

# LDE

The Lucid Dream Exchange

Number 28 • September 2003



**Mirror Dreams**  
**So, Was That a Lucid Dream?**  
**20 Questions About Lucid Dreaming**  
**Chemically Influenced Lucid Dreams?**





# The Lucid Dream Exchange

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*Huanshan Mountains, China*

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## Statement of Purpose

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

## Disclaimer

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

## Submissions

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

\*Submissions are printed at the discretion of the LDE editors.\*

## Subscriptions

The print copy of LDE is \$5.00 per issue to cover printing and postage costs. Contact Robert at [Dreambob@aol.com](mailto:Dreambob@aol.com) if you wish to purchase print copies.

To receive LDE for free (via e-mail) send a blank email to: [TheLucidDreamExchange-subscribe@yahoogroups.com](mailto:TheLucidDreamExchange-subscribe@yahoogroups.com)

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## PsiberDreaming 2003

ASD has tentatively scheduled the **PsiDreaming 2003 Conference** to take place from Sunday, September 21, through Sunday October 5, 2003. The conference will then become a read only archive for an additional two weeks for participants (through October 19th, 2003).

Join some of the world's foremost experts on the subject of Psi-Dreaming for two weeks of cutting-edge papers, discussions, workshops, and chats. If you've ever had a precognitive dream, a lucid dream, or simply an 'unusual dream' that never quite made sense, this seems the place for you.

From September 21, 2003 through October 5, 2003, participants worldwide will enjoy online experiments, psiber games with prizes, chats, and discussions on paranormal dreaming in the shared meeting space of virtual reality. Last years conference met with rave reviews, and received overwhelmingly positive comments from participants and presenters:

*"Bravo!", "Incredible!", "a wonderful experience", "amazing!", "topnotch", "I am really thrilled", "great conference", "please, please do this frequently", "I don't know how many accolades I can give you, too many to count, I believe. The conference was simply great!! Good presenters, topics, participants, and great energy."*

For more information, check for updated information on the homepage of the ASD Website (<http://www.asdreams.org/index.htm>) or contact Dr. Ed Kellogg, the PsiberDreaming 2003 Conference facilitator, at [alef1@msn.com](mailto:alef1@msn.com)

If you missed the first, make sure you attend the second!

# Dream Speak

## **An Interview with a Lucid Dreamer**

**By Robert Waggoner**

Jay Vogelsong is the coauthor, with his wife Janice Brooks, of the book ***The Conscious Exploration of Dreaming: Discovering How We Create and Control Our Dreams***. He has had an interest in lucid dreaming for over twenty years, and was an active lucid dreamer himself from the late 1980s to the mid 1990s. He is especially interested in the implications of lucid dreaming and dream control for dream theory and research, and used his own lucidity primarily to experiment in his dreams.

**Robert: So Jay, you are married to Janice Brooks, whom we interviewed for DreamSpeak in LDE #27. Did you know about lucid dreaming before you met Janice, or did she initiate you into lucid dreaming?**

**Jay:** I was heavily involved with lucid dreaming for several years before I started corresponding with Janice. It was our mutual interest in the subject that brought us together to begin with (though we obviously found out we had a lot more in common). That's not to say I did not learn a great deal from her, but that I think she learned a few things from me as well.

I would like to mention right up front that I think it very important for lucid dreamers to share their thoughts and observations the way Ruth Sacksteder, Janice and I did through our three-way correspondence. The possibilities of lucid dreaming are so great that many lucid dreamers miss important points otherwise. I think *The Lucid Dream Exchange* provides a very valuable service to lucid dreamers for that reason.

**Robert: How, then, did you get your start as a lucid dreamer?**

**Jay:** I had known about lucid dreaming since the late 1970s, when I read Charles Tart's *Altered States Of Consciousness*. At that time I even had a few lucid dreams, but I was not by any means a natural lucid dreamer like Janice.

When I started recording my lucid dreams in late 1987, after reading Stephen LaBerge's *Lucid Dreaming*, I only remembered having experienced six lucid dreams in the previous decade.

Even after making serious efforts to induce lucidity, I was only averaging about one lucid incident a month or so for the first couple of years. It was only after I started using the napping technique regularly, which I learned to do from the Lucidity Institute, that I improved my average to something like ten incidents a month at my peak, or something like one lucid incident for every two or three times I tried induction. Now that I no longer have time to practice napping, I am back to having only sporadic lucid incidents.

I was an active member of the Lucidity Institute from when it started publishing its newsletter in 1989. I started corresponding with Janice and Ruth in 1991, and they taught me even more about lucid dreaming.

**Robert: Tell us about your first lucid dream experiences? What were they like?**

**Jay:** In the first such incident I recorded, dating from sometime in the late 1970s, I realized I was dreaming and walked out in the street in front of traffic, to see if I could visualize a car passing through me. The first two cars disappeared before they hit me, but the third approximated what I wanted. Most of such early incidents were, however, plagued by the common problems of waking too fast or losing lucidity too soon. It took awhile for me to learn the variety of skills required to become a regular and proficient lucid dreamer.

**Robert: At that time, were you doing some intentional practice or trying to have lucid dreams? Or did they simply happen?**

**Jay:** I have almost never had any spontaneous lucid incidents. The lucid incidents I did have seemingly always followed my reading about or thinking about such things, and only happened regularly because of determined induction.

**Robert: Janice mentions that she recalls lucid dreams from about age 7, and then began to have the classical OBE feelings around age 13. In your experience, did the onset of lucid dreaming result in later experiences of classical OBE symptoms?**

**Jay:** I had only one experience which approximated an OBE. I separated from my sleeping body, turned around and looked at myself lying in my bed, then picked up my tape recorder off the dresser and beat my sleeping figure with it, to see if I could wake myself up that way. I couldn't, of course, but had to swim awake naturally a bit later. I thought that was hilarious, though.

**Robert: Do you consider OBEs a type of lucid dream?**

**Jay:** I certainly consider OBEs on a continuum with lucid and ordinary dreaming experiences. One point I would like to make is that there is usually no clear line to draw between these various experiences. That's why I prefer the term "lucid incident in a dream" to "lucid dream." Even in a so-called "lucid dream," I can be lucid about one thing and far from lucid about another.

I believe OBE-style dreaming is largely the result of a specific balance of brain chemistry when falling asleep.

Since I typically fall asleep quickly and deeply, I never got to experiment as I would have liked to with OBEs, but instead rely on Janice's experiences and opinions for my understanding of their characteristics.

**Robert: If you would, please tell us about some of your most interesting lucid dreams? I understand that you've popped the heads off of dream characters and bent a few cars with your bare hands!**

**Jay:** Most people are surprised by the head-popping I did in my dreams, simply because it betrays that I don't believe dream characters are in any way real. Of course, even the character I am playing in my dreams is not real, and I similarly popped my own head off on one occasion, with the result that I was somehow looking at the back of my own head, which I held in my hands.

I have dived off the top of a five-story building into the pavement of a parking lot, have flown through mirrors to see what was behind them, have pressed one arm through another and my fingers into my head, have controlled what dream characters have said to me and how they behaved, have made scenes appear and disappear, have experimented with tastes and temperatures and colors and so on.

One very interesting and simple experiment I did several times was to close my dream eyes. Just as in waking, the scene typically disappeared. At other times, I jumped through ceilings to make scenes disappear intentionally, to experiment with starting dreams from scratch as it were. I have also done a fair amount of mid-air gymnastics, which was interesting in that I even got the sensation of movement in my inner ear. And I once stretched a dream character's nose and chin and tied them in a knot.

I was from the start most interested in experimenting in dreams to see what happened when I mentally behaved differently, and to see how much I could control of what was going on, to get my fingers on the buttons.

**Robert: You and Janice co-authored a book, *The Conscious Exploration Of Dreaming*, which was published in 2000. What was the impetus for writing a book about dreams and lucid dreaming?**

**Jay:** Ruth, Janice, and I carried on a rather intense correspondence in the early 1990s. At that time, I lived in Texas, Ruth was in California and Janice in

Pennsylvania. That was before we had Internet access, so everything was sent through the mail. Anyway, we tried just about everything we could think of in our lucid dreams, and had great fun sharing experiment ideas and dream accounts. We would regularly send each other pages and pages of reports and speculations, and at a point realized that we had the makings of a book. We didn't know of any other group of lucid dreamers who had developed our particular perspectives, or who had articulated the ideas we were coming up with in any of the publications we had read.

We all agreed on an outline for the book, split up the chapters between us, then started writing those chapters and sending them to each other for comments and revisions. At a point, however, Ruth had to drop out of the project for personal reasons, but Janice and I continued working on the book for years, writing and rewriting it as we developed our ideas. Indeed, we accumulated so much information that we had to divide a late draft in two and save part of our material for another book. Janice plans to finish the second book, to be titled "Dream Control", sometime in the future. That book will cover the techniques we learned in more detail.

The main question we try to answer in *The Conscious Exploration Of Dreaming* is: What do the controlled dreams, which are made possible by lucidity, tell us about the nature of dream creation, and what are the implications for such a perspective on

dream interpretations and applications? In the book, we explain our experiments and observations in some detail, and attempt to integrate our experiences with scientific dream theory.

**Robert: As I recall from your talk at the ASD conference, your basic thesis appears to be "that dreams are created by employing our world-modeling abilities while we sleep to try to make sense of whatever cues happen to reach our awareness." Expand on that.**

*The main question we try to answer in **The Conscious Exploration Of Dreaming** is:*

*What do the controlled dreams, which are made possible by lucidity, tell us about the nature of dream creation, and what are the implications for such a perspective on dream interpretations and applications?*

*Jay Vogelsong*



**Jay:** Our brains are trained when we are awake, specifically to respond to waking circumstances. We have so little mental wherewithal when we are asleep that we are typically disabled from learning about dreams when we are dreaming. We can't ask ourselves what is happening and why, don't think to try out different behaviors and so on. The results are not only that we must typically study dreaming from waking alone, but more importantly that we think and act as if we are awake when we are dreaming, because that is the only frame of reference we have learned how to apply.

That situation changes when we become lucid, or even semi-lucid. Suddenly, we can ask ourselves what is happening and why, can try out different behaviors more suited to the dream environment, and can observe how the dream itself responds. And what we find when we do so is that dream content changes with our changes in perspective. It becomes obvious we can control all sorts of things in our dreams once we realize they are self-generated rather than just "out there."

**Robert:** You also state that this idea "rests on a much older idea of our brains as active participants in the creation of our perceptions of reality, as described in detail by William James' 1890 work, *Principles of Psychology*." Other than processing sense stimuli, in what way is the brain an "active participant" in our perception of reality?

**Jay:** We are very selective of input from the environment through the agency of focused attention, so much so that our experiences are what we pay attention to, not just what seems to happen to us. If we are not paying attention, we may not be gathering experiences at all, and our world is narrower as a consequence. In that sense, we are continually building the reality we will live in, by means of selective attention. And of course this habitual process, as I mentioned above, carries over into our dreaming as well.

As an example, I remember one dream incident in which a man was striding toward me in a very threatening manner. Since I was lucid, I simply turned away and ignored him, with the consequence that he disappeared from my dream altogether. That's the kind of trick made possible by my realizing I was no longer in Kansas. In the real world, and consequently in ordinary dreaming as well, I would certainly not behave in any such way, but would keep an eye on the guy. As a result, in ordinary dreaming, he would continue to be a part of my dream, and would probably continue to bother me as well. That

attention problem is the origin of the threatening dream characters we can never seem to escape. They are maintained by our obsessive, waking-world-trained awareness. Apply this same principle into multiple specific dream situations, and you begin to see how dreams can be controlled to a much greater extent than is usually assumed.

**Robert:** Are you suggesting that both one's waking experience and one's dreaming experience employ the same set of perceptual functioning and cognitive functioning?

**Jay:** This is the theory Janice and I develop at length in our book. In waking, such cognitive functioning results in the perception of reality and all that that includes. In sleep, it results in the creation of dreams. The differences between the two states, including all the instabilities, discontinuities, confabulations, and so on in dreaming, result from specific deficits of the dreaming state as compared with waking: the lack of any stabilizing external reality and the lack of access to stabilizing memories. We not only lose track of external reality, but also largely lose track of who and where we are. We typically lack lucidity, and that causes us to behave in some rather peculiar ways in our dreams, depending on what specific aspects of waking reality we concurrently recall.

**Robert:** You also mention J. Allan Hobson and Robert McCarley proposed the "activation-synthesis" hypothesis as a neurophysiological model of dreaming. It maintains that dreaming is the result of automatic brain-stem signaling. Briefly, how does that hypothesis interact with your ideas?

**Jay:** In waking, our perceptions cue off selective inputs to create the pictures in our brains we call reality. In dreaming, we similarly cue off whatever is present in the dream, including such things as our own thoughts, emotions, associations and expectations, and any sensory signals that might filter in from the outside world, like light, sound, sleeping position, etc. Further, the brain itself generates a great amount of electrical and chemical "noise" as it does whatever it is doing while we are sleeping. Scientists believe that this activity results in both the level of activation of the brain necessary to dream at all, as well as much of the background for its content. From our point of view, that activation is the screen on which we project our dreams. Unlike Dr. Hobson and Dr. McCarley, however, we believe much of the imposition of dream content is conscious (albeit from a reduced amount of awareness)

rather than automatic. Nor do we believe activation is the sole source of dreaming, but rather one of a number of cues, or suggestion factors as we call them.

**Robert: If I understand your material correctly, in a basic sense you feel that expectation and suggestion latch onto free-floating mental cues (like day residue or inner conflicts) in the dream state, and begin to spin them into dreams. Then the dreaming process is further enhanced by our habits, associations, thoughts, and feeling-mental processes, which shapes the dream's content. Is that right?**

**Jay:** Suggestion may latch onto anything at all in the dreaming state, resulting in specific dream images. We believe day residue and inner conflicts only cue a minority of dreams. The majority of dreams result from suggestion factors coming from within the dream itself at the time we are dreaming. In the absence of lucidity, we typically interact with anything as if it were real, not just realities. Dreams are therefore not usually about specific waking issues; this explains dreaming's largely divergent content.

**Robert: So, how does lucid dreaming give insight into the nature of dreaming? Is it that when lucid, often what we "expect" to happen, does indeed happen?**

**Jay:** Yes indeed. That shouldn't happen at all if the unconscious model, or any other automatic model, of dream creation were correct.

**Robert: What would you say about those lucid dreams in which the "unexpected" happens? Or when we confidently assume that our lucid skills will result in a certain event or situation, and something surprising happens; not at all like what we were expecting?**

**Jay:** First, you must remember that we isolated a number of suggestion factors, only two of which are expectation and assumption. Sometimes other factors dominate.

Second, the control of lucid dreams has its limitations, many of which are inherent to the state and are not subject to much modification. Exploring the limits is often as interesting as trying to control things, though, because the limits are every bit as illuminating of the dreaming process. But that is only an argument for pressing the limits, not against trying to do so.

Third, sometimes one must practice to get a certain effect successfully or consistently. In that sense, dream control is a skill one learns, just like cooking or golfing or riding a bike. A failure is not necessarily indicative of what is possible.

**Robert: And how about those lucid dreams, when a totally new element appears? I recall Janice mentioned that her serial dream characters in her lucid dreams exhibited surprising and volitional actions on occasion -- in fact, one apparently wanted her dead! How is this type of creativity and unexpected-ness accounted for in a suggestion theory of dreaming?**

**Jay:** Janice told me how to answer this one. Janice based her recurring dream characters on specific real people from waking, primarily two actors and one musician. The specific dream character in question was based on a TV actor who typically played a bad guy, so Janice had a strong automatic association for the type of contrary behavior he sometimes displayed. If he had suddenly started knitting mittens, you might have a point, but the fact that he didn't, but rather behaved in accordance with the associations Janice had built up about him, actually supports our perspective.

This is, incidentally, why no one but you, the dreamer, has even the potential to accurately interpret your dreams. The range of possible associations for any specific aspect of a dream is so great that only you might be able to say with any confidence what may have inspired it. You should not let any expert tell you what to think, us included. And we are not really trying to do that. Instead, we are suggesting other possible interpretations to add to the total, things we have seen demonstrated in our own lucid dreams. We therefore believe our book should arm dreamers against many common oversimplifications. Dreaming is a very complex activity.

**Robert: Is it possible that one of our world modeling sets may be a kind of ontological mentally alchemical transformation of various thoughts, feelings and intuitions into something totally new, unexpected and creative? I mean, if we are a mental jukebox with 200 programs to play, eventually we'll get tired of the same old jive and responding in the same old routine ways. Seems to me that lucid dreaming, as a model, supports the argument for creative transformational insight as a natural mental/cognitive process. What do you think?**

*Continued on page 26*



# 20 QUESTIONS

## ABOUT LUCID DREAMS

### ANSWERED BY MEMBERS OF THE DREAM COMMUNITY

(c) 2003 Linda Lane Magallón (Editor), Lucy Gillis, Jill Gregory, Teresa Magallón, Ruth Sacksteder and Robert Trowbridge

Note: BT=Bob Trowbridge, JG=Jill Gregory, LG=Lucy Gillis, LM=Linda Magallón, RS=Ruth Sacksteder, TM=Teresa Magallón.

#### 1. What is a lucid dream?

**RS:** A dream in which the dreamer knows she is dreaming while she is dreaming.

**LM:** A dream in which you are aware that you're dreaming. Or: Lucid dreaming is being aware that we are dreaming while the dream is happening.

#### 2. How common are lucid dreams?

**RS:** There are no good statistics amongst a cross-section of the American population. The statistics we have are usually from select college students taking a particular class (like psychology). And certain select people from the dreaming community have been polled.

**LG:** I could only guess at the answer, and it wouldn't even be an educated guess. In my personal experience, it seems that most people don't have them, however most of those same people claim not to remember dreams in the first place. Among those who do recall dreams, it seems that very few experience lucid dreams, however, I wonder if it is simply because they don't know what a lucid dream is?

#### 3. Is lucid dreaming the same as dream control?

**LM:** Lucidity is awareness that you dream; dream control is being proactive with your dreams. And the two don't necessarily go together.

**RS:** In a fully lucid dream, the dreamer has a conscious choice either to alter the scenario or go along with it. Being lucid does not equate with success in controlling dreams. Control and lucidity are two different ranges, or axes (on a graph).

**LG:** I interpret dream control to be the ability to control or direct your dream environment, characters, events, etc. But you can also be lucid and just watch the dream unfold without participating in it or directing it.

#### 4. Is controlling a lucid dream dangerous? Does it interfere with "normal" sleep?

**RS:** No. Lucid dreams are a natural phenomena - they can happen spontaneously. The number of times you get lucid is far less frequent than the total number of dreams you have.

**BT:** No. I know a dreamer who was once conscious all night long. Lucid dreaming shows us that we are a multiplicity, so it's not a case of either lucid dreaming or nonlucid dreaming.

**JG:** It is not possible in either the waking state or the dreaming state to step outside of the spectrum of both influencing and being influenced simultaneously. Trying not to influence your dreams while dreaming is itself a powerful influence upon both states.

**TM:** I had a dream of a dragon chasing me in which I was lucid and unable to intentionally wake myself. Eventually I awoke as the dragon was coming towards me. I was scared in the dream and a little frightened upon waking. Although this might be considered to be a "bad" lucid dreaming experience, it never even occurred to me to be afraid of lucid dreaming as a whole. Subsequently, I've had many lucid dreams, both pleasant and unpleasant. The enjoyable lucid dream experiences have more than outweighed the few dreams that were not.

**LG:** In my personal experience lucid dreaming has never interfered with my sleep. Quite the contrary, I usually wake refreshed and energized after a having a lucid dream. I don't think that lucid dreaming is dangerous for stable, mentally healthy individuals. I would assume that if you have mental problems, like severe depression, emotional turmoil, etc., that it may not be productive to attempt to control your dreams. But on the other side of the coin, it may help you get over some difficulties, like a form of dream therapy. I believe

it depends on the individual, but for the average person, no, it isn't dangerous.

**LM:** I've been clinically diagnosed with depression, and being proactive has been a god-send. For the first 38 years of my life, my "normal" sleep was nightmares of the titanic variety. But even if they had been just anxiety or angst dreams, I'd still want to change to a healthier regime. No, not to repress my problems (like I could), but to attain better balance. So, yes, lucid dreaming *\*did\** interfere with my "normal" sleep. Thank goodness. It was one of the factors in changing my dream content from 100% nightmares to less than 2%.

### 5. In what stages of sleep do lucid dreams occur? Are they the same as "normal" dreams?

**RS:** They usually, but not invariably, occur in REM sleep.

**LM:** "Normal" dreams have been reported in all stages of sleep. You can also be lucid in every stage.

### 6. If your brain waves are moving at an alpha rate, and you are snoring, is that considered sleeping?

**RS:** ???

**BT:** ZZZ.

**LG:** I'm with R and L on this: ???ZZZ I simply don't know!

**LM:** My understanding of the snoring mechanism is that it is engaged as a result of being very relaxed, but not necessarily asleep.

### 7. Why would I want to have lucid dreams?

**BT:** They're trippy. They're fun, especially the short sequences.

**RS:** To overcome nightmares, rehearse for waking life, enhance creativity, have fun, interesting adventures, self and spiritual discovery, to experiment with the dreamscape, to explore, to do dream healings on yourself, to attempt psi, to dream with other people.

**JG:** It's an excellent way to learn about yourself and the dream world. A lucid dream manifests things quicker; it's a safe place to practice.

### 8. Is lucid dreaming a spiritual state?

**LG:** No. In its simplest definition, lucid dreaming is being aware of the dream state while *\*in\** the dreamstate. It is awareness, not spirituality.

**RS:** Not any more or any less than any other state. The dream state isn't any more spiritual than the waking. People can have spiritual experiences in dreams or while awake.

**BT:** Not always. It can be used for anything. I've done activities far from spiritual, like eating almonds and hoping that there would be pieces in my teeth when I woke up. An idiot who has a lucid dream is just an idiot who knows he's dreaming.

**JG:** It can be for you, depending on how you like to be with your dreams or sources of wisdom.

### 9. What's the difference between lucid dreaming and shamanic dreaming?

**RS:** Shamanic dreaming is defined so many ways, I'm not sure what state of consciousness the "dreamer" is in.

**LM:** Lucid dreaming occurs while you are asleep. With very few exceptions, shamanic "dreaming" is conscious "dreaming," that is, it takes place while you're awake.

### 10. Can anyone learn lucid dreaming?

**BT:** I think so. For the non-sighted, dreaming doesn't have to mean visual dreaming.

**LG:** I believe that anyone can learn to have lucid dreams. I don't know of anything that could prevent it.

**RS:** Many people who have never had a lucid dream can learn to have one. It seems easier for young people to learn but older people have learned lucid dreaming as well.

### 11. How can I learn to be a lucid dreamer? What does it take?

**RS:** You need time, space, energy to make the effort and strong motivation.

**JG:** Getting to know yourself pretty well as a dreamer and as a person with varying levels of awareness in various situations both waking and dreaming. Identifying specific blocks to your lucidity and updating those arrangements. Read about dreams and especially sample dreams before going to sleep. Welcome all of your dreams!

**LG:** It takes dedication and a genuine interest in lucid dreaming. However, don't try too hard. Be persistent, but also be patient and gentle with yourself.

## 12. Does improving dream recall help induce lucidity?

**RS:** Yes, but not invariably.

**BT:** Not likely.

**LM:** Not by itself. It's just the first step.

**JG:** Frequent recall helps a lot.

**LG:** I believe it can help. It certainly can't hurt!

## 13. What are the best books on lucid dreaming?

**BT:** LaBerge.

**RS:** LaBerge, Magallón, Brooks & Vogelsong.

**JG:** Ken Kelzer, Scott Sparrow, and Mortan Schatzman, Ed

**LM:** I'd add Oliver Fox and Jane Roberts.

**LG:** I'd add Celia Green.

(See references at end of article.)

## 14. What are the lucid dream induction techniques? How can I have a lucid dream?

**RS:** Read LaBerge's book. The technique that works the best for me: wake up when you reach your usual night's amount of sleep, less two hours. Stay up one hour. Go back to sleep. Other techniques: MILD, reality testing during the day, reading about lucid dreaming.

**BT:** My best method is to awaken early, stay up from a few minutes to 2 hours, then go back to sleep.

**LM:** Read *Exploring the World of Lucid Dreaming*, by LaBerge and Rheingold. I recommend early awakenings, also. However, if my current dreams seem light years away from lucidity, I find it best to take things in stages. I don't try to go from zero to sixty in a single night. Instead, I rev up my consciousness by getting my non-lucid dreaming self more active: I incubate flying dreams. A couple nights of non-lucid flying means it's oh, so much easier to go lucid from this new plateau of energy.

**LG:** The power of suggestion and frequent reality testing works best for me. I keep telling myself that I will have a lucid dream that night.

## 15. What does reality testing mean and what are the best methods?

**LG:** Reality testing means checking to see whether you are dreaming or awake. Sometimes you can believe that you are awake when you are in fact dreaming. That's where testing the reality of your situation comes in. In other words, if you can fly, you're dreaming. Personally, reading and re-reading text works best for me. Rarely has text ever remained stable in my dreams when I've attempted to re-read it.

**RS:** Attempt to read and reread print. Jump up and see if you float, even a little bit. Generally speaking, if one is questioning one is in a dream, one is.

**BT:** Well, don't jump out a window or off a cliff.

**LM:** I don't like to use reality testing techniques because I've observed that they encourage the production of false awakenings (where you have to test because you aren't sure you are lucid). I think it's much more effective to incubate full lucid dreams (where you're sure from the get-go).

## 16. How well do lucid dream induction devices work?

**LM:** I don't know myself. Every time I drifted into sleep, I'd automatically grab the visor and pull it off!

**RS:** They work best when people are doing other things as well to enhance lucidity such as reality testing during the day, LaBerge's MILD techniques, waking early.

**BT:** Well, it worked once for one dreamer and never worked for another.  $n=2$ . That's 50%. :-) Ask if they have a money-back guarantee.

**LG:** Like RS, I think they work well when you are trying other techniques to induce lucidity as well. I wouldn't want to become dependent on any device to induce my lucidity. I prefer to do it myself, and not rely totally on outside means. But a little boost once in a while doesn't hurt.



## 17. How can I use lucid dreaming for nightmares?

**BT:** If you're lucid, invite the nightmare character into your dream and beat the @#\$\$%! out of him. :-)

**LG:** Some people advise confronting and combating nightmarish characters, while others suggest making peace or embracing nightmarish characters. I believe that whether a combative or passive approach works best depends upon the type of nightmare and the type of person experiencing the nightmare.

**RS:** The more I developed lucid dreaming, the less nightmares I had. Regarding scary figures, once you become lucid, fear often disappears. Otherwise, some people combat. Others make friends or merge and find the scary figures altered. Perhaps the best way to make scary figures go away is to ignore them and interest yourself in other aspects of the dream.

**LM:** I've used lucid dreams to experiment with the intensity of fear. Sometimes when I've encountered a scary figure, I've stood my ground to see how much fear I could take before losing the dream. Same with frightening events like earthquakes or slipping down a hill.

## 18. How can I keep from waking up right after I become lucid?

**BT:** Spinning worked once.

**LM:** Look at your hands. Hold on to something.

**RS:** Keep active in the dream and try not to get too excited. That can wake you up.

**LG:** Remain relatively calm and touch things, or fly, or otherwise engage directly in the dream environment. Sometimes singing helps too.

## 19. Is it possible to forget you've had a lucid dream?

**BT:** Umm, I forget.

**RS:** Yes.

**LG:** On one occasion, I recalled many hours after waking that I had been lucid the night before, so I guess it's quite possible that you could forget you had a lucid dream.

## 20. What do people do in lucid dreams?

**LG:** I think you are limited only by your imagination.

**BT:** Sex, fly, appear and disappear, play with the dreamscape, get in touch with guide figures, walk through walls.

**RS:** Many people enjoy doing things that they can't do in waking life like flying or walking through walls. Some people try experiments they or others have devised. Some people like to explore the dreamscape. There are probably as many different lucid dream activities as there are lucid dreamers.

**LM:** Geez, how many hours do you have?

### Questions Where We Passed, Took the Fifth, Etc.

#### • How do I control my lucid dreams?

**LM:** (This was asked by someone who assumed that lucid dreams were \*completely\* controllable. The consensus is: they aren't.)

#### • To what extent can I control my dream?

**LM:** (Truth is, nobody knows.)

#### • Where can I find training on lucid dreaming?

**LM:** (Nobody knows of any training course.)

#### • Why (physiologically) do we have lucid dreams? How does the brain produce lucid dreaming?

**LM:** (Good references: LaBerge and Gackenbach & Bosveld.)

#### • How do I use the lucid dream states with clients in the psychotherapeutic setting?

**LM:** (There are a whole bucket-load of reasons why I think this is a bad idea. Nobody disagreed with me.)

#### • Are lucid dreams interpreted differently than non-lucid dreams?

**LM:** (See the articles by Robert Waggoner and me in LDE No. 23.)

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# SO, WAS THAT A LUCID DREAM?

## ADVICE FOR THE NOVICE LUCID DREAMER

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As your interest in lucid dreaming grows and you begin practicing some lucid dream induction techniques, you may notice that your "ordinary" or non-lucid dreams begin to change. If you have never had a lucid dream before, but experience some dreams very different from your usual kind of dreams, then in some cases you may not be sure if you were lucid or not.

As an example, perhaps you never fly in your non-lucid dreams. One night, you dream that you need to get somewhere fast. Suddenly, you decide to fly instead of rushing about on foot. In this case you weren't lucid, but your ordinary dreaming has changed.

On the other hand, you might be sure that you were not lucid, but like the above example, you behaved as though you were. For instance, after experiencing my first few lucid dreams, I once dreamed that some milk had spilled on a shelf. I wanted to wipe it up, but there were no paper towels or dishcloths handy. Instead of going to get something to clean up the mess, I just stood there and thought to myself "I'll just make cleaning motions with my hand until a cloth materializes." I then moved my hand in circular motions over the spill, pretending that I was wiping it up.

When I woke, I knew immediately that what I had done in the dream was not my usual dream behaviour. I didn't act as I normally would by going to get a dishtowel, (meaning that I didn't mimic waking life responses, which at the time was typical of my dreams) instead I

behaved as though I knew I was dreaming. Yet, I was not lucid during that dream; at no point did I think anything like "I know I'm dreaming, that's why I can make a dishcloth appear."

***However, a friend  
and accomplished  
lucid dreamer,  
matter-of-factly  
pointed out that I  
was not 'failing to  
become lucid', I was  
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incorporating lucid  
skills in my non  
lucid dreams.***

***Lucy Gillis***

My first impression of the dream was one of disappointment. I was so close, yet I hadn't taken that next step and realized I was dreaming. I admonished myself for failing to become lucid. I was being hard on myself, which was not helping future expectations at all. However, a friend and accomplished lucid dreamer, matter-of-factly pointed out that I was not 'failing to become lucid', I was instead incorporating lucid skills in my non lucid dreams. She was right. As time went on, even my non lucid dreams were evolving and becoming richer now that I was open to new ways of dreaming, new ways of thinking and doing things.

So as you practice your lucid dreaming techniques and read more about lucid dreaming, remember to keep an eye on your non-lucid dreams for clues that your dreaming self is expanding its horizons and opening to lucidity. If you notice a dream where you were close to being lucid, but not quite there, don't let it be a disappointment. Think of these dreams as "progress reports" indicating that you are incorporating lucid dreaming skills into your non-lucid dreams. You are expanding your dreaming repertoire!

Learning to lucid dream is not a progression where each dream is "more lucid than the last". Even long term accomplished lucid dreamers experience varying degrees of lucidity throughout their dreams lives.

Just as your waking consciousness isn't always operating at a high degree of clarity (we all daydream from time to time, get tired, get distracted), your dreaming consciousness is also not operating at one continuous level of awareness. Illness, preoccupation with problems or other matters, lack of sleep, etc., are just a few things that can affect both waking and dreaming consciousness. Therefore, in not all lucid dreams will you experience the same level or degree of lucidity. In some dreams you may recall your waking life with great clarity, be fully cognizant of your dream environment, and be relatively uninfluenced by the dream content.

For example, you may dream that you are carrying luggage and

running to catch a train, when you see a tiger in a tutu waving at you. The absurdity of the situation makes you realize that you're dreaming. You recall that you are really asleep and now, not only do you not need to run to catch train, but you also don't need to carry any luggage with you. Ignoring the tutu-ed tiger, you decide to create a totally different scene and do something else.

Sometimes however, your lucidity may not be so 'clear' or 'strong.' Using the above dream as an example again, you realize that you are dreaming and that the tiger in a tutu is no threat, but you may still experience the urgency to race to catch your train. Instead of running, however, you decide to fly to your train. You are aware that you're dreaming, but you are still caught up somewhat in the dream plot.

In both cases, you were lucid. But in the first example your lucidity was at a "higher degree" or "level" than the other. Does that make it better than the second example? Only you can decide which dreams

are more rewarding to you: being detached from your dream scenes and stories, or participating in them with the knowledge that it's not a waking life situation.

You may also experience varying degrees of lucidity within the same dream. Again using the train, the tiger, and the tutu example: at the beginning of the dream you may be very lucid, choosing to ignore the whole scene as you attempt to create another. But as the dream progresses your lucidity may fade or falter and you find yourself once again running to catch the train, or getting involved in something else entirely, forgetting that you are dreaming. You may regain lucidity later in the dream, or you may continue to dream non-lucidly until you wake.

Many people, myself included, have tried to categorize levels or stages of lucid dreaming, using terms like semi-lucid, pre-lucid, partially lucid, low-level lucid, etc. Personally, I found that when I tried to categorize each of my lucid

dreams into a nice neat package, the attempt seemed to curb my lucid dreaming - I had fewer and fewer lucid dreams. Ideas of limitation and differing levels seemed to dull my dreams - my non-lucid dreams too - as though draining the richness from them. When I decided to become looser with my labels (after all, I wasn't recording only certain lucid dreams for laboratory study) and just have fun with dreaming, my dream life once again became more rich and creative, much more fun!

My advice to the novice lucid dreamer would be, to not get caught up in categorizing or labeling your dreams too strictly or trying to define them in only one way. Don't put limitations on your dreaming self. Keep practicing, using whatever technique works best or is most comfortable for you. And don't fret if some of your dreams are "not quite lucid," instead, congratulate yourself on a great job of expanding your dreaming horizons!

## **The Conscious Exploration Of Dreaming**

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**With assistance from Ruth Sacksteder**

**Forward by J. Allan Hobson, MD.**

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# A Series of Lucid Dreams with a Healing Theme

By A. Dreamer

Note: Dream Titles suggested by co-editor RW.

**Introduction:** Over the last couple of years I've had a lot of hip pain due to arthritic degeneration as a result of an accident in 1975. In October 2002, I had hip surgery. Recovering from my surgery has been difficult, and the doctor feels my back has also gotten involved. After the surgery (and before) I made efforts at self-healing in a few of my lucid and semi lucid dreams. I am not sure if the dreams have in any way brought about outward healing though they may have been inwardly healing, or healing of other physical or psychological things in me. I would be disappointed when my hip seemed much the same after the dreams, only gradually improving, but I still plan to continue making efforts in this direction. These are some of the lucid dreams I had after surgery.

## December 14 2002 - Healing Energy

I am at school and become lucid after not remembering why I called for the principal and realizing that often something seems important in dreams but then you can't remember why it is important. I leave and want to explore a house across the street from the school.

Once inside the house I recall the intent to send healing energy to my leg. I am standing in the living room and see an elegant staircase up ahead. Before I explore, I rub my hands together to create what feels like healing energy. Then I lie down on the rug and place my hands on both hips, imagining myself as a channel for healing energy. I don't

take a lot of time with this due to my competing desire to explore. I get up pretty soon and look around the house.... Note: Once awake I felt I should have taken more time with the healing efforts. I have a tendency to rush things in lucid dreams due to the time constraints.

## January 3 2003 - Healing Pool

(Another of my healing attempts involved visualizing a healing spa in Apt. 8 and trying to get there in a lucid dream.) At first I am tacitly lucid and think I am imagining getting out of bed rather than dreaming getting up, but as I leave my apartment and push in the Apt. 8 door, I realize I am dreaming. In Apt. 8 I feel soil beneath my feet, so say it is healing clay. I plan to lie down in it but then I hear splashes and other water sounds. I realize the pool of healing waters has manifested in the living room, so I enter the room.

I see a pool and people in the pool. I explain my needs to the people in charge and they let me go in. I swim a little but mostly just float on my back or wallow in the water. It seems more like a social gathering than a healing spa. Finally I am the only one in the water. I am told that I have to leave so get out. I am handed what looks like a darkish beer in a glass. I take it with me as I go back to my apartment. In a moment, I wake up.

## January 25 2003 - A Voice Tells Me to Let Go

I become lucid in a school dream and want to go to Apt. 8 and visit the "healing spa". I want to go there

from school but realize it'll be hard to manifest the apartment scene directly from being at school. Then I hear an inner voice tell me not to manipulate things but to go where the dream takes me.

I feel myself lifted into the air. I fly, wondering where I will come down. I hope I'll be outside if not in Apt. 8. I come down in a park-like area. There are some trees to my left. I am glad I am outside, but then the scene alters. I am inside now, maybe in a lodge. Out a window to my right is the only place I can see any trees. I give a loud "meow" of displeasure that I have been taken inside, not outside. A man makes a comment about the scene change, but unfortunately, I can't hear him. I try to get him to repeat what he said, but I wake up.

## February 4 2003 - Two Lucids

1) I become lucid in a house that resembles the place I lived in as a teenager. I remark on likenesses and differences compared to how it looked in reality. Then I go outside and run, trying to be conscious of my leg and its movements, hoping this will be healing.....

2) Aware I am dreaming, I follow a woman who had foot surgery down to this creek where she has been told she will receive healing. I think it's about time she starts walking. She goes into the water. I remove my shoes and socks and follow her into the water hoping for healing myself.

We move down into the underground grotto. Now I seem to be alone. To my surprise the water

is warm now. I swim in it, hoping it will be healing. Later, I am in a cave-like room. S, a lucid dreamer, is there. I am waiting for L., another lucid dreamer to come. When she enters, I ask her if she is lucid. She quickly says, "No." Nonetheless she acts as if she might be lucid. I can't recall the rest of the dream.

### **March 13 2003 - LaBerge, The Map, A Tantrum**

A fairly longish lucid dream in which I wake up and return to the dream a number of times. I am often in this school, which becomes a trap -- I can't seem to get out. In one of the scenes I was on a patio. I have this map in my hand. I am antsy to get away from the school. LaBerge is there.

He tells me to relax and gaze at the map. I look at it in a meditative mood. There are mosaic patterns of turquoise and greenish brown. Then I discover the map is of an imaginary country. There are wooded areas -- a place where great forests have not been destroyed. I think of Tolkien's First Age. I note some of the words. I am pleased that the map seems to stay the same. I think I'll remember it and make up a story about the land. I become more lucid, scrutinizing the map to bring its gist back upon awakening.

As I do this, details change, the mosaic disappears, the forests are gone. I have another dream tantrum, tearing up the map. I see a wooded area over the wall of the patio. There is water, as well. I climb over the wall and then fly over the wooded watery area. I don't move much, so I use swimming motions to move through the air. I am flying over the water to the wooded far bank, when I wake up.

### **May 11 2003 - Vibrations**

I am having difficulty sleeping because of a party next door and hip pain. I go into a WILD, drifting off through many images and then developing a sense of body. I try to run but think at first it is imagination, not a dream. Then I start to feel intense vibrations of the kind I used to feel when much younger. I find myself in the kitchen by the refrigerator. Now I know I am in a dream.

I decide to go to Apt. 8, hoping for a healing pool. I leave my apartment and get to Apt. 8 after being slowed by a couple of obstacles. There is a smoky mist swirling about the apartment. In a large room to the right, I see a fire burning in a fireplace near the west wall. I go into the room toward the fireplace. There is still smoke and

mist swirling about. As I look away and then turn back towards the fireplace, I notice the fire has been extinguished and the hearth walled up. I leave the room. The vibrations grow more and more intense, finally waking me up.

### **May 11 2003 - Trained Dog**

I find myself at school and immediately become lucid. I decide to leave the classroom and go outside. I say, "There will be a pool of warm, healing waters where the cellar normally is." Before I can get to the cellar door, this large mutt starts to bark and growl. I remind myself that I am dreaming. Then I let the dog sniff my hand. The dog becomes friendly and lets me pet him. I wake up part-way as I pet and play with the dog. I return to the dream and find myself close to a swimming pool. It's not exactly a spa pool, but I go in. The water is warm and pleasant. I enjoy it briefly but then wake up partially. I return to the dream semi-lucid. I am with people and the same dog. They say the dog is specially trained. I can't recall what it was trained to do - perhaps it was a service dog connected with helping and healing the disabled.

*The lake, still at sunset*

*held a sky the color of ripe peaches*

*while beneath a tree of free-falling caterpillars*

*dreaming of wild transformation*

*I, too, was still for the moment*

*Years later, I pluck green, distant cousins*

*from their last supper of bright petunias*

*abruptly airborne*

*they dream of wings to come*

*of Summer's first flight*

*Keelin*

# Dream Themes

## ~ Mirrors ~

### Lucy Gillis

#### *Both In and Out of the Mirror, October 14 1994*

[Very long lucid, order is unsure, several false awakenings.] Flying a lot, trying to get out of the dark scene inside a house. [Once I tried spinning to get to a new location but it was hard to get a sensation of spinning. It didn't help matters.] . . . I try to fly through walls, furniture. Sometimes it works. Once I see my reflection in a distant full-length mirror. I fly off to the left to avoid it because I caught a glimpse of myself in it that I didn't like. I looked sickly, thin and spindly. I am afraid I may see something disturbing.

Then I dismiss this idea, reminding myself that this is my dream. I decide to face the mirror and see whatever is there. I then think that maybe I'll go through the mirror out into a nice sunny "out doorsy" scene. I fly up to it. It is on a wall. I look OK in it. I try to enter it. I meet with resistance but soon I am in a sitting position and the mirror is not so solid. My knees and lower legs are in the mirror and the wall. I move them and note that they have a yellow glow around them. I think it is neat that I am both in and out of the mirror. [The scene then changed to a false awakening, then I realized it was a false awakening.]



### Janice

#### *A Series of Mirror Dreams, January 24 1991*

I pushed myself through a series of wake-initiated lucids [OBE-type]. Since I keep the mirror in my room almost totally obscured, in the first instance I went to the dream correlate of my mother's room. In the mirror over her dresser I saw myself in hot pink satin pajamas (I really had on white flannel ones). The face approximated mine closely, except that, as I watched, the eyes grew large and elongated. I put my hands on the glass and started to phase through, but backed out again; this nymph was too mischievous-looking.

Next time I traveled downstairs, and in the mirror at the foot of the steps I saw myself clad in a variegated swashbuckling costume. The mirror was too high, however, so I couldn't get a good view. I climbed up to my mother's room again, where I found myself this time in a softer hue of pink.

While waiting to awaken after the second trial in my mother's room, the light level in my dream bedroom suddenly increased and a huge mirror appeared on one wall. I checked it out and confronted a teenaged variant self who was very excited to see me, though we couldn't hear each other.

She wore a black nightshirt with a decal of Daffy Duck and Bugs Bunny and had clothes, combs, a blow dryer etc. strewn about -- the typical happy-go-lucky American teen I never was. She gestured with her brush to show me how badly I needed my hair dressed. I could neither draw her out, nor phase in, but on an inspiration lifted the frame of the mirror (or viewing window) up and crawled through the resultant opening.

While I looked around the messy room I felt myself held from behind by a man's strong arms and heard a garbled speech (like a "This Is Your Life" voice). I turned to see a grinning, middle-aged black man with a graying moustache; I touched his hand, happy that this self ostensibly grew up in an environment without prejudice. His small daughter came into the room too.

The teen-me excitedly pointed out a gray-haired woman seated on a chair, saying, "See, we have the same mother, too!"; my mother doesn't really look like that, but I didn't spoil the fun. The room expanded into a living room/dining room, and the teen-me's gray-haired father came in. He was affectionate with the mother (unlike my parents), whom he called "Carole," and proceeded to consult a Bible, arguing in his rich voice about how the New Testament gives short shrift to the Virgin Mary. When I felt the call to return he dragged a table through the dust on the rug to set up a new divider frame, and I backed up into my room. I woke from this with a positive feeling of warmth and relaxation.

Later I tried the downstairs mirror once more. Now I wore a white sweatshirt with red lettering reversed by the mirror (I really had on a green one with white letters). Oddly, there was nothing but a haze where my head should be. I put my fingertips to the glass, but it felt cool and hard.





## Lucy Gillis

### *I Reach Into a Mirror, May 1 2003*

I'm not sure of what happened just before I became lucid, but as soon as I am lucid I notice a small round mirror on a bureau. I look into it and see a jewelry box and other items on a dark bureau. I wonder if I can reach into the mirror and open the jewelry chest and pull something out of it and out of the mirror. I half expect to meet with some resistance as I reach towards the mirror but there is none and I easily reach in. In an instant I decide to enter into the mirror. I step forward and am all the way into the scene inside the mirror, but the mirror has become a translucent film or membrane over my face. There is a hole where I pushed my hand through. With my right hand I reach up and tear the stretchy film off my face, ripping it open where the hole is, and toss it aside. I know that it's not "logical" to be able to pull the "mirror" off my face from the "other side" of the mirror, if I am already "inside" the mirror. I just love dreams!

I find myself in a child's bedroom. It is cluttered. But tidy. Everything is mostly blue or brown. It is a dark room, no sunlight brightens it. I look at books on a book-shelf. The first ones I recognize are Spiderman books, but they are in French. Then I notice that almost all of the books are in French. Some of them look like The Hardy Boys books. There seems to be two single beds in the room, perpendicular to each other. On the one to my right, which has a royal blue bedspread on it, I see a tiny doll, it would fit in the palm of my hand. I pick it up and it makes a noise. I notice that it has no legs, and its hair sticks up. It wears a plain dark grey tunic. I somehow know that it is African. Then I look above the bed and see a long shelf. There are dozens of similar dolls neatly piled on top of each other, as though on risers. To their left are books perhaps, and on the other side of the books are more dolls, stacked as the others are. I know that the ones on the right are African and those on the left are East Indian.

I decide to explore more of the house. I walk into another room, past a bathroom. Everything is immaculately neat and tidy. The bathroom seems to be accessible from three different bedrooms. I know that I am on an upstairs floor. I am in a bedroom that is bright from sunshine pouring in. There is no clutter whatsoever, just the bare furnishings, but everything looks nice. The bedspread on the bed is light and thin. It is a two tone peach colour. The darker peach colours are raised or "puffed" and are in a regular pattern, like on a grid.

The carpeting is a sort of off-white or crème colour. It is very thick. I try to walk quietly since the floorboards are creaking loudly. For some reason I don't want to alarm anyone who may be downstairs. After I walk around for a bit I turn toward the door and see a blonde female teenager walk in. I keep very still and quiet, wondering if she can see me (I've had dreams where characters can't see me). She looks into the room, at the floor, then asks me "Did it piss?" I then understand that she thought the creaky floorboards were due to the family cat wandering around. I answer, saying no. I am kind of disappointed that she can see me, and that she is not even concerned that I am there.

[I don't recall what immediately happened next,] but soon we are standing face to face and are talking. . . I ask her about dreams and if she knows what a lucid dream is. She says that she doesn't, and that she doesn't have much interest in dreams. I try to explain to her what a lucid dream is, but the scene morphs into something else and I realize that she's not even there anymore.



## From My Journal

(c) Paul M. Helfrich

From my Dream Journal, Vol. III

Friday, May 23, 1997, 6:08 A.M.

I had another brief OOB this morning @3:30 A.M. I came awake, looking at "myself" or more likely a representation of my greater self, and I asked very intently, staring into this "mirror of my very soul," "WHO AM I?" The intent of the question was to focus on this mirror image and get some greater understanding of my inner connections. I must also admit that I grew slightly scared of what I might find! And this put a damper on things. The fear actually served to shrink the environment or my perception of it, and I then grew anxious so I turned around and dove through the wall into an outside environment and drifted for a short bit, lost my focus and returned to the dream state.

Some connections and second thoughts about this. It was a highly concentrated focus, I woke up cold, it's in the 40's this A.M., and went to the bathroom. I mulled over that damn question and its answer still eludes me this morning. Also, the mirror image I stared at was a Caucasian male but definitely not me, and it was just a surface tremor of a throng of many others hidden, or implied, just around, under, in back of this image. "WHO AM I?" I queried my inner self. The multiple

personas implied in the "mirror of my soul" is a clue, but I feel like such an amateur! My search continues.

Note: What's interesting about this experience, is that it wasn't the first lucid mirror dream, but the question asked, "Who am I"? I had no knowledge of other esoteric traditions or transpersonal (developmental) psychology's roadmaps of personal and spiritual growth at this particular time.

I've been recording my lucid dreams since 1979 and this was a dream that, in hindsight, clearly marked the beginning of a new phase in my inner and outer life. I had left my science museum job and was in transition, so this dream was symptomatic of that time in my life (I was 43 at the time).

Having my inner self pose this question to me in front of a mirror was profoundly important, I knew it at the time, but didn't know where my life would lead. Six years, a hundred books, Kriya and Dzogchen dream yoga, and research into channeling, dreams, developmental, transpersonal, and integral psychology later, I now realize this is a fundamental existential question, symptomatic of another growth spell.

From what I've learned through the literature, we're all on a hero's journey toward some kind of "remembrance" of who we really are. I continue to seek the answer to this question within what I now call "the mirror of Self", that inner focus that serves as a portal and focal point into the "unknown" reality of Self.

Coincidentally, to answer the other question about dream imagery, I don't use the mirror of Self as a focal point, but do use windows. That is, windows are a portal into deeper, wider "layers" or processes of consciousness that are normally "sub" conscious (in the subtle realms). So I go diving into any window and poof! transition to a new place every time. That is, I haven't settled into one particular "place" or feeling tone.

In the last couple of years, I have also explored the formless states of focus, but am still not as comfortable leaving my subject/object imagery behind. I know it's there, waiting... since it is my own Source. It is an aspect of who I am that beckons me onward toward continued change-in-time and the "remembrance" of Who I Am.

From my Dream Journal, Vol. III  
Saturday, February 26, 2000, 9:17 A.M.

I had two interesting dreams that I wanted to record. I also bought, finally broke down and did it, Stephen LaBerge's *Lucid Dreaming* book to help me with my

dreaming log jam, at least in terms of lucidity. I devoured the first 45 pages or so, and am letting it sink in for a few days. I find it to be a very interesting, scientific approach, even more so than Monroe's and Buhlman's work. But this isn't a pissing contest, really just looking at it from the perspective of the many belief systems involved in them all, and which are more limiting for me and my needs at this juncture.

... Seth/Jane Roberts talks about a third form of the astral body that leaves the actual FORM behind. I've experienced this type of "point of energy" awareness several times and have grown used to it. When I wish to relate to a physical type environment, I have a body and senses of sorts, including inner senses, that seem to be still missing in the scientific equation to date. Oh well.

On to the first snippet to record, I was looking in the "mirror of Self", literally looking in a mirror and saw mySelf as a 70-ish year old woman, with wrinkled skin, short, coifed, gray hair, and sweet, round eyes that were bluish blue. As I moved my head back and forth, her "reflection" mirrored mine exactly.

I realized that I was her, or she was me, though we were simultaneously two focuses of Carroll (my essence name given to me by Elias). Next, she morphed into a male, twin version, with short gray hair and deep set, near set, blue eyes that radiated deep compassion that is really indescribable in words. The feeling-tone is really untranslatable. Anyway, I asked this mirrorSelf if he was my guide and he nodded affirmative. It was really more of a telepathic response. But the feeling-tone was that this was a genuine visage that I could use, in terms of physical, human form, to identify with.

So I'm given yet another clue, another piece of the puzzle, and a gift! This visage is very average looking, but burned into my waking memory. I will use this image to "pray to" or meditate on as I continue my OOB adventures and connect more deeply with other aspects of Self and try to have some fun and pleasure in the process. Also, there was no name given, just a beautiful face and feeling-tone of guide/helper.

I have since learned that these subtle/astral realms are well documented intermediate states toward the deeper causal and nondual states studied in Vedanta/Advaita Hinduism, Vajrayana Buddhism, and several other traditions. And my journey continues.

# Journey To The Advisor

© Linda Lane Magallon

Journey to the ADVISOR at the  
Lucidity Insitute, 4/26/93

This was a lucid dream series on a Monday morning during which I would wake and then immediately return to sleep to continue the dream drama. It was a direct response to the events of the previous Saturday, but most definitely not a mundane repeat. My dreaming self is much more creative than that. Below is the text of the dream. The events of the day are in [parenthesis].

[I drove to the Lucidity Institute to attend a meeting with several people and was given an assignment to have a lucid "mirror dream," so I could see myself.]

I am flying through a group of people, just off the ground at eye level (as when walking or driving a car). I have a feeling of discomfort which seems to come from behind me, so I turn to see that there is a dark haired woman following me. She's traveling at the same rate as I am, due to the fact that she's levitating just a foot off the ground. But she's standing up, whereas I am horizontal. At first I try to increase speed to escape her. But then I think that this kind of attitude is ridiculous - I have nothing to fear. It's this type of Senoi thinking that brings me to lucidity. Then I turn to face my pursuer.

The woman is still levitating off the ground but she has halted about 4 yards behind me. As I gaze at her features, I think, "Oh, she's really a nice looking woman." (Later, on fully waking at the end of the series, I realize that her body type and hair style were the same as my waking

self! She was a "mirror" of me even though no mirror-prop was present in the dream.) I wake and return to sleep.

[I had difficulty engaging a few of the people in conversation, i.e., I was "invisible" to them.]

Now I'm flying at the same level, soaring straight ahead right through the crowd of people. I have no fear of hitting them and, in fact, the crowd parts at my approach. I'm slipping so quickly and easily through the air that I think, "It's glorious!"

However, I notice that the people aren't paying me much attention. It's as if I'm virtually unseen. So I try to think how I can make myself visible to them. I start projecting that intention or energy ahead of me. The scenery mists. I wake and return to sleep.

[In my car, the Lucidity Institute "lab rat," Elliot, told me that he felt an affinity with my energy at the "real self" level. I responded that hearing him say that did me good, since I'd had just the opposite reaction from some dreamworkers I know.]

I'm now standing on the ground at the end of my flight. As the result of projecting energy outward, a crowd is gathering around me. I try to talk to several people. None is very responsive, except a dark haired man. As we talk, there is a scene shift.

I see the dark haired man stretched out across the back seat of a car in a sort of cat/vamp pose. I'm facing him. He's complimenting me, saying, "You're doing very well,"

referring to the fact that my energy and intent did have the desired effect of gathering people to me.

"I appreciate the flattery," I respond, not quite sure whether to take him seriously (because of his pose.) I try to remember, then come to the conclusion that I've never had a dream in which a dream character flattered me. (True, for direct conversations). I figure that having a positive response from a dream character is a very good sign of progress. I wake and return to sleep.

[The Institute has computers; I was watching over the shoulder of the office manager and engaged her in conversation on the subject of name lists. Elliot showed me some of the innards/boards/component parts of the \*DreamLight,\* which he had been repairing at a table in the Institute.]

Now I'm in a room with a bunch of people. I especially recall watching one man who is seated, working at a computer and talking about the technical aspects of his work. After watching passively for a while, I consider how this scenario is just as mundane as waking life. This thought inspires me to speak up. "Is there anyone here who knows this is a dream?"

"He does!" comes a chorus of replies from the group at the end of the room. They're standing around and pointing at the back of the dark haired man. He's now seated at a desk or table, bent over and working diligently on something (electrical components?). His head comes up and turns slightly to look over his shoulder as I approach. Well, I think, this guy may be aware

that this is a dream, but I wonder about the others. So I ask him his opinion. "What about the rest of these people? Are they alive? Are they dead...in human terms? (I amend, because I believe that people continue to "live" after physical death.) What are they?"

"Ask the ADVISOR," directs the dark haired man. The way he says it makes the entire word sound like it is capitalized. I wake and return to sleep.

[I had gone to the Lucidity Institute early in order to meet privately with Stephen LaBerge. He offered advice about my mutual dreaming book.]

I'm now walking on a large concrete area in front of an imposing (academic/government/religious?) building, which is to my left. Because of its looming feeling, I have the sense that the ADVISOR will be found here. However, at first I'm walking to intercept the dark haired man who is approaching the building straight on, at a 90 degree angle from me to my right. As I near him, I realize that he has shrunk to about half his usual height and appears much younger than before. "Why do you look like a child?" I ask him.

"Oh, you know," he says, flipping his head towards the building. I presume he's adjusted his appearance in an automatic response to the imposing stature of the ADVISOR, who I take to be much larger than he. "Do \*I\* look like a child?" I ask him as we walk toward the wide steps that lead up to the building. Since we are virtually the same height, I assume that I am a child, too. I just hope

that as children we are child\*like\* (playful) rather than child\*ish\* (fearful of the authority figure).

[Elliot and I drove to the Stanford psychology department. The sleep lab is located in the basement, so we joked about going into the "underworld." When we found the doors locked, I tried to see through the wall using my "xray vision."]

After ascending the stairs, I'm surprised to see that we are heading towards the interior of the building to take stairs leading downward. The passageway is unlit and gets darker and darker. I can feel the fear start to rise in me. So I project my xray perception into the mist. In response there is a whoosh of cool air and I hear "Whoo, whooo." It's just the sort of sound a Halloween might make to scare little kids. The farcical nature of the situation hits me, which causes a light to spring up.

I find us in a yellowish hallway. Somehow I sense that the ADVISOR is down the hall and around a passageway to the right. I wait tensely for his arrival, not knowing what to expect. Suddenly, from around the corner comes what looks to be a huge claw. Oh great, I think, and steal myself for an encounter with some sort of monster.

But as the "claw" continues to emerge, I soon see that it is actually some large white (polyfoam/plaster?) object. The object is being held by a creature - the oddest I've seen in my lucid dreams for a very long time. It's a 7 foot emaciated chicken! (Looks like a larger version of the scrawny

chicken in the comic strip \*Outland,\* who, like the penguin Otis, attends a support group...for flightless birds.)

[Elliot and I had lunch at the "Good Earth" restaurant, where Elliot talked about being a vegetarian while I was eating a chicken salad sandwich.]

"It's my grandmother's bill," says the chicken, referring to the "claw" object in its hands. I see that, yes, the object does have 2 parts shaped like a huge bird's bill. Then I compare this "grandmother" sized bill with the chicken's own beak. His beak looks pretty darn puny, especially for a chicken his size. :-)

The chicken comes towards me (striding like a man) and passes me to go round the corner into what feels like a coffee room. On a counter top, a radio is blaring sports scores. Hmm, I think, if this chicken follows the sports, then he must be aware of the waking state. "Oh, you know about human life!" I exclaim.

Then I recall that in physical reality, humans eat chickens, and the chicken probably knows it, too. "Sorry about that," I say, searching through my memory for something that might turn those circumstances of waking life to the chicken's favor.

"Maybe you can buy stock in Kentucky Fried," I suggest, hopefully. The chicken wrinkles its face, not appreciating my sense of humor.

(I've never been able to jest with Stephen and get him to belly laugh.)



*It's for you  
an inner voice whispers  
cradling the spiraling shell  
I listen intently, slip away to  
another world  
my breathing falling into the easy  
rhythm  
of a calm and distant Sea*

*Keelin*

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## **Tips & Techniques**

***Cry of the Eagle - The Toltec Teachings***  
Volume 2 - 2nd Ed.

By Theun Mares

Dear Lucy,

I wanted to introduce a good book to you and your readers that contains techniques for lucid dreaming that I use and find very helpful. More information, as well as a free download of dream symbols are available from the website:

[www.toltec-foundation.org](http://www.toltec-foundation.org)

***Cry of the Eagle*** includes teachings for becoming lucid (or "active dreaming") as well as the different types of passive dreams, examples of dream interpretation from a Toltec perspective, and a full list of Universal Dream Symbols.

*With warm regards, Charles*

»»»»»»

If you experience difficulty in travelling to distant locations (from Rome to London, for example) you may want to try what I do: I look for a door or I design a door on a wall, then I cry: "This door is magical: when I open it I will see (my destination) beyond it!" Then I open the door and I enter my destination early and easy.

*Gabriella*

»»»»»»

Movie suggestion: ***Northfork*** -- wonderful dreamlike quality & exquisite cinematography!

*Keelin*

## **Book Review**

By Katie

### **Master Of Lucid Dreams**

by Olga Kharitidi, MD

Hampton Roads Publishing, 2001

I've been having lucid dreams all my life, so they seem wonderful but natural to me. I was astonished in my early 20's to come across one of Stephen LaBerge's books about lucid dreaming and find out that it was a recognized and studied phenomenon. I had the privilege of volunteering with the "oneironauts" for a while, trying out some of the masks, participating in the experiments. Great fun, amazing to hear other people's experience and carry their curiosity and enthusiasm into my next LD.

Kharitidi's book is about as far from the sleep labs of Stanford as you can get: don't let the "MD" fool you into thinking otherwise. Kharitidi is a practicing psychiatrist; the subtitle of this book is "In the heart of Asia, a Russian psychiatrist learns how to heal the spirits of trauma". Kharitidi relates the story of her guided shamanistic enlightenment about human trauma and the use of lucid dreaming to resolve it. She brings this learning back to her psychiatric practice and gives us one example of a woman already trained in trance states and psychotherapy who hears Kharitidi's story and releases herself from the psych ward to go home and have a complete healing within a couple of hours. (I work at a psychiatric facility and am "professionally" skeptical of 2 hour cures.).

And yet... the book had a pretty strong impact on me. My belief about dreams is that they encompass every label ever applied to them, from the meaningless firing of neurons in the brain, to Freud's almost as meaningless day residue, to a brain function that helps build experience into memory and learning, to a kind of psychological mirror, to as far out as you want to go on the spiritual side. I've had such varied and amazing dreams in my life that I place dreams in the same category as religion: It's too profound a subject for anyone to comprehend completely, and anyone who believes they have divine truth does -- have part of it. Like the elephant and the blind men, whatever bit we're able to grasp and comprehend is true, but incomplete.

So I enjoyed Kharitidi's book a lot; part of it rang quite "true" to me; others I rejected. But that's just my piece of the elephant. If you're looking for a read on lucidity from a shamanistic standpoint (what Jung would call "neuroses", where energy is "stuck" by an event; the author would refer to "memory demons"), this book will interest you. If your interest in lucidity is more based in brain function, probably not. If psychological integration is what you believe lucidity can help develop, maybe, maybe not. A reference point may be the books of Robert Moss -- if you've read him and found him worthwhile you may like this book; and the opposite may hold true as well.

# CHEMICALLY INFLUENCED LUCID DREAMS?

## NEW DISCOVERY LEADS TO NEW ISSUES

© Robert Waggoner

A recent presentation by Dr. Stephen LaBerge of new research on herbal and medical compounds that appears to increase the likelihood of lucid dreams in subjects with lucid dream experience was announced at the Association for the Study of Dreams Conference in Berkeley, CA. While we wait for the official publication of the data, and the response from scientists in the area of dream and sleep research, the appearance of chemical compounds as a means to enhance the probability of a lucid dream leads us to consider the possible issues that may result.

The fundamental issue may not be that chemical compounds lower the threshold to lucid dreaming and thus make it easier and more likely for dreamers to become lucid. Rather, the issue may be that chemically influenced lucid dreams may be experientially different on numerous levels than one's typical lucid dreams. Chemically influenced lucid dreams, (I will call them, CILDs) may exhibit distinct differences when compared to lucid dreams in which no special herbal extract or vitamin was taken. In LaBerge's presentation, he suggested that self reports by the research subjects indicated that there may be experiential differences when compared to their normal lucid dreams. In my separate talks with one of the research subjects and also an accomplished lucid dreamer who has taken the herbal extract, their experiences suggests that there may be distinct differences.

From one perspective, this development of a chemical

compound has positive aspects to it. For example, with the use of a chemical compound, it now may be much more likely for interested people to become lucid, particularly those who have had difficulty in the past. Similarly, there may a higher number of lucid dream reports from which to study and investigate. Along these lines, researchers who are setting up lucid dream experiments, may have a greater likelihood of success if providing their lucid dreaming subjects the chemical compound.

From another perspective, however, this development of a chemical compound may make the area of lucid dreaming more complicated. From this time on, lucid dreamers may need to make a distinction between their normal lucid dreams, and those that follow the ingestion of a chemical compound (which I suggest we identify as CILDs, or chemically influenced lucid dreams). Much as lucid dreamers identify WILDs or wake initiated lucid dreams as somewhat distinct from normal lucid dreams, we may need to ask lucid dreamers to identify their CILDs, as well. As a lucid dreaming friend suggested, it may progress to the point that we need to identify which particular chemical influenced the lucid dream, since there may be a set of herbs or vitamins that influence lucid dreaming.

Beyond the verbal or titular distinction, lucid dreamers will need to ask themselves what is the experiential difference between their typical lucid dream and a chemically influenced one? Is that

difference significant? Does the difference involve the awareness of the lucid dreamer or the psychological space in which the lucid dream exists? And does a notable experiential difference constitute the need for a new classification or descriptive clarification? Is there such a thing as a "normal" lucid dream?

Prior to this announcement, lucid dreamers had a number of lucid induction techniques that seemed to increase the likelihood of lucid dreaming. A few of these, such as the NovaDreamer™ with its flashing lights, involved possible external alterations or physical cues to assist the dreamer in becoming lucid. With the scientifically proven introduction of chemical compounds as a means to assist lucid awareness, the alteration becomes more biochemical and moves to a whole new level.

While one could say that all of us are biochemical creatures and receive biochemical alterations by virtue of the foods we eat or the vitamin and mineral supplements we take, is taking an herbal extract equally natural? What if, instead of taking 8mg of the herbal compound, one took 1 mg instead? Is it just a matter of subtleties? How can one suggest a chemically influenced lucid dream, when all lucid dreams have a biochemical influence?

These are some of the questions that lucid dreamers may be asking themselves in the years ahead. Whether this new development is heralded as a positive or a negative by lucid dreamers, it does appear to mark a new era in lucid dreaming.

## G-trip: Bizarre Lesson #1 Chemically Influenced Lucid Dream

By Robert Waggoner

July 18-19 2003

The bottle of G arrived on Thursday, and I felt odd about it. Though I know I am a biochemical creature on one level, using aids to enhance the frequency or type of lucid dreams seems like a crutch. But Friday night, I went ahead and took it (along with a B6 vitamin) right before going to bed at 10:30.

The weatherman said the night was supposed to cool down to 63 degrees, though the humidity was near 80%. Believing him, I opened up the windows, and went to sleep. It didn't feel particularly cool, yet.

I began to realize that I was aware, but I didn't have very good visuals -- the visual field was simply degrees of darkness with curvature in it. I heard some humming, typical of oobe. I thought that I must be prepared to have an out of body experience. So, I took my oobe arms and tried to throw them up and to my left. No luck. Then I tried it again. Rats. I recalled that I had taken G before going to sleep; maybe it was having some effect. I kept wondering what to do, while waiting for a

dream scene to appear -- if nothing else, I could have a lucid dream, perhaps with a bizarre edge to it, as I had heard was more likely. I thought about it a bit more. At some point, I woke.

Laying in bed, I was hot and sweaty. The sheet was sticky, my mouth was dry, and my mind was in fourth gear - really pumped up for someone trying to sleep. Jeez, I felt hot. Is the weatherman wrong or am I having a reaction to G? I rolled over again, thinking about my screwed up oobe or whatever that was. Boy, my thoughts kept coming. Too hot, too sticky, stupid weatherman, dry mouth, want to have a lucid dream. This went on and on. After laying there for what seemed to be 30 minutes, I got up -- Shit! I had my jeans and underwear on! No wonder I was a hot and uncomfortable mess who couldn't sleep. I stood up and slipped it all off. I noticed that the light in the closet in front of the bed must be on, since light was sneaking through the cracks. For a moment, I debated whether to open the closet and turn it off, or just let it be. I decided to just let it be, and slid back into bed. I felt better now.

At some point later - I "really" woke up. Jeez! That was the world's longest false awakening!! Going to bed with my jeans on -- are you crazy! A light on in the closet

-- heck, our closet isn't in front of the bed, it is off to the side. I was false awakened in the same bloody scene for 30 minutes, after my "lucid oobe gone-no-where" experience. What time is it really? It's 12:15! I can't believe it -- all of that happened in the last hour and a half. No wonder, I didn't have lucid dream visuals -- this lucid aware-weird-ness probably began before my first REM cycle even had a chance to begin.

I took a drink, threw off one blanket and tried to compose myself. Wow, that was odd. Most lucid dreams and almost all oobe's seem to occur in the three hours before awakening in the morning. As I recalled my friend, Ed, he said he took the G at 4am, when he awoke --- looking back, that seems very wise!

The rest of the night was filled with long, interesting, memorable dreams. I was still a bit hot, a bit dry, sometimes even clammy. And though, at 12:15 a.m., I was prepared to give up on G forever, at 6:15 a.m. I decided to give it one more chance. But the next time, I'm taking the pill in the middle of the night -- and NOT when I first lay down to sleep. I don't want to re-experience my most frustrating oobe followed by the world's longest, hottest, driest false awakening.



## G - My Summary By "M"

Brief outline as follows:

1. Took the G at 4:30 - 5:00 a.m. Within about ten minutes I began to feel a quickening of thought. I attempted lucid dream incubation techniques, but was feeling too wakeful to go back to sleep. Noticed I was feeling exceptionally hot, despite being in an air conditioned room.

2. Decided after an hour to go downstairs, get a glass of water and feed cat (which kept scratching at my closed door.) As I went downstairs noticed I felt very dizzy and poorly coordinated. With trouble opened cat food can and gave each cat one spoonful (set can on floor as it seemed too difficult to do anything else), sitting on floor myself. Stood back up and started to fill water glass....within 5 minutes regained consciousness sprawled on floor on back

with back of head hurting (probably from something I hit while falling).

3. Pulled myself up thinking "this IS NOT good" and felt intense intestinal cramping. Stumbled towards restroom where intense bout of diarrhea ensued. Starting to feel chills. End up laying on restroom floor for next half hour, some mental effects continue. (Most notably accelerated thought, as well as a profound lack of connection to my body, with an overlay of psychic or deep subconscious thought patterns surfacing.)

4. Effects lessen over the next four hours. By the end of that period just felt very weak; quite possibly the effects from not having eaten intensifying the weak sensation (absolute loss of appetite continues though). Slept lightly with about an hour of hypnagogia from 9-10am, then slept deeply and without recalled dreams from 10:30-noon.

5. Dreams of subsequent night while not lucid had a very definite character to them in that I was able to focus for an extended period of time (most of the night) on completing a single dream computer program design task - which would resume between dream sections throughout the night.



Hi Lucy,

A friend of mine has been taking D-MAE, a supplement that is supposed to heighten mental clarity as well as tone up muscle tissue. In cream form it is used as an anti-wrinkle cure (and works beautifully I might add). Anyway, though a non-lucid dreamer, my friend reported a lucid dream on the first night of use. Has anyone else had any success with this? I thought it might be a good question for the LDE group.

Andrea

# POTPOURRI

~ A Variety of Lucid Dreams ~

## Karl B

*Blow Out, August 3 2003*

I'm in the Fieldhouse, and the Scottish Highlanders are practicing. I see three people dragging what looks like a dummy. They hang it, and now it looks like a middle-aged man wearing glasses. He's alive and seems fine, but he's hanging by his neck. It's some kind of trick. Then there are four men around me. They look very familiar, but I can't identify them. I suddenly realize I'm dreaming. I tell the men they look familiar. One speaks to another in German, as if he's seeing whether I'll understand him. I feel suspicious. Suddenly, reflexively, without thinking, I say out loud, "Grow real big!" And I do enlarge, but not much bigger, not so big that I wouldn't have to worry about any threat from these men. So I suddenly find myself blowing at them hard, as if I could blow them away from me, but it wakes me up.



## Keelin

In a quiet, moonlit dream, I press my naked, too-warm dream body against a refreshingly cold wall that is deeply and intricately embossed. It feels so good, I simply want to remain like this, and elect to forgo examining the pattern I am certain would be left on my body by such a textured surface. I'm well aware that this is a dream and celebrate the sweet, temporary relief from the current, scorching heat wave of waking reality.

A gentle man enters the scene. I turn to face him, wrap my arms around him in an embrace he appears to welcome (maybe because of the coolness my body imparts?). Our interaction becomes more intimate and I wake with a shivering orgasm.

Note: A WILD, inspired by the heatwave of waking reality, after an awakening in the middle of the night. Intense orgasm, with no concern regarding such intimate interaction with an unfamiliar partner.



## Robert Waggoner

*Is This Spiritually Advanced? July 8-9 2003*

I am walking in an area with a light brown stone courtyard. I come to a corner, and meet a young woman.

Suddenly I realize that this is a dream. We begin to have sex, but something odd is happening. As I am making love, I am also seeing scenes projected on the wall in front of me. These scenes are in a space about two feet square, and they seem to be ones that are futuristic and filled with chaos.

I see huge futuristic tank-like machines that are crushing groups of red clothed soldiers. Then there are huge flying discs passing through the sky. It occurs to me that I am seeing this and simultaneously making love in a lucid dream -- it seems odd on many levels.

Just then, I look to my right, and two tall thin men are standing there looking at me. I am still making love, as one says to the other, something like, "Does he think that making love in a lucid dream is spiritually advanced?" The tone suggests that lucid dreaming could be spent on some better use. It wasn't negative in any way.

I look at the woman, who now has two piercing studs about a half inch above her upper lip, and continue with my lovemaking. Then as I think about it, I wonder, "Well crap, should I finish?" I wake.

(Note: I believe earlier in the day, I thought that I needed to be more spiritually focused, and spend more time reading and thinking about spiritual issues.



## C.S.

*June 25 1994*

(I had a very restless night.....I used MILD and suggestions, relaxed and let go....)

I was at work in an office, getting back into bed to have a lucid dream. My breast was bare since I wasn't wearing a top. I wondered why I removed my night shirt. I covered myself with the sheet. I was still concerned that men in the office would see my naked top and decided to use the sheet to cover myself when I got out of bed.

Then I was walking in the office, passing a gangster on the phone. He was using the office for illicit activities. I could barely fit by a group of people standing in the



way. I thought, "Why are they all here at 4 a.m.? I'll never be able to have a lucid dream." Then I thought, "It's Sunday, no one should be working." Suddenly I realized with great excitement, "I'm dreaming! I'm not at work." I kept saying, "I'm dreaming!" over and over with great joy. I was so happy to be lucid.

I danced around and remembered I wanted to go to the special place I had created and called "Wonderland". I flew through the halls, singing a very joyous song, like "I'm on my way to Wonderland, etc." which automatically became "Wonder World". The song was so delightful that I concentrated on remembering the words to have when I woke up. However, I was getting too intellectual and started to lose the dream. I had been flying down the corridors, noticing the area. I thought about flying outside but decided to observe the scene the dream was supplying. I was cold all the while I was flying, so I pulled up the sheet with my right hand (I seemed to be conscious of lying in bed and in the dream at the same time.)

I thought I had awakened (false awakening). I was not in my bed in my own bedroom. Instead I was lying on a chaise lounge. I noticed that my cover was partly pulled up and decided I had done it while I was having the lucid dream. Two dogs ran into the room. One was my dog, Pal, who was black. The other dog was brown and smaller. They were chasing one another so I tried to stop it.

Then I was lying in my own bed in my bedroom. I could hear a man speaking very loudly from a radio to my right (my lucid sign). I also felt sexually aroused. Then I heard my husband in the bathroom and could see vivid colors. The scene became a blonde woman's torso in front of the brilliantly covered drapes. I couldn't decide if I should go into the scene or get out of bed to the left. It all went away and I observed the change of consciousness. Woke up.



## Katie

### *Raising a Ruckus, June 30 2003*

Lucid throughout. I'm travelling at night through the downtown of a city. It's an upscale area that seems like a place I know and enjoy. I may be in a limo. We take a left hand turn and go down the street and enter a hotel when it occurs to me that I'm still in the car, that we're driving inside a building, but it's a dream so it's okay.

I'm apparently attending a wedding. I go to a small chapel or meeting room, underground it feels like. I'm

not sure who's getting married, but kind of take it one moment at a time as you do in lucid dreams. I see both family and colleagues there. Things settle down and then up front, instead of a wedding, or now it seems like a concert might have been what we're waiting for, due to some confusion there's a young boy on a stool reading a poem to his teddy bear.

Since I'm dreaming and upset that the lucid dream, after all that pleasant buildup, gave me a smart-aleck twist, I decide to act like I think I'm at a heavy metal concert (not that I'd do this in RL!). I get up and throw my chair at the stage and yell "Ozzy! Ozzy! Ozzy!" Other people get it and start pitching things around, chanting, and holding up their lighters. I'm disappointed that no one starts a mosh pit. On my way out I smack the back of my boss' head and yell "Bobble-head Jon!" He doesn't bobble, nor does he seem to think it's very funny. I lose lucidity and/or wake up.

Trying to get back into a lucid dream and stay there; I'm in my parent's garage and decide that a rectangular patch in the wall will actually be a handle. I open up a small hatch and extract a paper bag with some things inside. I seem to think if I stop and look at them I'll lose lucidity, so I just feel the objects through the bag; there's 2 red taper candles (I must have peeked to see color) and 2 smaller things. What I want is a passageway, so I can move, go forward, create a new story to keep the lucidity going. But all I'm able to make is a small duct that I jam myself into.



## Christoph Gassmann

I was at a rocky coast and I realized that I was dreaming. Because of that I decided to fly over the beautiful landscape and circled through the canyons which were in beautiful autumn colors. But I thought that the colors were a bit too much, maybe a bit artificial. And slowly the landscape became more and more artificial like papier mache. It dissolved into nothing and I was in a picture-less dream, later in a dreamless sleep. Because of that I did not write the dream down immediately.

Note: This dream, which I think was not fully lucid, is a good example to show how it is directed by the dreamers reactions, how the dreamers thoughts are immediately translated into experience: Because I thought that the colors were a bit artificial, they became really artificial, then the whole scene became artificial. Because I consider artificiality as not really real, the scene stopped to exist - nothing remained.

## Robert Waggoner

### *Intended on the Wall, June 16-17 2003*

I am standing with my friend (who is disabled in waking life). We are on an interior balcony, overlooking a very large inner atrium. There are some guys who come and begin to bother me with their loud talk and aggressive manner. At this point, it occurs to me that this is a dream!

I grab my friend and we fly off the balcony. We easily fly away and are doing great! But then I wonder where I can put my friend, since he is totally disabled. I decide that the best thing to do is to "intend" him to the wall -- I will stick him there by the force of my intent. With that firmly in my mind, I fly up to the wall about 30' off the ground and put him on it (as if he were Velcro'ed on there). I'm very happy with this and feel that he will be safe and out of harm's way. I fly off and up.



## Lucy Gillis

### *I Feel Like a Kite, May 1 2003*

From a previous lucid dream I have a false awakening. Once again I find myself lucid. I am outside on a city street again. It feels familiar [is not like any I recall in waking life], but I can't quite place it. I try to put my hands and arms through objects like pillars that look like telephone poles, black metal post boxes, etc. I don't seem to be having much luck.

I look around me and see a pagoda, very ornate and colourfully decorated. I think it is a restaurant, one that seems familiar somehow. I then decide I want to fly. I jump into the air. I see two parallel clothesline wires (maybe they were power lines?) ahead of me. I turn in the air and sort of sit on them, then I hold on, still in a somewhat sitting position and let the wind buoy me up. I feel like a kite. I look below me, about 15 or 20 metres, and see two or three other people also on wires, but two of them are sitting on swings that hang from the wires. The other one, who is to my right, appears to be sitting directly on the wires. The others are in front of me perhaps 15 metres apart.

At some point during these dreams I think I may have reality checked by reading some text. I recall a mottled dark orange background. But did I really reality check, or did I just think about it?



## Keelin

In the still dark hours of morning, I slip into an awareness of dreaming that blossoms from imagined living at seawater's edge. With a small rake, I comb steps of wet sand into various patterns, my favorite resembling multiple brainwaves. Then turning, I enter a sea of deep teal, slightly thicker than water of the waking world and more translucent than transparent. This adds a mysterious quality as depth increases. Were it not for the gift of lucidity, anxiety as to what might possibly swim 'neath the surface would surely toss me quickly ashore. Instead, I linger, gliding deliriously through a luscious, liquid dream world.

Note: A WILD that grew directly from imagining being at the Sea. Lucidity dissolves any potential fears. I'm not a strong swimmer, but when aware of dreaming, delight in the freedom of moving through water with no worries.



## C. S.

### *Healing Pool, July 9 1994*

(Very restless night.....Did MILD quickly....just relaxed and desired sleep.) I was typing on a small piece of paper. I checked the typing; it was so small and ribbon so worn that I couldn't read it. I looked at the small paper I was copying and it looked the same. I wondered why I was typing it when I could just Xerox it. Then I asked, "Am I dreaming?" (During my awake time, I had just read this in LaBerge's book.) So I lifted my eyes from the paper and looked around the room while asking myself, "Am I dreaming?"

I decided to get up and fly to verify that I really was dreaming. I wanted to fly out the door window, but I couldn't. So I just opened the door. While I was walking, I noticed two camels coming towards me on the left, each had two women riding on them. The colors were very vivid, mostly red and gold. I said to myself, "Now this is really weird; I have to be dreaming." So I jumped into the air to fly and seemed to be flying backwards for an instance, feeling very cold in the wind. I pulled up the covers in bed (dream only) so I wouldn't lose lucidity. I started to lose lucidity so I spun as hard and as fast as I could (as I read in LaBerge's book).

Then, I saw a small pool of water. I seemed to be standing next to it. It was just large enough to hold me. It was just deep enough to cover me to the waist, sitting down. I said to myself, "It's the healing pool." I sat in it

and made the water warm, since I was cold. A boy, about 10 years old, sat next to me on my left, but not in the pool. I started to feel sexually aroused so I began to take off my clothes, thinking that I might have intercourse in the dream. I got my tube top down below my left breast so that it was now exposed. However, the rest of the tube top and my shorts were stuck to me, and I couldn't get them off. As I thought that I didn't want to have intercourse with the little boy, a man was walking towards me. He was sexually interested in me after seeing my bare breast. Then, I noticed a three to five inch wide, long lance or pole, coming right at me. It was at least five feet long. I noticed the tip of it looked just like the head of a penis. The man laughed out loud and so did I. I woke up suddenly.



## Keelin

On the mantel, golden flickering light. It takes but a moment to be certain, then suddenly, knowingly, walking at dusk through multi-fountained courtyards, ducklings dancing at our feet. His warm hand resting on my shoulder.

Note: Lucidity induced by gold light version of NovaDreamer™. Sudden scene change with lucidity retained. The delight of this dream lingered for days, even though it was a rather brief episode and contained little action and no dialogue. Several months later, the scene feels etched in my mind, so easily and vividly recalled that I re-experience the joy of it with each recollection.



## Lucy Gillis

### *I Make Clothing on a Clothesline Dance, July 17 2003*

[I don't recall what triggered lucidity:] I'm in a cluttered room, amazed at the detail of the dream scene. Everything looks so ordinary and "real" in the dimly lit room. I take the time to visually examine several ornaments on shelves and small tables, and in particular some decorations on the walls.

I'm then at a closed door and want to go outside. I walk slowly through it, and I'm aware of a small square mesh pattern that I penetrate - I can feel it as I pass through it, and yet I can see an image (like a "ghost image") of the mesh in front of me at the same time.

I see a clothesline full of clothes in a darkish space (no other visuals). I'm delighted that I'm lucid and I feel kind of playful. I want to make the clothes dance on the line. I point at them and immediately they dance about. I'm thrilled that it is so easy to do! Then I make them dance with each other, no longer attached to the clothesline. . .

## DreamSpeak

*Continued from page 6*

**Jay:** I have no doubt whatsoever that dreaming is a creative process with which my awareness (however attenuated by brain chemistry) is intricately involved. I don't think it is a question of 200 or 2000 or 20,000. Each dream is unique, regardless of the repeated patterns. Lucid dreaming just expands the range of possibilities laterally, as it were.

**Robert:** Could one state that when we become lucid in a dream and consciously recognize the nature of our dreaming experience, that we have broken free of normal neural functioning? Or have we simply broken out of the slavery of unconscious neural functions to the relative joy but continued slavery of higher-level conscious neural functions?

**Jay:** Janice and I believe dreaming is a conscious, rather than an unconscious, process. When we become lucid, we have shifted our brain chemistry around a little (which is why the napping technique often works so well, since it messes up our brain chemistry just a bit). This may allow us to use neural pathways usually unavailable to the dreaming mind, but also allows us to develop new patterns of thought based on new experiences.

**Robert:** Does it surprise you that lucid dreaming has not had a greater impact on psychology and understanding dreams and the nature of consciousness?

**Jay:** Not really, given how new the observations are as well as the general level of thought applied to lucid dreaming phenomena. However, we do believe lucid dreaming experiences have a great potential in this regard. We would not have written what we did otherwise.

**Robert:** Any final thoughts?

**Jay:** I would like for those serious lucid dreamers who read this periodical to think about how they might be able to contribute to a real scientific understanding of lucid dreaming and of dreaming in general. Janice and I know of one researcher at Harvard Medical School, Dr. Robert Stickgold, an associate of Dr. Hobson's, who has expressed some interest in working with lucid dreamers in the lab, specifically in brain imaging studies. Perhaps LDE could approach him about the possibility of doing an interview sometime, to find out what he thinks could or should be done in this area.

Finally, thanks for the opportunity to express our opinions.

**Robert:** Lastly, if someone would like to purchase the book that you and Janice wrote, what should they do?

**Jay:** If anyone is interested in an in-depth discussion of the issues surrounding lucid dreaming phenomena, our book *The Conscious Exploration Of Dreaming* can be ordered from Amazon.com or through almost any bookstore that handles special orders.

# Lucid Dreaming News From the ASD Conference

© Robert Waggoner

New research on lucid dreaming was presented by Dr. Stephen LaBerge at the Association for the Study of Dreams' 20th Conference in Berkeley, CA. (June 27-July 1 2003). Also, lucid dreaming was addressed through new research and presentations by Ed Kellogg, PhD., Dr. Brigitte Holzinger, Mark Blagrove, PhD., Fariba Bogzaran, PhD., Beverly D'Urso, PhD. and Robert Waggoner. Next year's ASD Conference will be held in Copenhagen, June 18-24, 2004.

In LaBerge's presentation, entitled, "Toward More Light: The Promise and Paradox of Cognizant Dreaming," he addressed three topics: a new research development using substances to enhance the likelihood of lucid dreaming, a pilot project on lucid dreaming and external sensing, and general thoughts on the nature of lucid or cognizant dreaming.

Of interest to many lucid dreamers will be LaBerge's research on herbal and chemical substances that seem to increase the likelihood of lucidity and dream recall. In the placebo-controlled research study, LaBerge investigated lucid dreaming with research subjects using a prescription drug in some cases and an herbal extract in other cases. With both the prescription drug and the herbal extract, LaBerge found evidence of a higher number of lucid dreams (vs. placebo). Similarly, the research subjects (all of whom were lucid dreamers) noted differences in various aspects

between the chemically influenced lucid dreams when compared to their standard lucid dreams.

Once the data is published or officially announced by the Lucidity Institute, the LDE will release the name of the herbal extract that is available from some internet outlets. Also, at that time, we will ask LDE readers to make note of their lucid dreams when using this extract along with their commentary on qualitative differences in their lucid dreams.

LaBerge's pilot project seemed to be focused on a lucid dreamer's awareness of the physical world while lucid dreaming. For myself (and I believe many lucid dreamers), there have been a number of lucid dreams in which I was simultaneously aware of being in the lucid dream and feeling my body on the bed -- or in one lucid dream, the pillow near my mouth and the difficulty in breathing. So, the idea that one can be aware of the lucid dream and simultaneously some aspect of the physical environment, is not new to many of us. It may be that his interest is to quantify the potential here, or make a point about the nature of awareness.

Lastly, LaBerge considered the Buddhist idea of compassion and how a lucid dreamer might relate to that in the lucid dream. As I recall, he advised lucid dreamers to consider that the dream characters may be aspects of themselves, and a compassionate response to their reality in the dream may be more suitable, than, say, blasting them to bits. While I jokingly thought about establishing a branch of the People for the Ethical Treatment of Dream Characters (PETDC), I hasten to

say that I generally agreed with LaBerge and on many occasions feel that lucid dreamers fail to glimpse the psychological validity of the dream characters or thought forms encountered in a lucid dream.

While I did not attend all of the other presentations on lucid dreams, I did speak to each of the presenters (with the exception of Mark Blagrove). Ed Kellogg spoke on "Lucid Dreaming and the Laws of Magic," Brigitte Holzinger presented research on "Sleep Habits and Subjective Quality of Life of Lucid Dreamers in Austria," Mark Blagrove presented research on "Reading Preferences and Lucid Dreaming," Beverly D'Urso spoke on "Witches, the House, and Grief: Developing and Avoiding Lucid Dreaming," Fariba Bogzaran spoke on "Dimensions of Lucidity in Dreams," and I spoke on "Lucid Dreaming: Practical Techniques for Becoming Lucid."

ASD Announces an On-Line Conference: LDE readers should make note that the ASD will be conducting an on-line conference in late September, 2003. Look elsewhere in this LDE for information about it. Last year's on-line conference was a tremendous success with some fascinating papers, contests and on-line interactions with intelligent and talented dreamers. More information can be found at [www.asdreams.org](http://www.asdreams.org)

The abstracts for all of the presentations at the ASD conference can be found at [www.asdreams.org](http://www.asdreams.org) Simply go to the site and follow the leads to the 2003 conference information.



# ANNOUNCEMENTS

## Dreaming and Awakening Retreat

All oneironauts are warmly invited to join us for the upcoming Dreaming and Awakening Retreat -- Friday, October 24 through Sunday, November 2, 2003 -- on the Big Island of Hawaii! Details, online registration, and scholarship applications are available at: [lucidity.com/DAA](http://lucidity.com/DAA)



## Sleep Paralysis

Isolated Sleep Paralysis and Lucid Dreaming: Ten-Year Longitudinal Case Study and Related Dream Frequencies, Types, and Categories

By Jorge Conesa, Ph.D.

[www.sleepandhypnosis.com](http://www.sleepandhypnosis.com)

### *With Thanks*

*We'd like to offer a special thank you to all those who have advertised The Lucid Dream Exchange in their publications, e-mail announcements, and on their web sites, and to the supporters, contributors, and dreamers of LDE.*

*Thank you!*

## Experiment Deadline Extended December 2003

### The Best Sleep Posture for Lucid Dreaming:

#### A Revised Experiment Testing a Method of Tibetan Dream Yoga Sleep Posture, the Nasal Cycle, and Lucidity

For over 1,000 years, the Tibetan Buddhists have been practicing lucid dreaming as a means of approaching enlightenment. In this pursuit, they have developed elaborate techniques for inducing lucidity. Some of these are esoteric beyond the capacity of the uninitiated Western mind to conceive, let alone practice. However, others bear a striking resemblance to the techniques now employed by Western oneironauts, for example, frequent reflection throughout the day on the dreamlike nature of reality.

We are very grateful to the Fetzer Institute, which has provided us with funding to investigate the value of ancient Tibetan lucid dreaming induction techniques in the West. One such avenue which has been little explored to date is that of posture during sleep. Some Tibetan lore suggests that men and women should sleep on opposite sides, "because their energy channels are reversed." We would like to find out to what extent this is so. Previous Lucidity Institute studies on sleep posture, nasal laterality, and lucid dreaming have in fact yielded certain unexpected differences for men and women, but we need more participants to know whether those results were random variations or reproducible.

For the last year, we have offered a version of the experiment investigating sleep posture and nasal laterality (an ancient Yogic technique for influencing states of mind) requiring a series of early morning naps. Although the nap version of the experiment was designed to yield the highest rate of lucid dreaming, it evidently was too difficult for most people to schedule into their busy lives. Thus, we have modified the experiment once again, making it much easier to collect data in the course of one's usual sleeping schedule. If you have already started the previous version (LR3060.pdf) of the experiment, please finish it and send in your results. You may also participate in the new version of the experiment even if you have already completed a previous variation.

If you are interested in participating, please request a copy of the experiment via email by sending an email to [nosex2@lucidity.com](mailto:nosex2@lucidity.com) with "send nosex2.pdf" in the subject field (without the quote marks, and nothing else). The Subject line should look exactly like this:

Subject: send nosex2.pdf

You will receive the file as an email attachment (named nosex2.pdf). Open and print the file with Adobe Acrobat 4.0 (earlier versions of Acrobat may not work). Please carefully read and follow the instructions, do the experiment, and return when finished. If you don't already have version 4.0 of Acrobat Reader, you can get it free from Adobe. If you are unable to download and print the file, you may request a printed copy by emailing your address to:

[Ouroboras@lycos.com](mailto:Ouroboras@lycos.com)

We would like to have data returned by **December 2003**. The more data we have the better we'll be able to reach reliable conclusions, so please contribute. We are especially in need of left-handed subjects but if you are right-handed, don't let that prevent you from participating!

## The Lucid Dream Exchange Website

Check us out at:

[www.dreaminglucid.com](http://www.dreaminglucid.com)

# Online Psiberdreaming Conference

ASD's Second Online  
PsiberDreaming Conference  
September 21, 2003 - October 5, 2003

## Features:

1. **Online Presentations** including provocative papers and workshops on popular and cutting edge topics, such as: remote viewing, precognition, dream telepathy, mutual dreaming, psychopompic dreams, lucid dreaming, visionary dreaming, prodromal dreams, dream healing, the nature of dream reality, and dreaming as a spiritual practice. Workshops will provide resource lists for those who wish to explore topics in greater depth, and practical instructions for techniques or experiments detailed enough so that conference participants can try them out at home.
2. **Dedicated PsiberDreaming Discussion Boards** where participants can discuss each paper and workshop in depth with authors and other participants, and can post specific questions, etc. Links to relevant threads would appear conveniently at the end of each posted presentation, updated daily to show new threads of interest.
3. **Scheduled Chats** each week of the conference with presenters and/or other experts on cutting edge topics.
4. **Numerous PsiberDreaming Events and Contests** where participants can test their skills and explore different facets of paranormal dreaming, including dream telepathy and remote viewing, precognition, and mutual dreaming. Judges will evaluate how well dreamers tune into the designated targets, or how well dreamers perform a specific dream task. And ASD will provide prizes to the winners!
5. **A PsiberDreaming Gallery of Dreams and Art.** One section of this gallery will feature the "best of the best", graphic images of dream art selected from the submissions to past ASD conferences, formatted into a sequential point and click cyber tour. A second section of the gallery will provide a place where participants can display their own dream art (with accompanying dream text or dream poetry), sharing them with other participants.

## Event Dates and Costs:

The PsiberDreaming Conference opens Sunday, September 21, 2003 through Sunday, October 5, 2003. The conference will then become a read only archive for an additional two weeks for participants (through October 19th, 2003).

### Online Participation Costs for both weeks (no one week rate):

General Public \$35! (US Dollars)

ASD Members \$30!

Students with valid ID \$20! (no additional ASD discount)

Participants who register and pay by September 7th will get an additional \$5 off their registration fees!

**Note: we've deliberately set the price of attending this conference low to open this conference to interested participants worldwide. Please take advantage!**

Considering joining ASD? Join ASD as a new member anytime from August 10th through October 5th and as a bonus we'll give you free admission to ASD's second PsiberDreaming Conference!

Starting August 10, 2003 to Register Go To:

<http://tinyurl.com/jpzi>

Comments from some of last year's participants:

"....a wonderful experience", "The topics and presenters were top notch", "....fascinating papers", "An enlightening and totally enjoyable experience", "Great energy", "More More More !!!"

# LUCID LINKS

## **The Lucid Dream Exchange**

[www.dreaminglucid.com](http://www.dreaminglucid.com)

## **The Association for the Study of Dreams**

[www.asdreams.org](http://www.asdreams.org)

## **The First PhD. Thesis on Lucid Dreaming**

A site featuring Dr. Keith Hearne's PhD thesis as well as other lucid dreaming firsts.

[www.european-college.co.uk/thesis.htm](http://www.european-college.co.uk/thesis.htm)

## **The Lucidity Institute**

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

## **Lucidity Institute Forum**

A thought-provoking, inspiring place to participate in on-going discussions about the very stuff that lucid dreams are made of.

[www.lucidity.com/forum](http://www.lucidity.com/forum)

## **The Dream Explorer**

Linda Lane Magallon's website featuring lucid, OBE, telepathic, mutual and flying dreams. Some dreams and articles have appeared in LDE:

<http://members.aol.com/psiflyer/dream/explorer.html>

## **Linda Magallon's Flying Dreams website**

[www.members.aol.com/caseflyer/flying/dreams.html](http://www.members.aol.com/caseflyer/flying/dreams.html)

## **Electric Dreams**

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

## **Lucid Dream Newsgroups**

alt.dreams.lucid

alt.out-of-body

## **Alt.out-of-body Website**

[www.geocities.com/janice240obe/index.html](http://www.geocities.com/janice240obe/index.html)

## **the5aint's website**

[www.angelfire.com/ca/auricles/lucid4.html](http://www.angelfire.com/ca/auricles/lucid4.html)

## **Dreams and Lucidity**

<http://www.spiritonline.com>

## **The Lucid Dreamer's Reference Guide**

<http://www.cris.com/~Mbreck/lucid.shtml>

## **Lucid Dreaming Links**

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

## **Lucid Dreaming Guild for the Physically Challenged**

<http://www.geocities.com/lucidguild/index.html>

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

[www.dreams.ca](http://www.dreams.ca)

## **reve, conscience, eveil**

A site in France (with English translations) about lucid dreaming, obe, and consciousness:

[www.florence.ghibellini.free.fr/](http://www.florence.ghibellini.free.fr/)

## **Sleep Paralysis and Lucid Dreaming Research**

[www.geocities.com/jorgeconesa/Paralysis/sleepnew.html](http://www.geocities.com/jorgeconesa/Paralysis/sleepnew.html)

## **Ralf's "Maui DreamCamp Picture Show"**

<http://home.t-online.de/home/Ralf.Penderak/index.htm>

## **Michel Gingras**

[www.lucid.tv](http://www.lucid.tv)

## **William Buhlman**

[www.williambuhlman.com](http://www.williambuhlman.com)

## **Christoph Gassmann**

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

[www.home.sunrise.ch/cgassman/tholey2.html](http://www.home.sunrise.ch/cgassman/tholey2.html)

## **Werner Zurfluh**

"Over the Fence"

[www.oobe.ch/index\\_e.htm](http://www.oobe.ch/index_e.htm)

If you know of a link that should be included in this list, please let us know.

# Send in Your Lucid Dreams!

**Deadline November 5 2003**