicate your lucid dream in English.

To join the study, please send an email to: [LucidDreamResearcher@gmail.com](mailto:LucidDreamResearcher@gmail.com)

[Note: Your email address will only be used to communicate about the study].

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

*Thanks for your participation in this study!*

# Using Tarot to Facilitate Shadow Work in Lucid Dreams

By Karim © 2022



*The Devil card, Rider-Waite tarot deck.*

I share this lucid dream as a follow-up to the recent Many Worlds of Lucid Dreaming Conference, where I presented on transmuting the shadow in lucid dreams. Two years ago, I had a profound dream while I was incubating The Devil card from the tarot. This happened during a time when I was involved in a daily practice for a hymn to Kali.

In Vedic tradition, Kali is a wrathful deity or face of the Divine Mother. She is usually invoked for protection, and to help one face their fears. She is known as the dispeller and destroyer of illusions, as well as a slayer of the negative ego, dark shadows, and demons. I believe she is a perfect companion for working with The Devil and The Tower in tarot.

The first dream I had that night was related to finding Kali. After a long adventure, I meet her. I rejoice, as it is considered a big blessing to see her in a dream state. But Soltan, my cat, starts meowing and interrupts my dream. I wake, disappointed. After feeding the little one, I return to bed and incubate The Devil card again while chanting the hymn.

As I fall asleep, I enter a WILD where I am holding the card in my hand and retain my lucidity. A protective wisp of light (will-o'-the-wisp) is hovering next to me. I can hear Kali's voice coming from it. I realize the wisp is acting like a mobile phone, a conduit, to the Goddess.

She says, "If you want to understand 'the devil,' go to this elevator." A door appears next to me and I enter, accompanied by the wisp. I press the only button on the panel next to me. After a long ride down, we exit into a circular room dimly lit by four torchlights. In the center of the room is an altar. On top of the altar is a brass bowl filled with a black, thick, honey-like liquid. I note here the elements of light, fire, and water.

The voice from the wisp says, "If you want to know the root of all sin and temptation, take a sip from the bowl."

At this point, I am a little terrified. What deep, dark secret is going to be revealed? I brace myself, summon my courage, and take a sip of the liquid. I never had an experience where tasting something brought me an understanding of a concept. I say, "It tastes like separation!" A big realization dawned on me upon drinking the liquid. It was like downloading a massive file on a high internet broadband connection. I wrote out what I received as a dictation or conversation with the Mother.

She starts, "The belief in the illusion of separation from the Whole is the root of self-importance and ignorance that gives rise to the dark passions/sins (Pride, Greed, Envy, Sloth, Gluttony, Wrath, Lust). They are nothing but a mechanism of desire made up of attachment, grasping, and coveting. This causes a sense of forgetfulness or amnesia of your true identity in order for you to experience yourself as a separate individual inside the oneness. It is the only way this can be possible.

"The devil is not an entity. It represents a reflection trick that happens when you move the mirrors of your awareness to certain angles in order to dim the light as much as possible. This helps you have a limited focus on one small spot in awareness.

"You know that 'the devil' archetype is highly active when you observe yourself and find that you are experiencing one of the passions along with fear, anxiety, or other undesirable emotions. Forgetfulness is when you are lost in the manifestations, lost in mind. Attached to the pleasures of the world while forgetting who you really are. If you 100% fully



recall who you are then it is game over. No more incarnation for you. You are here, in this dream, to know why this mechanism exists and what can you do about it.

“The passions are what make the world go around. They spin the wheel of incarnation (Wheel of Fortune in tarot). Without them, no desire can exist and no creation ever will. The devil (archetypally) serves a very important function; it creates a polarity from oneness to separateness. However, make no mistake, even the mechanism you call the devil is Brahma (the greater awareness/reality) too. Even ignorance is divine. Brahman (which is essentially what Kali is) grants ignorance and removes it. (That is a famous Vedic saying.)

“The more individual, separate, and unique you want to be, the stronger the mirrors are limiting the light that you can see. This is why the path to enlightenment requires the relinquishing of the small individual will. Which is why you must pass through the Hanged Man (surrender) first. To surrender your limited viewpoint and adopt the larger expanded view and will of life. Think of it as rebooting and installing a new operating system. It is a reconfiguration of mirrors to see and experience more of awareness. Of course, when you do such a thing you end up invoking the resistance of the passions.

“This resistance will come in the form of stubbornness and rebellion to remain an individual and not go through the process of transformation. This is conveyed in your stories of the fall of Adam and Eve, and the rebellion of Satan in heaven. A story of a part of awareness wanting to experience individuality, a separateness, from the Whole/Oneness. This is seen as a ‘descent.’ In reality, there is no descent or ascent, as there is nowhere to go, really.

“When awareness ‘descended’ into the incarnated world, part of it didn’t want to accept that it was connected to One Will and wanted to feel sovereign over itself. What nonsense and delusions (she laughs here). It is not possible to be separated, so Brahman/Awareness does the next best thing. It gives itself amnesia. It is a nice game that Brahman likes to play.”

I ask her, “So what can I do about this resistance then; how can I best progress?”

Kali responds, “Self-observation is one of the best tools you have. In moments of amnesia, hold the Sword of Awareness (which could be thought of as mindfulness, or detached observation). It will remind you that you are falling for the devil’s mirror tricks and believe you are separate. Use the sword and cut through clouds of the mind to remember who you truly are. That you are one with all of creation. You are a light ray that is not disconnected or separated from its source. Just like a light beam or photon is never disconnected from the sun no matter how far away it travels. Your individual separate will is an illusion, a mirror trick!

“Cutting through the fog of the mind brings you back to center. It is a balancing act between the two extremes—Oneness and Separation. This balancing is your Temperance (another tarot reference). How to keep engaged with ‘the devil’ to remain an individual but not get lost in his temptations. Experience pleasure in incarnation without amnesia (of true self). This is called ‘Invoking the Devil Consciously’ or ‘Conquering the Devil.’ It gives you mastery of the world without ignorance (believing in separation) dawning on you.”

I ask her one more thing in reference to a dream I had a day before where I saw my reflection in a mirror as a reptilian or draconian entity. “What was the draconian in the previous dream, what does it represent?”

The voice replies, “The dragon is a creature of desire. Remember the old dragon tales? They always hoard great treasures and are very protective and possessive of them. You are humanizing/integrating your dragon which is a good stage of development but the work is not completed yet. The dragon, while granting you a lot of power, is also subject to the shadows of pride, greed, and lust. What’s good about this symbol is that it signifies that one possesses a great treasure. That’s your alchemical gold hidden in the underground cave. The way through to the gold is by integrating more and more of your shadow. The more you integrate ‘the devil,’ the more access you have to pure awareness and who you truly are. The more you work with the sword the way I taught you, the less amnesia you will have.”

I thanked the deity for giving me a deep insight into the Devil archetype or the shadow. This dream has created a massive shift in my beliefs. Upon waking, I looked at the Devil card from another deck I had called *The Alchemical Tarot* (by Robert M. Place). It featured a dragon—good synchronicity. ▲



# Transformative Questions and Answers with the Lucid Void

By Melinda Powell © 2022

Excerpt of keynote paper from IASD's Many Worlds of Lucid Dreaming Conference, 2022

My primary experience of lucid dreaming has been on the 'Lucid Void' and the states of awareness that emerge from it. When I take a stance of heartfelt surrender to the transpersonal intent behind the dream, the dreamscape gives way to an infinite, formless, luminescent expanse of Black Light—the Lucid Void. Simultaneously, my dreambody transforms into a subtle body made of Black Light.

Through sacred surrender, my projections are withdrawn from the Void, its 'emptiness' becoming filled with numinosity: a profound sense of Presence, Intelligence, and Unitive Oneness, an epiphany of the 'light of awareness' or 'the light in darkness.' With ever-deepening surrender, deeper lucid states arise. A representation of the Void is depicted in the image, *Infinity*, by the 17th-century alchemist Robert Fludd (see Figure 1).<sup>1</sup>

I have found that the numinous encounter deepens in response to a process of asking spontaneous questions. Paradoxically, this ultimately leads to the cessation of all questions as the egoic will yields to the deeper transpersonal will. As Teresa of Avila has said, "Only in us is God so lost that God asks questions."

For this pilot study, I reviewed hundreds of my dreams across a 20-year timeline. I noted when questions *spontaneously* arose, who in the dream was asking them, the patterns that emerged, and the different functions they served:

1. Initiating dream lucidity.
2. Orienting the dreamer relationally to the Void
3. Deepening (or lessening) focus
4. Illuminating understanding
5. Expanding awareness of other dimensions
6. Leading to a state where questions are no longer needed.

Over time, the type of question asked in each category has increasingly shown a capacity for meta-reflection, the awareness that I am aware inspiring a more compassionate and expansive attitude. Take, the first type, 'Initiating Dream Lucidity'. Early in my experience of lucidity, my questions focused on incongruities between the dream and waking life. I might ask a Dream Being known from my past, "What are you doing here?", which would initiate lucidity. Or, I might say to a Dream Being I recognise from waking life, "You should be older by now, shouldn't you?"

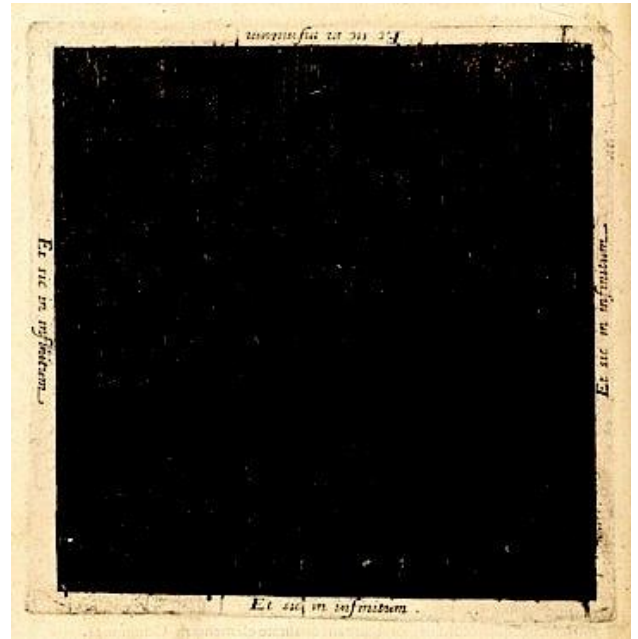


Figure 1: *Infinity* by 17th-century alchemist Robert Fludd.



Gradually, the questions shifted to conceptual differences between the dream scenario and waking life. For example, I might ask another Dream Being, “Do you know this is a dream?” or say aloud, “Unicorns don’t exist or do they?”

More recently, I find myself asking spontaneous questions out of compassion. Once I enquired of a melancholic Dream Being, “Why are you so sad?” In a dream where I saw Earth from space and felt concern for it, I asked with deep concern, “What will happen to Earth?”

A similar evolution has emerged in questions asked of the Void. Initially, attempting to make sense of my experience, I might ask:

- Have I died?
- Will I get back?
- Who can help me?
- What kind of weird situation have I got myself into?

As I gained more confidence and trust in the Black Light, my questions focused on the nature of the Void and my relationship with it:

- Ah, a wormhole! Am I ready for it?
- What is carrying me?
- How fast am I being carried?
- What is all this zigzagging in the Void about?

The question that arises most often has been, “What is it I’m meant to see?” My task has been to share the revelations that arise in response.

Questions on the Void reveal what lies beneath the surface layer of life, as depicted in this 17th-century alchemical emblem (see Figure 2).<sup>2</sup> At first glance, we see a countryside scene, representing our everyday waking state. However, as the text explains, the presence of cubes in the air and on the ground represent the Philosopher’s Stone, intimating a more-than-human-consciousness.

To highlight this esoteric message, I have taken out all but the cubes from the original emblem, revealing their placement and number (see Figure 3).

In the Void, transpersonal awareness similarly becomes foregrounded. How it would feel if a radiant cube of light appeared to you out of the Void. What qualities would it put you in touch with? How would it feel to hold or touch the cube? What question, if any, would you like to ask it? What might it reply?

As shown in the following dream excerpt, my questions, and the answers given, enable me to let go of mundane concerns and entrust myself to a Greater Wisdom.

*On the Black Light, a door opens to a room with a kind of surgical table in it, and a female Dream Being says, “I’m here to stop your soul from dying or at least to make sure that your soul re-incarnates.” My mind wants to ask what she means about my dying. Does she mean now or later? Though I don’t recall a single detail of my*



Figure 2: Atalanta Fugiens

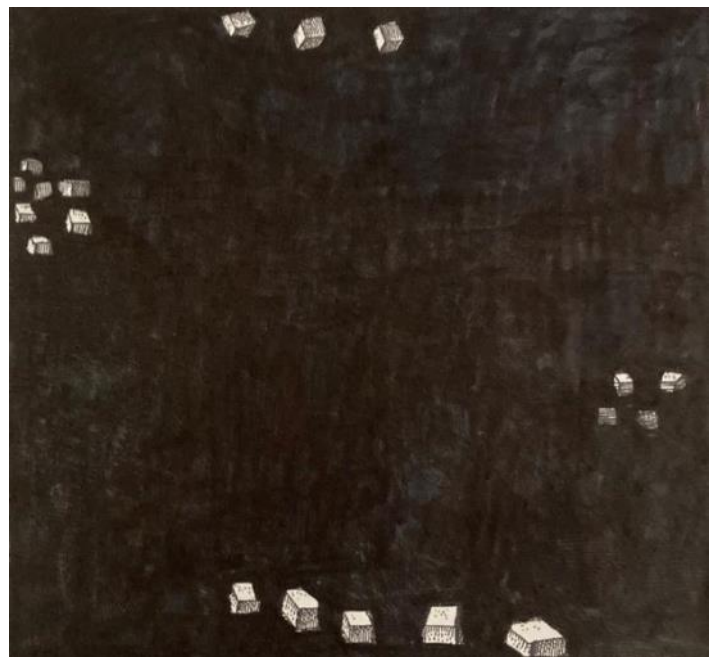


Figure 3: Cubes in Void



*earthy life, its sorrows and joys hit me hard, and I think aloud, "I'm not so sure I want to re-incarnate, even if it's possible."*

*It's clear I have not been fully convinced. The woman smiles and says, "Given what your soul knows, it may have to do so." We talk at some length about this until I say, "I ask a lot of questions, don't I?" By this time, I have yielded to the dream process. Now the Dream Being asks me a question:*

*"I'm here to do a surgical procedure on you. Will you let me?" Because of the trust engendered by our conversation, I agree to her request.*

When Dream Beings ask me a question, I pay attention, especially when asked, "Are you sure you want to do that?" I have learned this question signals that I need to relinquish my intent. Occasionally, Dream Beings have asked me, "What part of my dream are you?" This poses the question, "Are they in my reality or am I in theirs?" After a numinous encounter in the Lucid Void, I once tumbled into a form-based dream, landing curled up at the feet of an elderly woman in a rocking chair by a cosy fire. She asked me, "What do you call those dreams when you let yourself be taken to God in that way?" "Surrender," I replied, "Lucid Surrender," (a phrase that presaged my later writing on dreams). At other times, when I have felt a deep grief for humanity and Earth, I have heard a voice say, "You are grieving for the Spirit, aren't you?"—helping me to understand my sorrow.

By 2013, there had already been many hundreds of encounters with the Void, and yet on occasion, I still strained to remain calm and unafraid. One night, I heard a good-humoured, gentle voice say to me, "Can't you just trust the Black after so many experiences of it?" Surprised by this question, I promptly surrendered to the deeper awareness.

Questions spontaneously arising in lucidity have expanded my awareness of other dimensions. This can be illustrated by two dreams that I had, each sharing the central image of a Black Sun. The first, in 2008, came at the start of a new job running a charitable counselling centre. When the Black Sun appeared on the Void, I felt awe-struck and perceived it as the Divine. I asked, "Why a black sun? Why this way?" Came the reply: "So you won't be annihilated." Then, one of the sun's rays broke off and pierced me in the chest. It felt as if my heart had opened wide. I awoke feeling confident about the challenges ahead. This Black Sun empowered me to fulfil the demanding work that followed over a ten-year period. It also seeded the life experience and learning I needed before publishing my first book, *The Hidden Lives of Dreams*, in 2019.

My second Black Sun encounter came twelve years later, just before the start of a Covid-19 lockdown. Prior to sleep, I asked for guidance about what to do. In the lucid dream that followed, the Black Sun reappeared, and I said, "We meet again!" Bowing my head, I asked, "How can I best serve?" In response, two slits of piercing white light appeared on the sphere's surface, converging into one ray that hit me between my eyebrows. I awoke, my forehead still buzzing.

No explicit verbal guidance was given, yet I had been instilled with the will, hope, wonder, and love needed to engage with life. As I awoke from the dream, I realised that I could best serve by writing about dream lucidity. On the Winter Solstice 2021, my book on *Lucid Surrender* was published, in which I explore themes such as the Black Light, coloured light, mirrors, wormholes and an alchemical perspective on deepening awareness.

To conclude, I'll share the spontaneous question-and-answer process that took place in the dream "Black Light Woman," which happened at a time I felt completely exhausted:

*I rest face down on wooden floorboards. Touched by the wood's beauty, I know that I dream. The dream-scape falls away, leaving me levitating in circles in a black fog. I wonder, "Will I get stuck in this place and be left to go mad?" (A default question that, when asked in fear, usually pops me out the lucid experience.) However, by now, I know that all I need do is to sing a sacred song. I do so and my soul feels lifted onto the Black Light. Below me appears a wormhole. "Ah," I wonder, "am I ready for this?" The answer comes as I find myself being carried into the wormhole by an invisible Being. Evidently, I must be ready! We emerge at the other end on a field of Black Light. As usual, I ask of the Void, "What is it I'm meant to see?"—declaring my willingness to surrender.*

*Then I notice a larger-than life woman of radiant Black Light leaning against the Black. I can tell she too is exhausted, and I ask myself whether her weariness is connected to my waking life. At the same time, moved*

*by compassion, I extend my hand to touch her shoulder. Instantly, I undergo a “blowing out” of my mind, as the Buddhists say, moving into pure awareness. Upon waking, I find myself filled with the energy and inspiration needed in my waking life.*

Questions and responses in dream lucidity that arise spontaneously out of curiosity and wonder infuse us with compassion for ourselves and for others. The challenge thereafter is to allow our souls to stay present to this heartfelt awareness, both in our dreaming and waking life. ▲

For the complete version of this keynote paper, register for IASD's Many Worlds of Lucid Dreaming Conference Archive, 2022, at [https://www.glidewing.com/iasd/lucid\\_dreaming\\_conference.html](https://www.glidewing.com/iasd/lucid_dreaming_conference.html))


### Author Bio

Melinda Powell, née Ziemer, co-founded the Dream Research Institute at the Centre for Counselling and Psychotherapy Education, UK. She is the author of *Lucid Surrender: The Alchemy of the Soul in Lucid Dreaming* (2021) and *The Hidden Lives of Dreams* (2020).

[www.driccpe.org.uk](http://www.driccpe.org.uk) & [melindapowelldreams.com](http://melindapowelldreams.com)

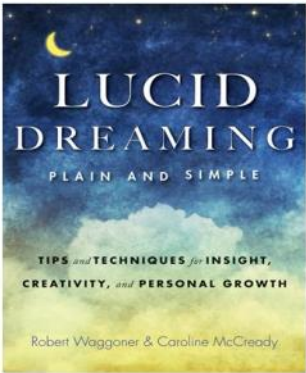
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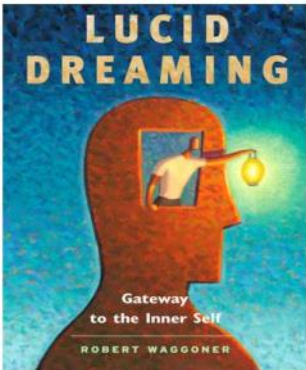
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# LUCID DREAM Surprises



By Dale E. Graff © 2022

Lucid dreams can present accurate information about future situations. Sometimes these occur spontaneously when not intended but they may also occur for experimental situations. In this article I describe lucid dreaming for an experimental project involving an existing target picture, and a lucid dream that occurred for a future tragic event.

## Falling Together Toward Sleeping Giant Mountain

Shortly after I began dream journaling and facilitating programs on psi dreaming, a woman (R.S.) contacted me about her ESP ability and vivid dreams. I arranged several psi experiments and discovered that she was correct; her perceptions were accurate when relaxed and intending to “see” distant locations.

One of these experiments had a surprising result. A colleague travelling hundreds of miles away selected a target picture for R.S. to describe. R.S. had intended to perceive the target while relaxed, but became distracted during the experimental schedule and did not attempt the experiment. However, she experienced an unintended lucid dream that night. As she reported, “...*I am in the sky holding onto a colorful parachute. Someone is nearby but I cannot see who it is... I release my grip and fall toward a mountainside. As the rocky ground approaches, I become concerned and leave the dream.*” About an hour later, I experienced a lucid dream similar to her dream.

When our colleague returned several days later and revealed the target picture, we were surprised that our lucid dreams correlated with the target picture; a hot air balloon drifting over a mountain in Colorado. We misinterpreted the balloon as a parachute, but had accurate descriptions with sketches of the mountain’s rocky terrain. We were amused by the mountain’s name, Sleeping Giant Mountain. Our colleague’s focused intent for R.S. to succeed extended the boundary of the experimental schedule into her dreamtime. His strong intention, like a signaling beacon, linked with my curiosity about the target brought us together over Sleeping Giant Mountain. Perhaps our subconscious is a Sleeping Giant, available anytime we “fall” asleep.

A dream that occurred prior to my lucid dream on that night was unusual and did not relate to any aspect of the balloon target picture. In this dream, “*I am in an automobile looking at a sheet of paper near the front window when suddenly a gust of wind blasts through the car, carrying the paper outside! The paper swirls around and is blown under the car. I crawl under the car to retrieve it. As I think of what I am doing, I become semi-lucid and wake up.*”

I had no personal association with the content of this dream, but I wondered if it could relate to my colleague. When I told it to him, he confirmed that it presented his actual situation. He had placed the target picture on the dashboard of his car. When he later opened the door, a gust of wind blew it out of the car and under it. He reached under the car to retrieve it. The dream was presented from his perspective, including his action of reaching under the car. It re-created a real action.

The lucid dreams by R.S. and myself seemed to be mainly telepathic, considering their mutual nature and my colleague’s concentration on the balloon image. However, we may also have accessed the actual photograph



consistent with the remote viewing experimental objective. My wind gust dream was probably telepathic since the feedback was only a verbal account of my colleague's experience. Alternatively, our lucid dreams and my wind gust dream could have been precognitive of the information provided by my colleague when he returned from the trip.



### Perceiving an Improbable Future

Our mutual lucid dreams presented the balloon scene in a dramatic context. The picture has no clear implied action. The sense of falling is not apparent in the picture. Our interpretation of the balloon as a parachute probably implied the sense of falling. I wonder if the Colorado Mountain setting led to an association with a dramatic and troubling lucid dream that occurred several years earlier. In that dream, *"I am in a small airplane (T-39) that is about to crash. I become lucid, aware that the airplane is falling and cannot change the airplane's fatal descent. I exit the airplane and watch it crash into the ground and burst into a ball of fire. Around me are several colorful spheres of light that I think are the spirits or souls of the other passengers who also exited the airplane before it crashed."*

I remained awake for a long time, wondering about that lucid dream and wondering, if it was of a real future, where would the event occur? I eventually fell asleep and was startled by a dream that presented a clear image of the Denver Post with information about a mid-air collision over the Colorado Mountains. One of the airplanes, a T-39, crashed and no one survived. This was the first time I experienced reading in a dream. I felt extremely anxious in the days following these dreams, torn between desiring verification of the dream being precognitive but also not desiring to learn that such a tragedy would actually happen.

Seven days later, the headlines in many newspapers featured the incident: a mid-air collision between an Air Force T-39 and a Boeing 737 near Colorado Springs, CO. The T-39 crashed with no survivors and the Boeing 737 landed safely.

Perhaps the high emotional intensity invoked during the airplane crash lucid dream and the shock I felt when reading the actual news headline with a Colorado Mountain location had an influence years later, on the dynamics of the balloon lucid dreams due to their similar environment. Subconscious associations can have deep roots.

The airplane crash lucid dream and the newspaper headline dream severely challenged my understanding of reality since they presented a complex situation, a mid-air collision, seven days before the tragic event occurred. They invoked the sense that the outcome was unalterable. Nothing could be done to change the approaching end. The dream resulted from an intent to dream about anything unique that would occur within the following seven days.

I wonder about the timing of the night that I chose for the precognitive dream. An earlier time would not have included the mid-air incident. Perhaps emotional reactions experienced by two colleagues, when they learned of the tragedy had a subconscious retrocausal effect on this timing. A close friend of my immediate work companion was the pilot of the T-39. Another colleague had been scheduled on the T-39 as a passenger but for no good reason cancelled and rescheduled on a different flight. Perhaps at a deep subconscious level, the approaching tragedy was already known by those on the T-39 and by others who had associations with it.

A few years ago, I systematically explored precognitive dreams with photographs in a specific newspaper 3 to 7 days in the future as targets. The future Association Press photographs were accurately perceived, even for complex situations such as weather-related incidents or accidents.

Do precognitive dreams indicate that the future is fixed, and that there are no probable futures? If so, the block universe concept of eternalism, that "the future already exists," could be a valid perspective. This interpretation seems to be limiting; especially when plans or intentions are changed.

I continue to ponder the implications of lucid and non-lucid precognitive dreaming and the nature of the reality or realities that we strive to comprehend. ▲

# On Acknowledging the Subconscious to Achieve Lucidity

By Alexandra Enns © 2022



Some questions I am regularly asked in my dream work classes or dream-related conversations are how to start remembering dreams, become lucid, or perform a proper dream incubation. At some point, I get interested in the life-style of my dialog partners and surprise them with the following question:

**“How would you describe your relationship with your subconscious?”**

I often speak about the importance of setting an intimate bond with your subconscious *before* practicing dream incubation or starting your first lucid dreaming journey. In my opinion, it is crucial to truly acknowledge your subconscious, which includes appreciating its symbolic language (i.e. dreams) in your initial step. To illustrate this approach, I usually suggest the puzzled dreamers put themselves in their subconscious' shoes by answering the following questions:

If you weren't a close friend of mine (your subconscious mind), would you ask me for personal advice or guidance? If you didn't actually listen to me or didn't take my way of speaking (dreams) seriously, would you expect me to reveal profound answers for your dream incubations or awaken you to lucidity?

I would love to inspire the LDE readers to evaluate their current relationship with their subconscious mind and make the necessary adjustments if they feel the urge to deepen it:

## **1. Follow your dreams.**

Show your subconscious you're sincerely interested in it! Do you know what's happening in your dream life at the moment? Do you appreciate any dream you have? How do you speak about your dreams? Do you have a dream journal you're really passionate about?

## **2. Show enthusiasm.**

Are there any dream aspirations you are excited about? Give your subconscious clear signs of why it is important to you, so it can assist you with reaching your burning goals!

## **3. Be congruent in your thoughts and actions.**

What messages are you sending to your subconscious through your behavior? How do you treat your subconscious? Are you showing respect? Consider your wording, especially concerning your petitions—is it gentle, kind, polite? Are you contributing to intensifying your connection with your subconscious or are you showing a lack of attention? Do you practice mindfulness to connect on purpose in the waking state? How does your attitude affect your efforts or progress towards achieving lucidity?

## **4. Have faith. Surrender.**

Again, this not about blind faith—but about trusting an ally you value from the bottom of your heart! Have you ever asked your subconscious to awaken you in your dreams when it is best for you? To assist you with becoming lucid when the right time has come for a significant leap forward in your development? Have you ever simply asked for help and let go of control afterwards?

Believe your subconscious will support you with this request. Keep in mind it has access to unlimited wisdom and a broader perspective on your life! This approach might help to release the pressure of immediate results in your dream environment.

In conclusion, I would like to emphasize the importance of regular reflection on your relationship with your subconscious mind by writing down your thoughts and conclusions, since this also is a powerful sign of appreciation. Building up a cherishing connection takes time—yet striving for unity with your subconscious mind will reward you in the long run, both in your dream life and waking life. ▲



### **James Sims — *A Celebratory Dream of Soul Retrieval***

At the beginning of this dream, which I have on my birthday (September 16), I'm talking to my younger sister. As I talk to her, she begins to become invisible, until I can't see her at all. Her invisibility starts to bring about semi-lucidity, as I know that her invisibility is symbolic of her being overlooked by an unappreciative father.

Although now unable to see her, I can still hear her voice. I decide to ask her if, in the timeline of this dream, she's still living with my parents as she is in waking life. She says that she is, but afterwards her personality even seems to disintegrate to the point that she doesn't even know if she's my younger sister or my older one. Her confusion makes me fully lucid, and I say to her, "You're not the sister from my timeline!"

Taking off in blissful flight in the night sky, I see a plethora of fireworks in a variety of colors. In addition to being fireworks, they move and look like drones. Therefore, for some reason, I call them "firefighting drones"! "Woo!" I shout joyfully as the fireworks/drones pop right above my head as I continue to ascend.



After this portion of the dream, I find myself lucid on the ground where many multicolored pieces of paper are strewn about. Intuitively, I know that these pieces of paper symbolize fractured portions of my soul. Hastily picking up as many pieces as I can, I think that I must collect them all before the dream ends. I successfully manage to place one large bunch of these papers in a container located in the center of the environment. I hurriedly gather more pieces, noticing many are green.

However, the dream ends before I can place the rest of these papers in the container, perhaps as a result of overly pressuring myself. May this dream inspire others who are on a healing path of integration.

### **Sara Casalino — *The Bustling Mall***

I entered a building and saw a beautiful African American princess walking along ahead of me. As I started following her, I became lucid. The princess stopped in front of an older woman who welcomed her back. The princess was her long-lost daughter or granddaughter, returning home after a long absence. The princess wore a beautiful blue gown, necklaces, and had jewels in her hair. She glanced at me and then ignored me.

I walked down a staircase and found myself in a mall that was bustling with activity. There were hundreds of people everywhere, just going about their business. It was filled with shops, merchandise, and children running around and playing. The hum of voices was everywhere.

I saw a guy standing at a piano, playing music. Suddenly I wanted to play the piano, too, so I walked over. I



hoped I'd be able to play it like a pro and that the guy would move over and let me play. I reached out and started hitting the keys, finding that I did not play well at all. In waking life, I can play a little, but in the dream, I just hit the keys, not knowing how to play at all. Also, the guy kept playing and looked over at me, perhaps wondering what I was doing. I played for a few seconds and then resumed exploring the mall.

I remembered my goal of stabilizing the dream. I said, "Stabilize!" and things got clearer. It was as if a wave of energy shot out over the dreamspace and stabilized everything. Then I said, "Make all the humans disappear." And then... poof! To my surprise, everyone disappeared instantly! The hum of voices faded and it was suddenly quiet. The mall was now peaceful and completely empty!

For a moment, I could see the entire mall from a bird's-eye view and, sure enough, everyone and everything was gone. Not just the people but also the shops, merchandise, and everything. I said, "Make animals appear." Nothing happened. I tried being more specific: "Make cute, furry animals appear." Still nothing.

I accidentally closed my eyes for a second and soon woke up. I was so amazed after waking up, since this is the longest and most powerful lucid dream I've ever had.



### Peter Maich — *Birthday Request, Mirror Mirror*

On my birthday, I asked for some deep dreams, so this lot should have been no surprise:

I do a spine tap WILD body scan on going to sleep, and flick to visuals on sensations starting. I walk into the dream, walking with a female. She is guiding me up a stone path to a block of stone and I am instructed to lay on this slab. I do so and there are two small images of trees in front of me.

Another female asks me to tell them if the images change. My lower back is now being pushed hard and I feel pressure going up my spine to my head. The images have now merged into one larger octagonal shape and is made of patterns. I did not tell them it had changed but they know and tell me to keep watching.

Now an object is placed on my spine about mid back. The pressure is very strong. It travels up to my lower jaw. It feels like my bottom teeth are going burst out of my jaw. When it becomes unbearable, and I cry out, the object is moved up one vertebrae and pressure is applied again.

It becomes more intense and extremely painful. I am crying out and wonder if my partner is hearing this (I am very lucid though this dream). Now my teeth in my upper jaw feel like they are going to burst out, and I again cry out in pain.

A board in front of me is starting to light up with spots of bright light. All through the pain I have kept my focus and refused to wake myself from this dream. The pain peaks and the board is fully lit now, and looks like a thousand bright stars.

It expands out in a ball of light and takes me in. I am now floating up in a cool dark space and looking at the geometric shapes above me—gently pulsing patterns of colour forming a starscape above me.

I wake myself and quietly reflect on the dream.

Back to sleep, I'm lucid and very aware. A big night of dreaming. The space I ended up in had the quality of my normal waking world. I was in and out of dreams about 3 times, with some strong vibrations both while entering and within the dream space. I accepted these and did not allow them to kick me out of the dream by reacting. There was neither a WILD or any attempt to establish if I was dreaming; I just knew I was:

Now on a footpath with a few people milling around, I decide to float off the ground and gently do so. I float up, hover, go down and reach out to a lady that seems interested in what I am doing. I reach out for her hand and take her up into the air for a short flight above the crowd and then gently put her back on the ground.

I walk into a building and over to a wall with a big rectangle shaped mirror on it. The mirror is shimmering and

very bright. I look in and see myself reflected, and laugh, as I have a big square head and glasses to match. My face is multi-coloured as well. I ask to see a few more faces, get them, and have more fun being surprised at the changes that are presented to me.

Another character comes over to me and says I am taking too much time at the mirror and it is not a good thing to do. I say thanks and proceed to gently push my hand on the surface of the mirror to soften it, and then lift and float through to the other side.

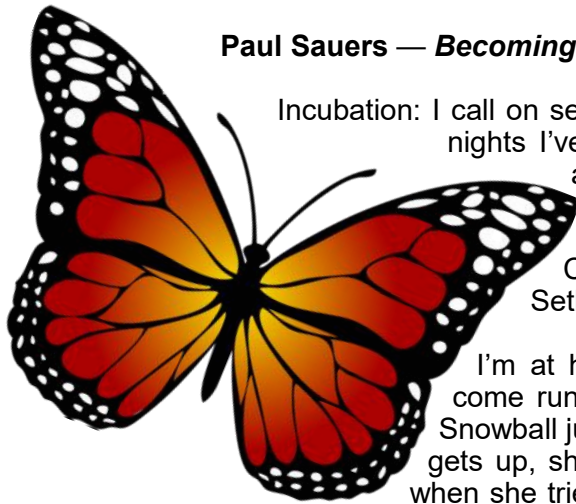
I pop out and am standing in a medium-sized room in a very real scene. It has the quality and feel of the waking world and does not seem like a dreamspace. I feel connected in the way you do when you wake up and your senses establish the connection to the waking world and the surreal quality of a dreamspace goes.

Three people are present and seem stunned to see me. They are lean and fit-looking with bodies coloured a reddish brown. I thought they were naked at first, but they had a very thin and tight skinsuit on. It was ribbed and laced with threads that looked like veins and a lot of small dots at connecting points.

Still staring at me, and unmoving, they say it is very rare for someone to come through in a fully aware state. They start to move around me and place a restraining barrier like a circular folding tube. I let them do this as they say it is for my own protection. Fully restrained, but still able to make small movements, I look at them.

While all this is going on, two ladies came through the mirror. They are very subdued and have no idea where they are. They walk on past us and out another door.

Still fully wrapped and secure, I test the material and find I can put a finger into it. I tell my friends that I appreciate being protected but they might need to upgrade their equipment, then I walk out of the device and stand in front of them. They are very upset that it could not hold me and we spend a few moments just looking at each other.



### Paul Sauers — *Becoming a Butterfly*

Incubation: I call on several Ascended Masters to help me have a lucid dream. For several nights I've been repeating, "Tonight in my dreams, I will become much more aware, and when I notice something strange or unusual, I will realize that I'm dreaming." [This is a version of something Robert Waggoner mentioned in the September 2022 LDE. Also recalling what David Cielak recently talked about in our Lucid Dreaming Classes (through SethInstitute.org) about taking our waking reality into the dream state.]

I'm at home. My old dog from childhood, Snowball, and our cat, Smokey, come running up to me and jump on my lap. I'm so glad to see them. Then Snowball jumps on the ground and injures or breaks her right hind leg. When she gets up, she's in excruciating pain, unable to stand. She collapses on the floor when she tries to walk. I tell my wife, Carol, that we have to cancel our plans and take her to the hospital.

On the way to the hospital, we stop at another hospital. I tell them that I don't want Snowball treated there but they persist and take her. Then I'm looking for Carol and find out that they've admitted her to the hospital! I scream "No!" and want to find her, hoping that she's not lost. I find out that they took her to room #336 and go to get her.

I call my associate, Dr. Pahlow, to tell him I'm not going to make it to the hospital for rounds because of the emergency. He shows up with a busload of people to help, and I send them away. Then we're entering an old dirt road to proceed to the other hospital. Cars are whizzing by. Snowball is howling in pain and bites me, and Dr. Pahlow puts some ice in her mouth to help her pain. As I look down Snowball's throat, I realize that this is a dream and become lucid. (When I looked down Snowball's throat, it looked like the throat of a rat!)

I tell the dream to "stabilize now" and contact the Awareness behind the dream and tell it I want to experience being a butterfly (something I had thought to do the next time that I became lucidly aware). I also remember

Jurgen Ziewe, in a YouTube video, mentioning to look at one's hands and/or focus on the ground to have an Out-of-Body Experience.

I become a Monarch butterfly and am flying around a Lantana bush with a feeling of great joy! I see a man (me) watering the Lantana and feel a "great love" for him. It's as if God is smiling up at me! I feel free and wonderful, eating the nectar from the flowers and flying freely from flower to flower. The colors and the experience are awesome! I then decide to call the office to cancel patients. Interestingly, I feel as if I'm me and the butterfly and the observer of this situation, all at once.

### Johanna — *Dream Guide Helps with New Job*

Before traveling to Mexico this past summer, I had tried unsuccessfully to find another job. I gave up the search and decided to enjoy my vacation time in Mexico instead. One night, after visiting and meditating at the Teotihuacan pyramids, I had a dream where I felt I was leaving my body, floating away, as if I were a leaf on a flowing river. I decided to let go and see where the dream might take me.



I began to feel I was going down slowly somewhere. Little by little, I began to see floor tiles with intricate designs, as if I was hovering over the floor. Suddenly, I saw a pair of black shoes next to me. When I looked up, I saw a bald, middle-aged man, all dressed in black, with a black turtleneck and a black, thick coat. I asked him if he was my dream guide and he said yes. I asked him what his name was, and he said, "Antonio (something)." I said, "You guys have last names!?" I can't remember if he said something.

I then asked him to help me with a simple health issue. He answered that he was not there for that, that he was there to help me with something about work. I insisted about my health issue and he repeated that that was not important, and that he was there for the 'job thing.' Stubbornly, I continued to argue why I thought it was important to me, but I woke up.

A couple of weeks later, against all odds, I got a new job, and I am certain my dream guide helped me make this happen. I wish that I will have another lucid dream so I can thank him in person.



### JJ — *Unexpected Answer*

Dreaming, I become lucid and find myself in an office building. I see a middle-aged man in a business suit in an office, so I go in, intending to speak to him. But when I enter, I see a witch (like the *Wizard of Oz* witch) sitting at a computer workstation.

I approach her and ask, "What do you represent?" She points a can of Raid (insecticide) at me and starts spraying it at me. I hold my thumb over the nozzle as she continues to try to spray, and ask her twice more, "What do you represent?"

She finally answers, "Corn."

I wake up, and on reflection, I wonder if I need to modify my diet!

### Michael — *A Journey Through Space to The Higher Self*

I am sitting in a large outdoor hot tub with several friends. It is beneath a large canopy which shields us from the sun. I decide I want to go for a walk. I step out of the hot tub and take a walk, now fully clothed, down a country lane. I want to walk to Hotten which I believe is a fictional town on the soap opera *Emmerdale*. I then decide that I will fly there. I lift off gently and gain height. I look down at the beautiful and picturesque village below me, at the cottages and quaint village church.

Suddenly I realise that this is a dream. (Flying is usually a good lucidity trigger for me.)





I then remember how some people in the lucid dreaming world call the larger awareness the Higher Self. I have had no experience with communicating with this larger awareness so I curiously ask, “Are you there, Higher Self?” As soon as I ask this, I am pulled upwards at such a speed that if it had been waking reality I doubt I would have survived.

As I shoot up into the sky, everything goes white as I pass through the clouds. Then I am out of the atmosphere and being pulled backwards through space. I see millions of stars and beautiful, purple nebulae. I think to myself that I am having one of those profound lucid dreams that I have read so much about. I cannot believe how real it all seems.

I slow down and come to a stop. I float there in the vastness of space. In front of me are many words, all made of a liquid, mercury bubble writing. Only three words are not blurred out. The first two, large and looming right in front of me are the words HIGHER SELF. Next to them and smaller is the word QUESTIONS.

I decide to ask a personal question, one that simply requires an answer of yes or no. Then, in front of me, is the frame of a television screen. I am pulled forward this time, through the screen, and through space. Ahead of me in the distance is a silvery column that shimmers as if made of diamonds. At the top of the column is a hand. Also of the same shimmering jewels, its fingers and thumb move up and down in an alternating pattern, the fist opening and closing. I feel that in answer to my personal question I am going to get either a thumb up or thumb down, but as soon as I feel I am about to get an answer, I awake.

This was the dream that convinced me of the existence of the larger awareness that resides in us, wanting us to know that it is there for us whenever we need it.

### **Maria Isabel Pita — *The Fabric of Love***

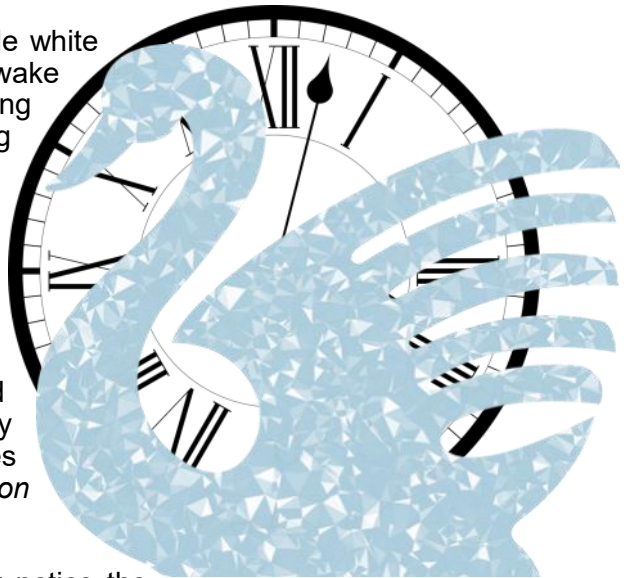
In a place with the look and feel of a very old but well-preserved church, the raised altar area only a yard or so away directly in front of me and my ex-husband, who I sense (without needing to see) partially reclining close behind me. (It’s as though we’re living versions of the old stone tombs in the Lisbon Cathedral we visited together in Portugal). The ancient stone of the walls, floors, and steps is white, and sectioned off in places by fine black railings. Suddenly, I notice a man walking around purposefully, and think out loud, “He’s handsome!” even as I wonder why I know this to be true because I can’t distinctly see his face clearly, and he’s dressed in nondescript dark clothing like a workman’s.

I watch him for a few moments, then leave my place and follow him to an open, slightly lowered foyer directly to my right. He was apparently expecting me, because he immediately sets a container beside me containing tools he tells me I need, and/or are mine. They appear to be medium-sized garden spades with yellow-gold handles, the kind used to dig up dirt and open the ground in which to grow plants. He doesn’t explain what the spades are for, but he does makes it clear that he wants me to go somewhere with him, outside in the open, and when I seem to hesitate, he says with a smile, “It’ll be an adventure.”

But then my ex steps up beside me, and noticing the spades protests that they’re all still perfectly good tools. He seems to think the man is discarding them, but I know this person attached to the church has given them to me to employ in a way my ex can’t begin to comprehend. I follow the man, and although I soon lose sight of

him, I am now accompanied in a “misty” darkness by my little white dog, Arthur, who trots fearlessly ahead of me. Mentally wide awake (and eager to enter a lucid dream after having lain awake hoping to achieve one), almost before I know it, I find myself walking through the long open gallery of a place that feels like a magnificent and, I sense, exceptionally vast museum.

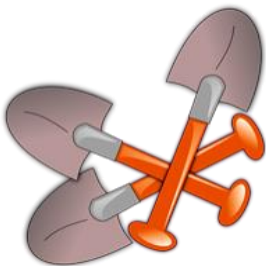
Yet of course it’s much more than that because I’m dreaming, so everything about the place is mysteriously alive in the most priceless sense. Then almost at once only a few feet directly ahead of me—and seemingly enclosed in a vertical glass case on top of a human-sized pedestal—I see a dark-red sun against the black background of outer space itself. Swiftly growing more luminous, this sun expands beyond the confines of the glass case as I rush toward it thinking, *The Sun! The Son of God!*



I’m able to look straight at it, and as I merge with it, I don’t notice the transition to lucidly walking around this mysterious-magical display gallery. Meanwhile, I reason that there’s really no such thing as so-called void space even as I find myself surrounded by its formless mist-like whiteness again. But tonight, instead of viewing it as an obstacle, I pause, and run my hands in a caressing manner through it recognizing it for what it really is, *The Fabric of Love! Everything is God Who Is Love!* I dare to hope then that grasping this truth has freed me once and for all from the apparent obstacles of walls and ceilings that seem to go on forever in lucid dreams, and other such mental constructs. The dream space is Love’s Divine “fabric” and whenever I’m lucid, I can be fully conscious of being in a lovingly imaginative relationship with my Creator.

Exploring this “museum” in which everything is placed on its own pedestal, I suddenly wonder about the hour of my death. In that instant, and directly before me, I perceive what is ostensibly a white swan made of marble or porcelain come to life as turning swiftly around, it spreads its broad white wings over the face of an antique wooden clock with a narrow base (reminiscent of the solar disc resting on the horizon, an ancient symbol for eternity.) It’s obvious this supernatural swan’s intention is to prevent me from seeing the day and hour of my death. Then perceiving a male figure somewhat larger than the swan standing to the right of the bird, I somehow know for a fact that he was directly involved in her swift protective motion.

Just then, a woman who obviously “works” in this grand place steps into view in company with another woman she’s showing around. They walk casually past me, but when they pause before some “exhibit” directly to my right, I deliberately say out loud, wanting to gauge the guide’s reaction, “This is a dream.” Turning her head she meets my eyes, and I’m thrilled to observe that she doesn’t appear in the least bit surprised, but is simply aware of the fact that yes, for me, this magnificent magical place is a dream. But her expression communicates that for her, and the person with her, it’s a very real place indeed.



## Dream Notes:

The man in the ancient church dressed as a humble worker, but whose attractive power I instantly sensed and was drawn to, is a Christ-like figure. But I also recognize him as my personal Guardian Angel, engaged in work assigned to him by the Holy Spirit for the good of my soul, which can be likened to a garden that must be consciously tended in order to grow and flower to its full potential and beauty. Hence the garden spades. My ex believing they were being thrown out reflects the fact that spiritual growth is not even on his radar.

I didn’t think about it as I was lying awake striving for a WILD, but this morning I remembered November 10 was my late father’s birthday. I believe I have been blessed with some amazing lucid dreams with him “set” in Purgatory, and that I have perceived his progress in that place of purification between Heaven and Earth. The idea of a purely spiritual eternal heaven is not actual Christian doctrine. Just as Christ was raised from the dead in a glorified body, so will all believers be raised. I have long felt that the experience of lucid dreaming, which is transcendent and yet also a sensual experience, is a mysterious preview of the New Heaven and Earth promised by Christ. Lucid dreaming can be viewed as a foretaste of the Christian doctrine of the resurrection of the body. In a lucid dream we inhabit a world created by our waking life memory that is in many



respects a glorified world experienced in a glorified body where “matter has turned into soul” as C.S. Lewis expresses it:

“At present we tend to think of the soul as somehow ‘inside’ the body. But the glorified body of the resurrection as I conceive it—the sensuous life raised from its death—will be inside the soul. As God is not in space but space is in God... This glorification is not only promised, it is already foreshadowed. The dullest of us knows how memory can transfigure... That is the beginning of the glorification... The “real world” of our present experience... has no place in the world described by physics or even physiology. Matter enters our experience only by becoming sensation (when we perceive it) or conception (when we understand it.) That is, by becoming soul. The element in the soul which it becomes will, in my view, be raised and glorified; the hills and valleys of Heaven will be to those you now experience not as a copy is to an original, nor as a substitute is to the genuine article, but as the flower to the root, or the diamond to the coal. It will be eternally true that they originated with matter; therefore let us bless matter. But in entering our soul as alone it can enter—that is, by being perceived and known—matter has turned into soul. – *Letters to Malcolm: Chiefly on Prayer*

Regarding the clock and the swan who concealed the hour of my death (which I think was subconsciously prompted by the fact that it was my late father’s birthday) I was not aware that in ancient Jewish stories the release of the human spirit at death is likened to a bird, such as a swan, escaping the hunter’s snare.

### Lisa Snow — *Floating in Space*

Imagine one morning you’re lying in bed, drifting in and out of sleep, when suddenly a white illuminated box appears in the bottom left-hand corner behind your closed eyes; something you’ve never experienced before.

Consciously knowing what I was about to experience but with no idea what to expect, my heart rate began to increase. Somehow I managed to remain calm. This was when I became lucid and my entire body began to vibrate and buzz.

Surrendering to the experience and curiously focussing on the illuminated white box, I began to feel as if I were being pulled in through the box like being sucked in through a vacuum.

Suddenly, I was floating in the blackness of space amongst the most glorious luminous colour of purple and soft triangular shapes; I was in the most incredible state of peaceful bliss and euphoria.

Before too long, I was being pulled back through the box and back to my bed where I was still half awake and half asleep. The illuminated white box was still there. Not wanting the experience to end, I narrowed my focus once again and just like the first time, the vacuum pulled me through the box. This time I was floating in the blackness of space and the luminous colour of some lime green shapes.

Just as quickly, I was sent back through the box and back to my bed once again. The box was still there.

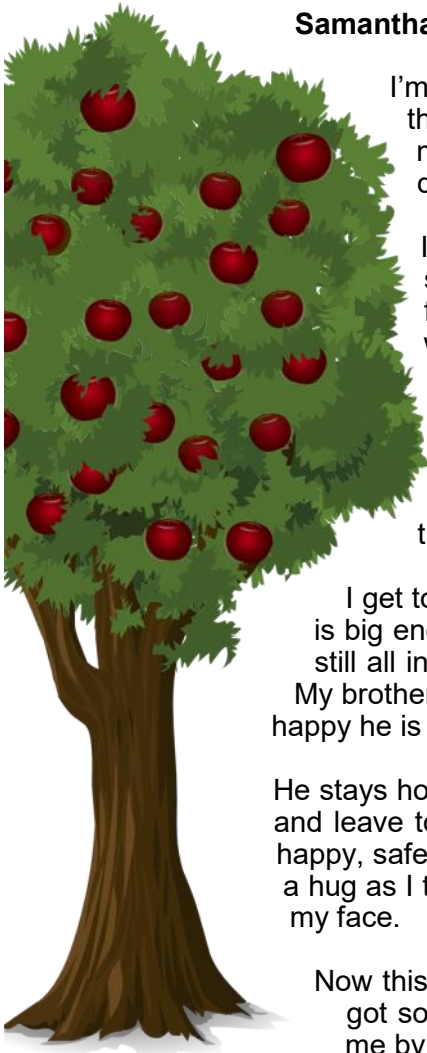
Narrowing my focus for the last time, I was pulled through the box once more. This time, however, I was floating amongst the blackness of space and luminous grey squares, but this only lasted seconds before I fell into a dream.

Having had lucid dreams my entire life but not knowing what they were, this was my first conscious lucid dream but also my very first ever transcendental experience. Today, transcendental experiences are my favourite type of lucid dreams to have; I like to call these Mystical Lucid Dreams.





**Samantha Harmon — *Financially Free***



I'm walking down a dirt path. I can smell the trees from the orchard. I look up through the leaves and see the clear blue sky. Today feels amazing, I think to myself. Almost immediately I become lucid (and stay lucid for the entire dream) and think about my perfect ideal life.

I walk through an opening within the trees to a small farmhouse. First I see some animals—chickens, goats, pigs—and then gardens, with all types of fruits and veggies. A little further up is a nice house with dark wood and a big wrap-around porch. I can hear and smell and see everything so beautifully and brightly.

My plan is to explore my house a little, but off in the distance I hear my mom and kids calling for me to come over. Even though we have some nice sized land, I can see my mother's house just barely from my front porch. I walk through the garden, then past the field full of flowers, bees, and butterflies.

I get to my mother's house and we start to plan our night. It's Halloween. Her house is big enough for her to have rooms for the kids when they come to play. The kids are still all in their special onesie pajamas, unable to decide who is wearing what tonight. My brother comes in with my niece and explains, with his laptop in front of his face, how happy he is with the online part of his new schooling for his new career.

He stays home and studies while we decide the kids can just wear what they are wearing and leave to go trick or treating. The neighborhood is nice and clean; you can tell it's a happy, safe place to live. We talk about our future plans of career and travel and end with a hug as I tell my mother I have to wake up—I can hear my alarm—with a huge smile on my face.

Now this dream may not seem very special or magical but so much went into it and I got so much out of it. This was actually a deliberate dream, a school task given to me by my teacher, Lana Sackwild, of the Lucid Entrepreneur Lab.

To prepare, I meditated and wrote down several times what my perfect ideal life would look like. Lana gave us the instructions and steps to take during this process. What I wrote had to do with overcoming current struggles and turning them into ideals. Things like the house we live in, the finances we have, relationship building with family, and even the perfect lifestyle. Getting to live that life just during that lucid dream gave me so much motivation and hope for the future. Getting a taste of what you are working towards while you are working towards it helps the process seem so much more special and worth it. Even easier and more enjoyable.

Having dreams like this leaves me with days of bliss and happiness and, in those times, I seem to get more done, become more productive, take better care of myself and my family, and overall am able to be more of the best parts of myself.



**Jo Holmwood — *My Magical Experience at the Country Fair***

It was a beautiful sunny day in Cape Town. It was a quintessential perfect summer's day. Mike (my husband) and I had arranged to meet up with our friends to go to the local country fair that was held every year, just down the road from our house. However, I went out dancing the night before with Mike's sister for her birthday. I had slept over at her house and unfortunately, I'd arrived home in the morning hung over and very tired. I was so cross with myself. I had been looking forward to the fair all week and now I was utterly exhausted. I made the difficult decision to stay at home and sleep. So they went and left me behind....

I drifted off to sleep very quickly. But after a short while I woke up. I sat up in bed and looked around. I was

confused. Everything looked slightly off, kind of fuzzy around the edges. I called out, but nobody was there. I sat for a while and tried to figure out what was going on. Then, I stood up, turned around and in that moment I realized, Aha, yes! I'm dreaming or having an out-of-body experience or something! I could see myself in the bed sleeping; I was out cold.

A wave of excitement washed over me; I can go to the fair after all. Excellent, I thought. I set off out the house and down the road towards the fair. It was a surreal experience. Everything was similar, just a bit fuzzy around the edges. I looked at my hands, they had a golden ethereal look to them. Another strange thing I noticed, I wasn't walking; I was gliding. I soon forgot about that though. I was too excited, I wanted to get to the fair and show everyone what I had done.

As I approached the field, I could hear the hustle and bustle of many people. I could hear laughter and music. There were huge kites drifting in the breeze above the festivities. It was amazing. My senses were on hyper drive; everything was more alive than alive could be. I drifted in, past the people selling tickets. They didn't see me. Cool, I thought. I just stood for a while, transfixed by the kites. The way they moved, the colors the sound of the wind flicking at the edges of the fabric. Everything was just so magical and clear.

I noticed how my attention was being drawn very gently from one thing to another, almost like I was being guided by an unseen force. I wonder where the others are, I thought, gazing at all the people. They were all completely unaware of me. I tried to think where my friends and Mike might be. Then a stall selling crystals caught my attention. It seemed different, almost illuminated. I went over and to my surprise the lady could see me.

"Have you seen my friends?" I asked.

"Yes, they were here earlier," she said.

My attention was drawn to a strange-looking contraption on the table. It consisted of a copper wire frame holding a long pointy wand-like crystal.

"What's this?" I asked.

"That's a singing crystal; shall I show you how it works?" the lady asked. I nodded. She turned the crystal around to face me, it pointed at my solar plexus. "It channels ley lines and you can gain great power from them."

As she spoke, I felt a jolt like a laser was coming out of the crystal's point. The crystal vibrated and made me vibrate violently with it. It was a strange but invigorating feeling. The lady smiled and withdrew the crystal. I thanked her and continued my search.

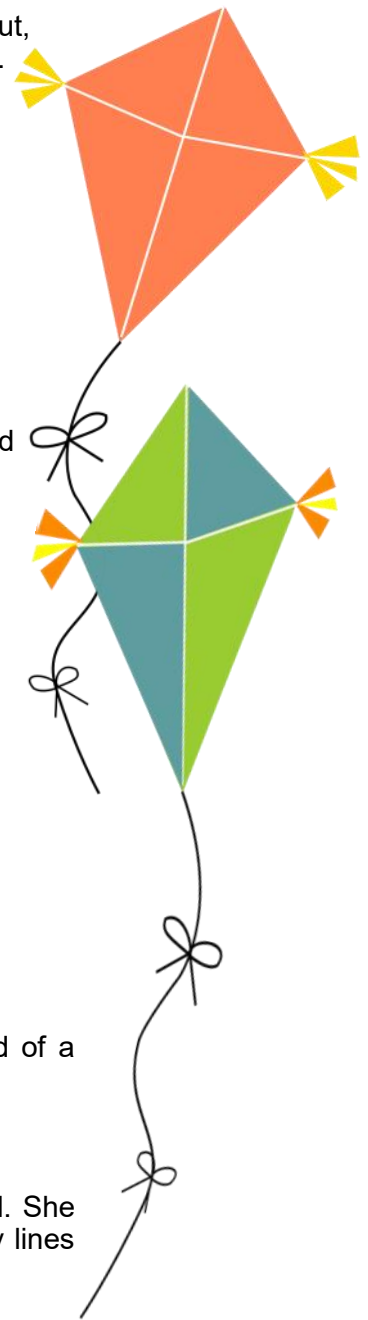
I wandered around for awhile but I felt like the dream was beginning to fade. So, I decided to get back to the house. No sooner had I had the thought, I heard a "bang" and I woke up in my bed.

The bang was Mike getting home. I told him about my amazing experience. Even more amazing was the fact that they had indeed been looking at singing crystals and gazing at colorful kites.

## Anonymous Lucid Dreamer — *My Deceased Mother-in-law Brings a New Year's Message*

January 1, 2022

Walking along, I suddenly see my mother-in-law, wearing a pink dress of simple broadcloth (like from the 1950s) and looking 40 years old. I realize, "She's dead" and become lucidly aware. I almost laugh to myself, because she passed away more than 10 years ago. So now, after all of these years, she comes to see me?!



We come closer and greet each other. Mentally, I wonder why she has come and I believe I ask, "What do you have to say?"

She responds, "I want you to know that September will be a very difficult month."

I take a moment to process this, and then flippantly say, "If you believe that September will be a difficult month, then I am sure that it will."

She looks a bit concerned. Then she says, a bit more emphatically, "September will be a difficult month." I consider her statement, and wake.

Upon waking, I found it odd that this was the morning of January 1st! Then I had a sense that my mother-in-law had come to tell me that my mother would pass in September. That seemed the most plausible reason for this visit.

At the end of August 2022, my wife and I visited my mother. A week later (in September) she suddenly passed away. I feel so pleased that my mother-in-law gifted me with this 'hint of things to come'. ▲



***To all the readers, supporters, and friends  
of the LDE...our very best wishes for a  
Lucid and Happy New Year! — Robert & Lucy***







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EXPERIENCE

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Published continuously since the 1990s, this free magazine has a subscriber base of over 3,500 readers plus a large online audience of dedicated lucid dream enthusiasts.

The LDE magazine is co-edited by Lucy Gillis and Robert Waggoner, with contributions from lucid dreamers around the globe.

The average size of each issue is 32-40 pages. The digital version is in full color, while the print version is in black and white.

An extensive archive of past issues is available for reading at our website: [www.luciddreamingmagazine.com](http://www.luciddreamingmagazine.com)

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<https://duke.academia.edu/EdKellogg>

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<https://melindapowelldreams.com>

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