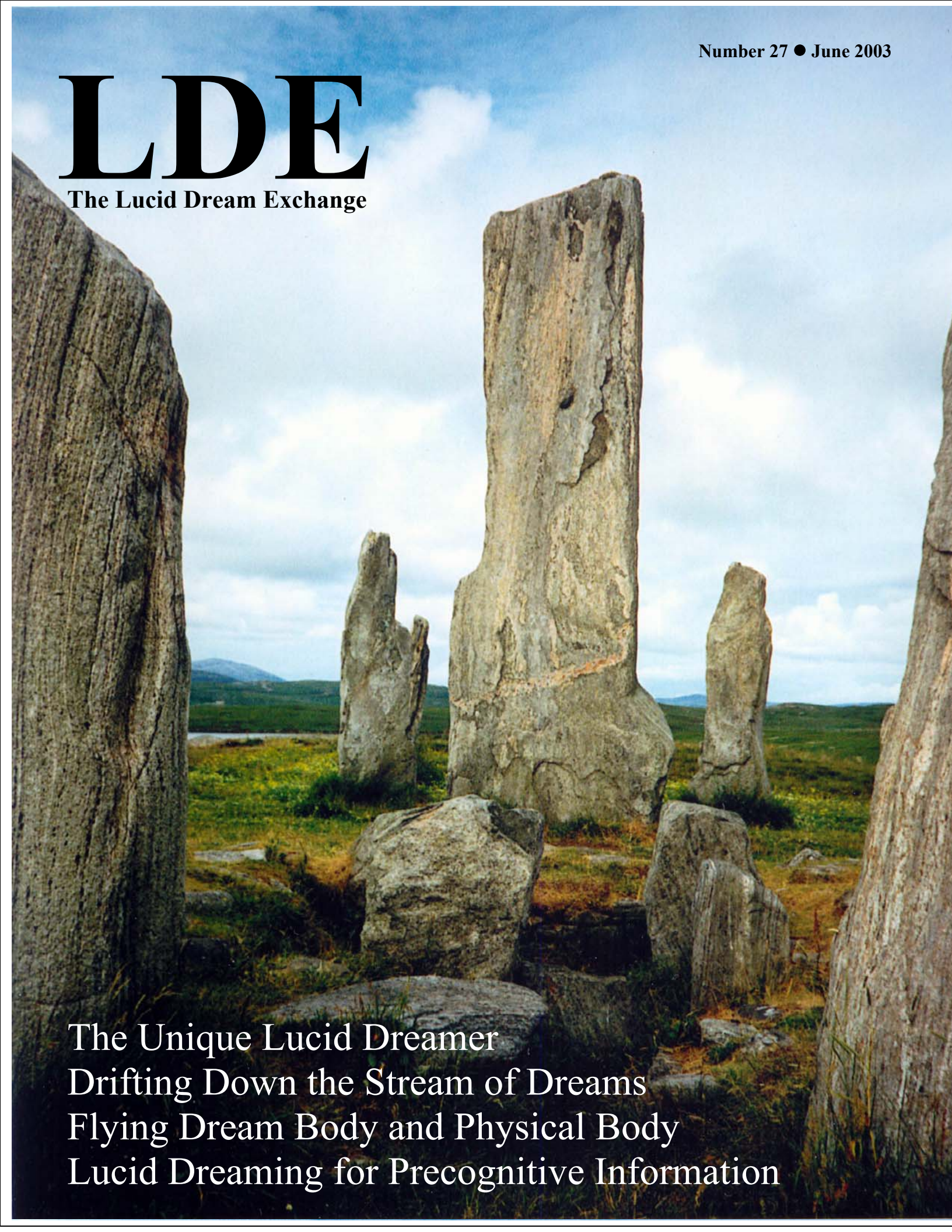


Number 27 • June 2003

# LDE

The Lucid Dream Exchange

A photograph of a stone circle in a grassy field under a cloudy sky. The stones are tall, rectangular, and weathered. The background shows a green field and distant hills under a blue sky with white clouds.

The Unique Lucid Dreamer  
Drifting Down the Stream of Dreams  
Flying Dream Body and Physical Body  
Lucid Dreaming for Precognitive Information



# The Lucid Dream Exchange

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## Cover Photography

*Standing Stones at Callanish*

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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

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## Website

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## A Unique Lucid Dreamer

Keelin

They say early on, she showed signs of being a Dreamer. Although correct answers could be delivered when called upon at school, her eyes hinted she was often essentially "elsewhere". This never worried her parents however, as they secretly cherished the otherworldly smile on her otherwise mischievous face. Siblings and friends, on the other hand, declared her a hopeless space case, but as time went by, most grew accustomed to her unusual way of seeing things. Without knowing the proper term for it, Keelin began lucid dreaming spontaneously during those childhood years, relishing the unlimited freedom it offered. Then, when her beloved father passed away at an early age, she embraced dreaming even more fully as it proved a way to keep the tender feelings of connection alive.

Many years later, Stephen LaBerge's writings put a name to her favorite nocturnal adventures and introduced her to the astonishing concept of dreaming lucidly \*at will\*. There was no turning back. Over the past several years, she's shared her endless enthusiasm for lucid dreaming by offering occasional workshops, facilitating at Lucidity Institute's Dreaming & Awakening Retreats, a bit of writing on the topic here and there, participating in research experiments and volunteering as a lab subject. At present, she is (still) collecting lucid dream accounts involving intentionally directed healing imagery by people who are mobility-impaired in their waking lives. Her hope is that these anecdotes will encourage a scientific study of the psychological and possible physical effects of healing imagery applied within the lucid dream state.

What continues to inspire and delight her is not only the exquisite joy that comes with recognizing those moments when she is dancing in the Land of Odd. It is also the way in which those same awareness skills needed for lucid dreaming profoundly enhance her daily life. Currently, Keelin lives the waking version of a sweet dream with the love of her life in Northern California. And while she spends much of her day as a graphic cartographer mapping the external world, her nights are dedicated to navigating by a different compass, exploring and charting an inner world of wonders.

# Dream Speak

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

**By Robert Waggoner**

Janice Brooks is a prolific lucid dreamer, and something of a "founding member" of *The Lucid Dream Exchange* in that she suggested that title to Ruth Sacksteder, LDE's first editor. Janice and her husband, Jay Vogelsong, wrote a book on lucid dreaming *The Conscious Exploration of Dreaming* and have deep and wide-ranging views on lucid dreaming.

**Robert:** Janice, as I recall, you were quite young when you began to experience lucid dreaming and OBEs?

**Janice:** I'd say about 7 for lucid dreams and about 13 for OBEs.

**Robert:** What were those first experiences like? What did you do?

**Janice:** I can only remember four of my earliest lucid dreams. Judging by those, as a child I mainly used lucid dreaming to overcome fear in dreams, or to wake myself up if it came to that. In what was I think the first one ever, I was walking past my next-door neighbor's house with trepidation, thinking that it was the abode of a vampire (this was way back in the days of *Dark Shadows*). Then I remembered that I had dreamed such a thing before, so concluded this must be a dream now. I continued on my way without fear.

The OBEs were what I'd now call sleep paralysis experiences with partial OB sensations like floating or stretching duplicate limbs. These terrified me and all I did with them was pray and struggle to end them.

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

**Janice:** The OBEs simply happened. I certainly didn't want them to; they scared me witless. I can't recall whether or not I tried to have lucid dreams as a kid. I did do some deliberate dream incubation--trying to dream about specific things--as well as deliberately try to have what I now know as hypnagogic visions. Back then I could "project" those into the air and onto the walls, which was super cool.

**Robert:** Also, did you have the experience first and then try to read about it, or did you read about it first, and then have the experience?

**Janice:** I couldn't have read about lucid dreams before having them. I was just too little. I had read and heard a bit about OBEs before I started having those, though.

**Robert:** For me, once I taught myself to become lucid when I was 16, then within a few months, I began to have the classical OBE feelings; I would hear buzzing noises and feel vibrations, etc. Did it take you a while to get comfortable with the noise and energy?

**Janice:** Yes. Eight wasted years.

**Robert:** When you think of lucid dreams and (what people call) OBEs, do you think they are basically slightly different aspects of the same thing? How so?

**Janice:** For me they are. I wouldn't just assume that all OBEs absolutely must be lucid dreams, but mine definitely are, so it stands to reason that at least some experiences that other people think of as OBEs may be misidentified lucid dreams as well, if not necessarily all of them.

When I finally got brave enough to explore my OBEs instead of just making assumptions about them, I found out that once all the vibrations and such were over with and the experience actually got underway, the end result was not significantly different from a lucid dream. This ended my fears and I came to make extensive use of OBEs as a lucid dream induction technique.

**Robert:** For someone who hasn't experienced this, how would you help them distinguish between a regular lucid dream and an OBE type lucid dream?

**Janice:** OBEs seem to be the result of remaining conscious while otherwise falling asleep, and focusing on bodily perceptions and the development of a dream body as a first step. As such you're likely to notice certain odd sensations that are probably due to psycho-physiological changes involved in the process of falling asleep, such as the loss of muscle tone that causes paralysis. If you pay too much attention to them you may end up feeling stuck

*"When I finally got brave enough to explore my OBEs instead of just making assumptions about them, I found out that once all the vibrations and such were over with and the experience actually got underway, the end result was not significantly different from a lucid dream. This ended my fears and I came to make extensive use of OBEs as a lucid dream induction technique."*

*Janice Brooks*

in your body the whole time, so it's best to get on with it and go through with the "separation." The most important thing to remember is that there's really nothing to fear.

**Robert:** A lucid dreaming friend told me that he feels one difference between lucid dreams and OBEs involves the memory. He says that he can't always recall every detail of a long lucid dream, while an OBE seems very easy to recall and is almost burned into his memory. Have you noticed this "memory" contrast between regular lucid dreams vs. OBE lucid dreams?

**Janice:** Not really. I'd say that on average my awareness level, which affects recall, is a bit higher in OBE-type lucid dreams than in regular lucid dreams, but not that dramatically. I know that the degree of difference varies from person to person, however. At one time the difference was a bit greater for me than it is now.

**Robert:** As I recall, you have recorded more than 1000 lucid dreams. Is that right?

**Janice:** I recorded 1000 lucid dreams in the time period when I was collecting them for my book. That was only a portion of the lucid dreams I had during that time period, and doesn't count the years before and since then, so a full count would be much greater. It would probably not be unrealistic to estimate that I averaged two to three lucid dreams a day during one ten-year period.

**Robert:** Is there a special technique or philosophical/spiritual interest responsible for so many lucid dreams? Or do they just come without any effort?

**Janice:** I used a variety of techniques: OBEs, recognizing false awakenings, WILDs, counting, etc. Eventually they did come without effort. There have been phases when I've been sick of them and actually programmed myself not to have lucid dreams! Nowadays I don't have them all that often, maybe two or three a week at peak times.

**Robert:** Tell us about some of your most interesting lucid dreams.

**Janice:** I've had a number of interesting conversations with dream characters. For example, I remember having a discussion with a handsome lucid dream vampire once. He lived in the sub-basement under a girls' dorm. Although his stomach could not handle solid foods, he did sometimes drink fruit juices. Garlic repulsed him, but

not magically; he just didn't like it. Interestingly, he considered himself to be a Christian. He spoke of his race as an old one, with a bloodline that had become diluted through sexual interbreeding with humans. I bowed out when it became clear that where he was going with this was to suggest breeding with me, since I showed signs of having some vampire ancestry.

Another memorable conversation took place with a dream character behind the counter in a shop who asked me why I went around controlling things. I said, "Because I am the dreamer, the self." He asked on what basis I considered myself a self. I said this was the point through which I organized experience. He asserted that he was a self, too. I asked, "So on what basis do you consider yourself a self?" But he couldn't answer, got all irritated-looking and vanished.

**Robert:** Now, is it true that you would often meet the same exact dream characters over and over in your lucid dreams - kind of like a lucid dream soap opera? Did this begin intentionally? Did you "will" the characters back or did they just show up in your lucid dreams?

**Janice:** Yes, it's true that I had serial lucid dreams in place of a social life for a number of years. When I started having recurring dreams about the first of the serial characters, they were spontaneous and not particularly connected, but it didn't take long for me to get the idea to try to induce them intentionally and develop a continuing storyline. Sometimes the characters just showed up, but more often I went looking for them.

There's an entertaining article on my website that discusses the soap, beginning at <http://www.geocities.com/janice240obe/soap1.html>

**Robert:** What was that like to interact with the same dream characters? What did you do?

**Janice:** Visited with them, watched them do things, chatted, embraced a lot. It might seem surprising but I don't think there were many sexual encounters with them.

**Robert:** After so many lucid dreams, did the dream characters begin to develop personalities? Were some happy and some sad? Did they act volitionally or disagree with you?

*Continued on page 26*

# The Unique Lucid Dreamer

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In April, LDE sent out a short questionnaire via e-mail to find out what makes and keeps a lucid dreamer interested in lucid dreams.

From the responses sent in we see that some people learned to lucid dream after reading about it, while others began lucid dreaming spontaneously on their own.

Some became interested by the possibilities of expanding and exploring their consciousness', to do things they can't do in the physical world, for entertainment, for relaxation, for self discovery.

Each dreamer is unique and therefore so is his/her dreaming experiences. Instead of proceeding with a detailed summary of the responses, I'll give the dreamers their voices, and let them speak for themselves:

## WHAT FIRST INTERESTED YOU IN LUCID DREAMING?

The thing that first interested me in lucid dreaming was my first lucid dream. What really intrigued me was the hyper-reality of lucid dreams. They seemed more real than waking reality, in some way I couldn't put my finger on. This was when I was a child, in the 60s. I didn't know anyone else had these kinds of dreams until I heard of Stephen LaBerge's work in the late 70s. - **Karl**

I began lucid dreaming spontaneously, without having heard of it. I used the opportunity to study the nature of dreaming. - **George Gillespie**

The new possibilities of consciousness. In 1982 I began to regularly journal my dreams. In that time I read some books where lucid dreaming was mentioned and had in the same time some spontaneous and impressive lucid dreams. The books were Patricia Garfield's *Creative Dreaming* and James J. Donahoe's *Dream Reality* - **Christoph Gassmann**

I believe I read an article in *Omni Magazine* a million years ago! :-)  
- **Andrea**

I could recall certain dreams as far back as 2 years old. I was introduced to Jane Roberts, the Seth Material and the concept of the Dream Art Scientist when I was 15 years old. The man who introduced me spoke to me for a long time about "mystical/metaphysical" concepts; it all seemed to make sense. That night I dreamt a dream that turned out to be somewhat clairvoyant. Shortly thereafter I began dreaming frequently and have felt almost compelled to keep a dream journal ever since. Not all my dreams are lucid...as a matter of fact, my lucid dreams probably constitute less than 5% of my overall recall. - **Jan Hart**

It promised a possibility to directly explore the inner world and it's landscape, increase creativity and health, and get insights into other matters of importance. - **Anonymous II**

The possibility of bringing what I consider my daily conscious focus into the dream state where more inner dialogue is possible (I think). It was also the thrill of going on adventures in the dream state, and the possibility of an increased dialogue between the waking focus and the creative source of my personal reality in the dream focus of my consciousness. - **Mara**

I became interested in lucid dreaming when I read my first Seth book. - **Shirley Hadley**

I had a lucid dream 10 yrs ago and so knew it was possible and how fascinating a state it was to experience. I discovered Lucidity.com, got their course and mask and learned it (~70 lucid dreams over 2 yrs later) and am still going. - **Anonymous**

The idea that this could be a springboard for OOBs. - **Rich**

Probably the first thing that interested me in lucid dreaming was the first pre-lucid dream I had when I was twelve. On two nights I had the same dream, (between Monday and Tuesday and between Tuesday and Wednesday). Or the dream wasn't same, but the ending was. I remember the first dream well, the second I remember only fragments. First dream: "I am knocking some spaceship with a meteorite (spaceship and meteorite idea from James Follett's radio drama 'Earthship') when the telephone rings. It is my grandmother and she begins by saying her surname before I say anything. In the middle of the phone discussion I recognize that it is only a dream and decide to do something. I say to myself: 'Now this room goes downwards', and so it does. The next night the ending was the same 'now this room goes downwards' and so it did, although I thought 'no'. I thought that this was an interesting thing and had a few pre-lucid dreams until I read Patricia Garfield's book about creative dreaming (don't know English name, I remember only the name of a Finnish translation). That dream book positively affected my dreams (they became more creative from time to time). After that, I have done some experiments - knowingly and by "accident" - with lucid dreaming. - **Markku Yli-Penttilä**

I was first interested by the possibility to explore a new world created by my imagination and experience powerful situations there. - **Bernard**

I started having lucid dreams spontaneously as a little kid. My use for them at the time was to overcome fear in dreams, or if worse came to worst to wake myself up from a bad dream. - **Janice**

Instinct. Memories of operating that way in early childhood lingered, and I just knew that was the most natural way for me. I was drawn to it like iron filings to a magnet, even before I read of the idea or knew what to call it. - **Charmaine**

Studying the Seth material back in the mid-1970's. - **Paul H.**

I became interested in lucid dreaming in 1989, when I was suffering from recurrent nightmares. In that time I read *Lucid Dreaming* [LaBerge] and I understood that the terrifying dream world was created by my mind. I have cultivated awareness in my dreams and my nightmares ended. (I have reported best results with a conciliatory approach toward hostile dream characters.) - **Gabriella**

It wasn't so much an "interest", as I just started "doing" it. Of course, it's definitely an interest, now! I've always remembered my dreams, since childhood, and when I started reading Rob and Jane's Seth material, in the 70's, it just added more kick to learning more and more about "that" world! Then I had my idea to write my *SLEEPWALKERS* novel, and add some **real** dreams into the book I've had, to try to get others to see and experience the neat things I was seeing and experiencing--but in a fictional format. - **F. P. (Frank) Dorchak**



**WHY ARE YOU INTERESTED (OR, WHAT MAINTAINS YOUR INTEREST) IN LUCID DREAMING?)**

Because I feel it is an untapped world. A place where I can fulfill fantasies and enjoy a safe environment for experimentation and learning. In addition, it returns to me a third of my life that I normally spend unaware. - **Andrea**

It's given me a better perspective on consciousness and more of the complexities of who I am. The occasional joyous dreams are especially wonderful and have an enduring effect on my mood - a great anti-depressant! - **Anonymous**

Lucid dreaming turned out to be a funny - at times hilarious - experience and lesson with the potential to change ones interpretations of self and life! Now it has become a stepping stone for other new experiences. - **Anonymous II**

I love lucid dreaming. Why is the dream world very fascinating for me? It presents many opportunities for broadening the mind and overcoming nightmares. - **Gabriella**

My desire to explore the frontiers of my psyche, to experience and understand "more" of myself and this world than I do in my waking life, maintains my interest. - **Jan Hart**

Through the years I have been able to study dreams and visual consciousness. And writing about this is what I mostly do with my life now. I look at dreams in the wider context of all forms of visual experience. However, I've been finished for some time with experimenting with dreams, and I use my lucid dreams differently now. - **George Gillespie**

Lucid dreams present the opportunity to explore, to learn more about myself and the world I live in. - **Karl**

I am doing music, audiodrama, writing stories, and audiodrama scripts as a hobby. Sometimes I get some very creative thoughts or story fragments in lucid or non-lucid dreams. Or maybe it is the hope that I will have a very interesting and vital lucid dream some day. - **Markku Yli-Penttilä**

The possibilities of consciousness and its philosophical implications. Investigation of how realities are constructed by ideas, expectations, and fears. - **Christoph Gassmann**

I later discovered that training for lucid dreams can have a strong impact on my awake life and even contribute to spiritual development. - **Bernard**

My interest level is not high anymore, but I still get them from time to time, usually without trying. - **Janice**

It expands the conscious portion of my life. I want to learn more about the possibilities of different adventures in the dream state. - **Mara**

The intense experience of deep presence, the feeling of personal evolution and unfolding, that go hand in hand with the experience. Pure instinct. Meditative practice. Various branches of yoga. The communion with everything. The freedom to drop the limitations of a physical body for a little while (or to do things that are beyond its capacities) and to exist in ways that feel more natural to my temperament. - **Charmaine**

I find lucid dreaming to be a great reminder of the fact that we are the creators of our physical and non-physical existences. - **Shirley Hadley**

I love learning more and more about what's in the "background" to life. What "supports" and "creates" our lives. Otherwise, I suppose it's also a little like predilection; we all have certain directions we feel more drawn to/in tune with/good at, and I feel this with the nonphysical world. - **F. P. (Frank) Dorchak**

To discover more of myself, to shape my future, to use it as a springboard for further exploration of self. - **Rich**

Because it is the type of focus for the subtle (astral) body that I'll use in the afterdeath experience. So getting familiar with it now, will make that transition smoother. - **Paul H.**

**WHAT BENEFITS, IF ANY, DO YOU GET FROM LUCID DREAMING?**

Learning better ways to deal with emotions and with challenging life situations. Increased feeling of health and vibrancy. More skill with subtle energy in waking life. Better quality of sleep with less sleep time. Better skill at waking activities that I can practice first in the dream state. Being able to take a scary or dull-feeling dream and transform it into something that empowers and energizes me. Greater communion and oneness with all that is. The opportunity to experience being as some other form or creature, or as completely formless and timeless. The deep refreshment that results from all of that. The ability to explore other timelines, other worlds, other universes, other dimensions, and to meet other travelers. - **Charmaine**

I usually am quite elated when I have a conscious dream, and when I awake. - **Mara**

The joy of becoming lucid is indescribable and can carry one through a day or even a week. I also enjoy flying without all the cost, fuss, and security issues of planes. The self-learning opportunities are immense and the awareness required to achieve lucid dreaming helps (and in turn is helped by) my meditation practice. - **Andrea**

I personally feel that I have received the benefit of awareness. I am aware that we, the human race, are much more than we pretend to be. I am aware of dream meetings, schools, time travel, etc. through my dreams in a way that is much more personally poignant than the vicarious awareness gleaned from motion pictures. To me, lucid dreams instill a certain faith in myself and the reasons for my existence. - **Jan Hart**

I still learn from them, although they are not as frequent now. I use them more for worship, when I can remember to do so. - **George Gillespie**

One benefit I've received from lucid dreaming has been relaxation--I've taken vacations during lucid dreams. I've also had the opportunity to interact consciously with some archetypal dream figures or guides, which has given me a sense of awe and wonder and spiritual connectedness. Finally, they're just plain fun! I feel like a kid again when I'm having a lucid dream. - **Karl**

It has given me a greater appreciation for my innate creativity and artistry. I often marvel at the gorgeous intricate reality my subconscious can create - this gives me more confidence in my creativity and ability to solve problems. On a metaphysical note: I've often wondered how mystics have said that just as we dream up universes and people them, so the One Consciousness is dreaming all of this creation and all of us. In my lucid dreams (after talking with seemly 100% real independent characters who are convinced they are not my dream creation - but of course I know they are) I have a better feel of how I might actually be a dream character of a

macrocosmic Cosmic Dreamer. Someday I might just really awaken and realize I am the One dreamer. I consequently feel a deeper connection to the unity of all things. - **Anonymous**

Pleasant experiences; adventures in unknown territories. Knowledge of the construction of mind and matter. Maybe the conscious passing of death when it will arrive. - **Christoph Gassmann**

Having pleasant and interesting dreams, maybe getting some ideas for creative hobbies from lucid dreams. - **Markku Yli-Penttilä**

A better knowledge of my dream world, and so from my unconscious mind a more conscious life, with much more attention to facts, perceptions, people etc. Some powerful discoveries on my spiritual path. - **Bernard**

Entertainment, mainly. - **Janice**

A feeling of freedom while flying above dream-like towns and cities, seas, or vast fields of flowers is probably the most pleasant benefit. - **Anonymous II**

Besides pleasant, fun, and playful dreams, it helps me to create my own inner map, and attempt to compare it to other dream explorer's maps because I feel it to be a precursor in human evolution to what Seth calls dream-art science (in "The "Unknown" Reality, Vol. 1"). - **Paul H.**

I receive the greatest feelings of satisfaction when I am lucid dreaming or waking. I feel as if I am using a natural ability or skill that enhances my well-beingness in my physical life. Also I feel an expansion of consciousness that occurs, helping me feel the infinite being that I am. - **Shirley Hadley**

Lucid dreaming favors the reduction of anxiety and the exploration of unconscious..... moreover it is very amusing! - **Gabriella**

A much more **rich** and textured dream world! Awareness of other realities. My wife jokes that I have a whole 'nother life going on, "in there," every time I tell her--in detail--what I've dreamed about! I feel lucid dreaming can also help create a better life for people--if they let it. If they learn to manipulate their dreams. And it doesn't have to be conscious, or always conscious; it can be that you set your goal, believe it will manifest, and that you will, somehow, bring it into being, and let your inner self help you along. It's also just cool to know that there's **more** to our lives than just what we see and feel in our awake moments! - **F. P. (Frank) Dorchak**

Great insight and excellent symbolism relatively easily understood. I too am symbol so that is saying a lot. - **Rich**

### WHAT DO YOU LIKE TO DO IN YOUR DREAMS ONCE YOU ARE LUCID?

I ask where I am, who I am, why I'm there, what I'm doing. I also find great pleasure in experiencing nature, as a rock or a cavern, in the water, in the air, as a tree, as an animal, and as myself, Jan. - **Jan Hart**

I usually start to sing or do something worshipful, like praise or prayer. - **George Gillespie**

I like to explore my dream environment, or travel or change the locale to some specific place or to meet someone. - **Karl**

Flying and to talk with characters, especially children, in lucid dreams - **Anonymous**

Being aware, being conscious!!!! - **Christoph Gassmann**

To fly, mostly. - **Markku Yli-Penttilä**

What do you like to do when you're conscious? When I'm lucid--and I'm not as lucid as I used to be, for I'm finding when I'm pressed for "awake-life issues" (like finding a new job) I don't "lucid" as much (and, yes, I should put that angst to good, **lucid**, use...)--I just go with the flow of the dream. Occasionally, I try to go "against" whatever I'm doing, just to pick a different path, and "prove" to myself that I can change the course of a dream! Sex is also incomprehensibly, beyond words, incredible in the dream state! ;-] - **F. P. (Frank) Dorchak**

Experience some remembered situations from my childhood. Have spiritual meetings. - **Bernard**

Fly around, make out, ride horseback. - **Janice**

I do not yet have the control to be able to answer this question. I want to do what is indicated in the forgoing responses. - **Rich**

I like to fly and to explore new dream territories. - **Gabriella**

When I started having lucid dreams it was funny to do things that I imagined as a kid, but couldn't do: find boxes of sweets in a store and eat as many as I want, fly, jump roof to roof, walk on the walls, etc. This helps loosen up a little bit about living. Now, soon after becoming lucid in a dream, I mostly end up having short out-of-body experiences, which are spontaneous most of the time. - **Anonymous II**

Flying is usually my first choice. Talking to my inner self, and asking for assistance from my inner self. Going exploring. And sometimes I have tried to see what it would be like to move through doors, windows, and walls, into new rooms. Once I even tried to see what it would be like to move into my husband's body. - **Mara**

Fly. Go to another level from which I can see "the bigger picture" of what was just happening and understand it better. Seek whatever I most need to learn or experience at the time. Encounter completely different environments and ways of being. Help other beings or cultures that request help. Understand the whole nature of creaturehood and being. Spend time with others who feel like kindred spirits, who are engaged in the same practices. Float up into deep communion with everything. - **Charmaine**

I enjoy most of all to fly! Also to explore the environments that I find myself in. Another favorite is to find others who are also lucid and speak with them. I also enjoy connecting with my inner self. I find great comfort and healing with that source. - **Shirley Hadley**

Play with dream matter, experiment with the sensations of merging my dream body with dream matter, mostly hands, arms, and head, occasionally my entire body. Try to make contact with my inner guide, someone's **always** watching me and available if I remember to request contact. There is a whole slew of natural explorations too, like projecting through my forehead into bodiless, nonphysical states, on occasion. - **Paul H.**

Fly, have sex, swim under water without breathing (or being able to breathe water - depending on the day), commune with animals, "sight see" - my dream worlds are more fantastic than any I could consciously imagine. - **Andrea**

There was no deadline for this questionnaire, so if you want to participate, please feel free to send in your responses to the above questions at any time!



# LUCID DREAMING FOR PRECOGNITIVE INFORMATION

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In my experience, there seems to be two types of lucid precognitive dreams: active and ambient. Active lucid precognitive dreams are ones in which the lucid dreamer actively engages the dream objects or characters for a precognitive response. By contrast, ambient lucid precognitive dreams are ones in which the lucid dream report contains a precognitive element that was not actively sought by the dreamer (this being more of a mixture of lucid dreaming and standard precognitive dreaming). An example of ambient lucid precognitive dreaming occurred to me in a dream in which I was being chased by gangsters in a car in my old hometown. When I passed 17th and Plum, I turned behind the Vickers gas station and became lucid when I saw a car wash there! In waking physical reality, there was no car wash there - at least at that time. Probably five years later, a car wash was built in that exact same spot. I hadn't lived in that town for 15 years by the time of the dream.

I remember the first time I tried to have a precognitive lucid dream in response to a challenge by Linda Magallon. In the subsequent lucid dream, I was in "like a big stage area for a band and a dance floor. There are instruments all around, a drummer behind his drums, chairs, etc. I think, "What should I do? Should I send energy to disabled people I know?" No, that doesn't interest me. Then I think, Linda Magallon wants people to precognate in dreams. But as I think about it, I can't think of how to precognate! It

seems absurd --- How am I supposed to precognate when I am cognating now (in this dream)?" When I woke, a bit upset at this mini-philosophical crisis, it was quickly evident that I needed to project the precognition outward as if from another source like a character or object in the dream."

As far back as 1986, Ed Kellogg, Ph.D. wrote in the *Dream Network Bulletin* (vol. 4) about developing a Lucid Dream Incubation Technique (LDIT) to seek answers to questions. In a lucid dream, Ed decided that the answer to his important question would appear on a note when he turned over a silver bowl. The answer on the dream note was later confirmed. Ed writes "The essential principle behind this technique involves first finding a medium for the materialization of the answer (such as a bowl, or closed drawer) asking the question, waiting a few seconds, and then reading the materialized answer (after turning over the bowl, or opening the drawer, etc.) I have found it most important to pick an appropriate medium in each dream for the LDIT (response)...."

The following are some of my other attempts at precognition in lucid dreams. As you may notice in these accounts, the precognitive tasks vary in a qualitative sense. Some of the tasks came to me spontaneously in the lucid dream - and in that state, the task seemed a reasonable test. But upon waking, it is easy to see that the tasks could have been much more stringent and meaningful. For

lucid dreamers who are interested in testing precognition in lucid dreams, I strongly advise you to compose the precognitive test in the waking state, so that you will have a solid test available to you when you become lucid.

*April 20-21 1999 Talking To My Dead Father --- Lucid Dream.*

*"The dream scene is basically like a dark stage. Suddenly I see a golden wood ladder right in front of me, hanging in the air. I can see the polished wood gleaming and the thin lines on the wood. Suddenly I see a foot and then another and look up -- I recognize my dad is coming down the gold ladder. I realize, "Hey, Dad is dead," and think, "Well, then this is a dream." I am a bit surprised by his bad haircut, and grin at the absurdity of not getting a good haircut in the afterdeath state! He looks about 60 years old and very healthy, even though he passed on at 82.*

*I think that since he's dead, I'll ask him some questions. Then, I can determine if the information is valid. He tells me that he is doing fine. Then, reasoning that the deceased should know about issues around death, I say, "Dad, tell me, when do you think M will die?" He looks at me and says, "Oh, she will probably die in 2 to 6 years." (In my notes, I have written 'heart' but I can't recall if he said she'd have heart problems. To the best of my knowledge, she has never been bothered by heart problems.) I ask him some other questions. He says something like the*

*coming months may be challenging, but that the family can make it. I get the feeling that August will be the most difficult. He also tells me that I need to be more compassionate and understanding of one family member. He has some other advice (but upon awakening, this is all I recall.) I felt very pleased to see him."*

As a postscript, I think that about a month later my sister's place in Kansas was hit by a tornado, and sustained about \$30,000 in damages, - no one was home at the time.

Almost two years later, M went to the hospital in March 2001, complaining of shortness of breath. It took the doctors a few weeks to diagnose the problem, and they told her she had a heart problem, in which the muscles of the heart begin to thicken and can't keep up with the supply of blood, so the blood backs up into the lungs and creates a shortness of breath. They said her veins and arteries were very healthy, and prescribed medication to help her heart. As of today, she is still alive, and her heart problem is her only serious medical issue (she is 78 years old).

In a lucid dream of Jan. 3-4,00, I had a spontaneous desire to experiment with precognitive lucid dreaming. I wrote: "After a while, I see D, and wonder what should I do in this lucid dream. Recalling some precognitive lucid dreams of D, I step up and ask him, "When I hear from you next, what will be the first words out of your mouth to me?" He looks me square in the face and replies, "Robert, you." I make a note to remember that. Then once again, I have this incredible surge of sound energy within me - like an inner explosion that realigns my cells." (I wake up tingling and a bit shocked.)

Almost five weeks later, the phone rings and my wife answers. She calls out, "Robert, it's D." I recalled the lucid dream and took the phone and said "Hello" while I waited for his response. D replied, "Robert, you are finally there!" - confirming my earlier lucid dream which predicted the first two words "Robert, you".

*"To make a long story short, I happened to mention this dream to my friend. My friend is very surprised by this lucid dream and tells me that I have uncovered a family secret, and the information provided in the lucid dream is correct."*

*Robert Waggoner*

In a lucid dream a few years ago, I asked two questions of the same person; the questions were, "A year from now, will you be married?" - he responded, "No." Then I asked, "A year from now, where will you be living?" - he responded, "In London." The responses given to both lucid dream questions were correct one year later. At the time of the lucid dream, he had been making plans to move away from London, and had a serious relationship that could have led to marriage, but did not.

While traveling on business, I had another lucid dream in which I again spontaneously made a precognitive dream task. In the lucid dream, I announced that when I picked up the telephone in the dream, I would hear from the most important person to talk to me on the next day. So, lucid, I picked up the phone, and I heard my wife talking to me very happily. I woke up and wrote the dream down

(a bit disappointed that I had not thought of a more convincing precognitive task). The next day, as I went to my meetings and traveled, I had basically forgotten about the lucid dream, until that evening, when I called my wife and she announced that she had great news! As I recall, she was being offered some exciting task in her job as a university administrator.

In this next case, I made a waking decision to become lucid and attempt to discover precognitively the numbers of the Pick Three lottery game. This is not a lottery game that I play, and my attempts to find the exact rules of the game (before the dream) failed -- so I basically knew that the game was a selection of three numbers.

*May 30-31 5:45 am, **Lucid Lottery - Lucid Dream***

*"I am walking along with a radio listening to something. I seem to be on the 17th street sidewalk near my old elementary school. As I go along at night, something seems odd - I realize that this is a dream. I put my hands out in front of me and run down the sidewalk yelling, "This is a dream, this is a dream!" I can see my hands go out of focus after about 5 seconds - and I think that I need to be careful not to lose my visuals.*

*The stars are very bright and seem to be more numerous than in waking reality. I think about flying up to the stars, but don't think it would amount to anything. I put my hands up again and repeat that this is a dream. I turn right towards my childhood home, when I see a car with headlights on, turning into Mr. Metcalf's garage (different than waking reality). I run over there. The car turns off its headlights.*

*It occurs to me that I could ask Mr. Metcalf what are the (Pick 3) numbers for the next Iowa lottery, as another lucid dreamer had mentioned as a precognitive test. I couldn't quite recall the name of the lottery game and also the date. As I prepared to ask him the question, I saw a circular thing in my hand - like a watch face only with numbers (actually it was like the Wheel of Fortune on the tv show, in color). I thought, "Is this the answer?" Then my vision seemed to fall on '8'. I looked again feeling uncertain but this time saw no numbers, just the wheel. I looked again and saw an '8'. Then finally I saw a '1'. I thought, "Is it 8-3-1?" I looked again - but the wheel of numbers would change. For some reason, '831' seemed like the number of something familiar (which reminded me of an old lock number on a post office box in college that was circular shaped like this dream wheel of fortune). Mr. Metcalf is now out of his car - but he is about 40 years old (instead of 70 or 80) and so is his wife. I can't get greater lucidity, feel a bit frustrated and decide to wake up."*

Comments: When I woke up, I strongly felt that '8' was one of the numbers. I wasn't pleased with how the numbers showed up, one at a time and before I even asked the question formally!! Then I realized that in the dream when I thought the "next lottery", I was also thinking that it would be the weekend lottery (though there is a Weds. drawing and the morning was actually Weds.). So I felt like it was a bit of a busted play, and my lucidity wasn't

sufficient. I did enjoy the dream's insertion of Mr. Metcalf, who was an old codger in the neighborhood whose lawn I mowed -- he had the fortune of having found oil on his land, so was quite wealthy even though he lived very modestly, except for his car.

In any case, the weekend numbers were 8-0-8! I didn't even realize that 0 was a choice, having never played the pick three game - but you can see from the dream report that I recall looking at the wheel in the dream and seeing no numbers, which could possibly be considered 0. A liberal interpretation might say that I saw on my first look, '8', on my second look "nothing, but the circular wheel"- which is shaped like a '0',- and on my third look, another '8'. Also, it didn't occur to me prior to the dream and during the dream that the same number could show up twice, 8-0-8, which is why I felt '3' seemed more appropriate. I have to say that I was a bit upset that the numbers showed up before I formally asked the question.

Finally, I have another lucid dream which is a bit more clairvoyant or telepathic, than precognitive. In it, I become lucid, and see a member of a friend's family. I know this person has a rare physical condition, so lucid, I go up and ask, "Why do you have this condition?" He responds, "I have it for (this reason)." This completely shocks me and I wake up to write it down. To make a long story short, I happened to mention this dream to my friend. My friend is very surprised by this lucid dream and tells me that I have uncovered a

family secret, and the information provided in the lucid dream is correct.

While I do not intend to presume the validity of lucid dream precognition from these small samples, it is certainly suggestive of the possibility of lucid dream precognition. Other lucid dreamers have reported instances of lucid dream precognition which were later confirmed, according to their self reports. In normal dreaming, there are thousands of reported instances of precognitive dreaming (while in our private dream journals alone, many of us could show hundreds of examples).

The value of lucidity however is that the lucid dreamer can direct the content of the dream towards some specific goal or task, such as a pre-determined precognitive task, under accepted scientific protocol. In standard dreams, however, precognition happens randomly and could not be subject to testing as easily or with high degrees of certainty. Also, standard precognitive dreams often are not evident until after the event takes place or they have symbolic content that is open to interpretation. In the book *Dreamtime and Dreamwork* edited by Stanley Krippner, Jon Tolaas has an excellent chapter on the common pitfalls of many reported psychic dreams from a scientific standpoint. Nonetheless, I am certain that an experiment could be structured and conducted to determine the validity of lucid precognitive dreaming.

### *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!*



# TIPS AND TECHNIQUES

Welcome to the reader-supported feature called "Tips and Techniques" where readers can help fellow lucid dreamers by sharing their tips and advice; from how to induce lucid dreams, to how to achieve specific goals in lucid dreams.

## Focus on the Goal, Not the Obstacle

Lucy Gillis

Once lucid, many of us like to walk or fly through walls, furniture, cars, any number of solid objects. But have you ever noticed that sometimes it is effortless, while other times it is more difficult?

In 1994 within a lucid dream I spontaneously learned that one of the easiest ways to pass through a wall, or other seemingly "solid" object was to focus not on the obstacle itself, but on what lies (or could lie) beyond it:

*April 9 1994*

*... I fly around a room singing a familiar tune. I then fly through walls until I come to two huge wooden doors. I want to walk through them so I concentrate on an outdoor scene that could lie behind them; focussing my attention on the scene behind. [As I did so I was able to see a scene dimly through the wood.]*

*I step forward and feel no resistance from the door, but I do feel indoor/outdoor carpeting under my bare feet as I walk out onto the doorstep. I am then in a large courtyard surrounded by big, old buildings.....*

I was so keen to pass on this little tip to other dreamers in this current issue of LDE, that I even began teaching it in the dreamstate! On May 1 2003 I dreamed that I was in a room with my sister when I realized I was in a dream:

*... "We're dreaming!" I cry out excitedly. "We are?" she asks. "Yes," I reply, as I proceed to prove it to her. There is a piece of thin styrofoam on the wall. There are numbers and letters in the centre of it. I carve a circle into the styrofoam, around the figures with my fingernail. We watch the numbers and letters change. Then I take her by the hand and over to a glass wall. I*

*tell her that we can pass right through the glass with ease, the trick is to see a scene beyond and step into it, ignoring the wall (which should be very easy since we are looking through transparent glass!). She doesn't look convinced, but steps forward with me anyway....*

The nice thing about this tip is that it is good advice for both the waking and dreaming worlds - don't dwell on your obstacles, look to your goals instead!



## Turn the Dream Around

Anne Masterson

I used to have some repetitive dreams in which I was being chased by a "bad" guy or monster. After a few episodes and getting weary of the chase, I remember turning around to face the monster and saying "Okay, that's enough. What gift do you have for me?"

The monster would promptly respond with a choice piece of information or insight I needed to consider about a specific person or event in my life; or on some occasions give me a handful of jewels, and laughing, go off in the opposite direction and disappear.

Although the chase dream is at first scary and upsetting, I finally found a way to turn the scary dream into a resource.



**Christoph Gassmann** suggests to readers that in Jane Roberts *Seth, Dreams and Projections of Consciousness* one can find very helpful statements about lucid dreaming and OBEs. *The Early Sessions* are also full of descriptions of the nature of the dream world and the functioning of the inner senses etc. but it is more difficult to find them there. These books can be found at New Awareness Network. See: <http://www.sethcenter.com/>



**If you have any tips, tricks, techniques, or suggestions you'd like to share we'd love to hear from you!**

# FLYING DREAM BODY AND PHYSICAL BODY

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Does the position of my physical body in bed affect the position of my dream body? Obviously, the answer is usually no. If it were always so, I could never stand upright and walk around in the dreamscape! Nor sit nor jump up nor turn over nor stand on my head. Nevertheless, there are occasions when there definitely is an impact. When my dream body is horizontal, of course. When I'm flying.

Again, it's not all flights. When it isn't true, and I awaken very, very gradually, it can be quite intriguing to have dual consciousness, to feel both physical and dream bodies in two places at once.

But other times I can be flying along, and realize that one of my legs is crooked. I try to straighten it out, and it just won't budge. I apply additional effort, which causes me to wake. And I find myself lying with my leg bent at the same angle. This effect can also apply to the positioning of my arms. It affects whether I can stay prone in flight, instead of automatically flipping over on my back. Or vice versa.

This tactile effect does not seem to relate to my degree of lucidity, except for the fact that I might be able to force my dream body to switch positions when I'm aware that I dream. It takes a lot of concentration to make the change, though. It doesn't work if I have low lucidity or am non-lucid (and thus more likely to go along with the

dream scenario). So why the felt impact at some times and not others?

It may have to do with how close one is to waking. But not in terms of mental awareness. Rather, in terms of physical body awareness. Lab tests have shown that this varies from dream to dream. Consider how many times the increasing sensation of a full bladder affects dream content. We aren't totally cut off from physical stimuli when we sleep.

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**Flying Above The Oak Tree**  
12/30/89 (Lucid)

*I soar above the green leaves on our oak tree below, calling out, "How do I fly? How do I fly?" I can \*feel\* the air pressed against my extremities and the rush of wind against my face and through my hair. My arms are stretched directly in front of me.*

(Note: As I woke I realized my physical arms were actually laying in the opposite direction, though I was, indeed, on my stomach.)

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**Contemplation of Flying** 8/12/88  
(Lucid)

*(After I wake from another lucid dream) I force myself back into the dreamstate and get a sense of being stretched out flat on my stomach (as I actually was on the bed). I look up and get a brief flash of blue horizon. At the same time, I think, "I'm going to where people are." I hold on to the intent to go/create an arena, where I would be with people who*

*want to be with me, until a scene springs up in quick response.*

*I find myself seated as if perched on the top of the back of a driver's seat in a convertible. A dark-haired young woman almost immediately comes towards me and stops by the side of the car. "How do I fly?" I ask her. "Can you tell me?" "Contemplation," she replies succinctly.*

*"Contemplation? On what?" I ask as she continues her response looking upwards. She seems to say, "on the clouds." Then she begins walking away talking about something, but all I catch is "the Adusinian (or Abdusinian)."*

*Two women come immediately to replace her. The one on my left is dressed in a black (plastic?) hat and black robe or cloak; the one on the right has permanented brown hair. As they approach I say to them, "I need someone to help me. I want to fly in waking reality. Am I crazy or what?" The woman in the black hat begins to ask in a low voice, "Why would you...?" but I interrupt her seeming intent to bring up questions (and delays). Instead, I go straight for the action.*

*"Let's go flying," I tell the two of them. Each grabs my arm and shoulders and lifts me up and forward as if two parent birds supporting a fledgling. As we fly forward, I lose the visual.*

*Continued on page 27*

# POTPOURRI

~ A Variety of Lucid Dreams ~

## Gabriella

### *Travelling Through Time*

I'm in a classroom and the teacher is talking about something that I don't know. He comes towards me, looks at me and asks me "Are you prepared?" When he speaks, he smiles wickedly at me. I'm confused and anxious, and my anxiety increases more and more ..... at this point I realize that I'm dreaming. How pleasant! The anxiety disappears and I'm free!!

I decide to fly, but my visuals change gradually, and lose colors and perspective. I remember LaBerges's technique and I start spinning like a top: a few times I enter into a new dream scene, where I'm dancing with a young girl. I'm confused about my identity and I don't know the day's date. I think I am in a different age from mine.

I look at a very big mirror and I see myself: a middle-age woman, all dressed in black and white. I realize the strangeness of the situation - I'm the house's governess! I'm looking around attentively. The vast room is furnished with 1930's pieces... I see antique ivory objects, totally foreign to me.... I see old pictures, old chandeliers.... Am I in another age, really?

I would like to speak to somebody. The little girl has disappeared, but her father is coming into the room. I ask him for permission to read a newspaper (I would like to read the day's date). He gives me a journal, but my dog barks just at that moment and I wake up!



## Janice

February 26 2003

I was in a house that was an amalgamation of my house and my oldest sister's house (which often happens because the layouts are similar). I was rather nervous about a tiger that was walking around the house, and went upstairs to hide from it. Then I realized that no one would have a tiger wandering around their house so I must be dreaming.

I went back downstairs and hugged and petted the tiger, which looked like it might resist and snap at me but I kept firmly in mind that I was dreaming, so it did not. In

fact now it followed me around exactly like a cat, wanting to be fed. I couldn't find any meat in the fridge to feed it, but soon I spotted another large cat (no known species--just a big tawny cat with speckles) eating some meat off the floor in the kitchen. Although it was obviously the dominant cat I figured the tiger could scrounge a bit and stopped worrying about it so much.

Instead I started showing off, announcing that I was dreaming and floating up to prove it. A dream character like my husband said annoyedly, "Will you stop her?" to a dream character similar to another one of my sisters, both of them being seated at the dining room table.

For a moment I thought of him as actually my husband dreaming along with me, then corrected myself on that point (besides the fact that I don't give much credence to shared dreaming, I knew he was already up and at work). We got into a conversation about dreaming, and his face changed to that of an unknown man who expressed that for him, dreams evoke the immortality of the soul.

Unfortunately, as is generally the case when my dream characters try to say anything more than a sentence or so at a time, his speech became halting and inarticulate as he went on and on.

I tried to smooth things over by suggesting that in dreams we can think in certain modes such as visually quite well, yet not think verbally very well, but I thought to myself that this wasn't true since I personally was thinking verbally and speaking quite normally (besides the fact that I was only pretending to think of him as a person rather than a dream character).

"Do you want to know the real, disconcerting truth of the matter?" he asked. I said sure. He said, "It's as real as anywhere else." I begged to differ, saying that nowhere real would people have tigers roaming the house as pets! He replied, "No, but they will now that they know you can do it."

After that I became more involved with the hungry big cats and other kitchen activities again and lost lucidity before waking.





## Katie

### *Discovering My Powers*

March 29 2003

Cool dream last night. I dreamt I was sleeping in Watertown, in the bed by the door rather than my own bed (or where my bed was when I was very young). It was evening. I got up and looked out the window and saw people standing in the street. Sleepily I went into my brothers' room. Steve and Scott are sitting on their beds eating from plates on their laps. I said, "You had dinner but didn't wake me?" Steve said, a little huffily, that they had woken me and I'd gone back to sleep. I'm astonished not to remember this. I find a plate of food (I remember a roasted ear of corn) and ask if that's my plate. He says yes. He says they offered me a pepper when they woke me up but I'd said no. "But I love peppers!" I say. Then I get suspicious as I realize he doesn't look much like Steve. I tell them that this is a dream and I'm going to see what the protesters are for.

I fly out the window, struggling a little to get thru the screen. When I arrive on the street most of the protesters have dispersed because the police are out after them using taser-sort of devices with a bright blue flash. I guess this device knocks you unconscious, most everyone has left the scene rather than risk being zapped. I let them zap me and it has no effect, the cop stares at me. Turns out I can't be harmed. I end up at the side of the road (it's daylight now) discussing this with a cleric in a brown robe. He's an older man with gray hair and a beard. We're discussing this power that I have, and some power or quality that he has. It's important that whatever he has survive through the troubles ahead (it seems he himself might not) so that at the right time they are available. We decide that my power can protect whatever he has, and that it is stored in his protein.

Then I hear the narration as though I'm watching this in a movie instead of being a character in the dream. "So he deposited his semen in her stomach. He tried to minimize the unpleasantness of this." As a movie-watcher I think, huh! That was an unexpected plot twist!" Then I wonder if the stomach acids wouldn't destroy the protein.

Next I'm back into character. There are several people widely dispersed still in the street. Like me, they've found themselves immune from harm. I wander up to a group of three young guys. They've made it into a game. It seems we each have the power, just by touching someone, to give a taser-like zap, cause intense pain. The game is to withstand the pain since it can't hurt you and they take turns zapping each other. This seems kind of dumb to me, but I agree to play along and touch one of

the guys. He staggers backwards, his eyes wide with astonishment that my touch has so much power. "Now I'll do you!" he says cheerfully and hoists me up over his shoulder.

I wonder why I'm being picked up, then understand that the pain could make me collapse, so this is to keep me from falling and hurting myself. He's concentrating with all his might sending me, it seems, a good jolt, but I don't feel anything. I'm idly tapping my fingers on his back. I can see the surprise on his friends' faces as they realize that I'm invulnerable.

I decide to try healing. A woman with a headache is brought to me. She's a big woman, both in build and excess weight. I sit down and have her lie with her head in my lap. I'm trying to get her to describe the headache, trying to figure out what to do or how to go into a trance to do it. She's impatient and straightforward. I lay my hands on her forehead (which is smooth and prominent) and ask her if the pain is starting to ease up. She says impatiently, "Of course!" and hops up and goes away completely cured. I'm amazed that it's just a touch, no concerted effort to use my energy or anything.

Next I'm brought to the bed of a man with (something) cough, a tearing wet cough. Prone to bad coughs I have a lot of empathy for him. I sit down by his bed, but when I touch him he dies. This doesn't seem like failure, exactly, though it's a surprising result. Maybe he was beyond healing, or maybe he was dying anyway my touch helped him do that.

I end up moving out to the country. I have a little settlement there, like a gypsy camp, no real buildings, and I do healings here and lead a comfortable idyllic life. But then my opposite number catches up with me and sets up his camp a little ways off, intent on balancing my good energy with his bad energy. I don't see him, just see a bracelet of green malachite beads, which is the stone that represents him.

To counteract his power (he's not hostile by the way), I reach into a white cloth bag which has a number of large scrolls and also some chess pieces. I take out several scrolls, they are royal decrees, giving me the authority or royal blessing or something to heal. One is signed by King Henry V, I think there's another Henry in there, a later one, maybe the VIII.

I lay these beside me and start laying out the chess pieces. Most are white, some are black, these are made from "my" stone, alabaster perhaps. I'm going to perform a marriage of the king and queen (I seem to think there are two queens in the bag) which is a powerful

ceremony. I arrange some other pieces as witnesses to the wedding. These aren't so much chess pieces as animal figurines. They have to be in couples not two of the same animal, but two by two, perhaps one male and one female. All the pieces I take out of my bag are white.

Unfortunately I woke up before the ceremony took place so I didn't get to see what happened when the king and queen were joined.



## Robert Waggoner

### *Disappearing Thought Forms*

February 7-8 2003

I am with a group of five to six people and we are stepping into a glass foyer and then through some glass doors. As we open the glass doors, it occurs to me that "this is a dream!" I feel energized.

I believe I grab a young black woman's arm and we begin flying around the area, which seems to be like a large new theater. Oddly, it is mostly white toned inside and very bright. As we fly, I wonder if this woman is real -- she feels real - but I wonder, so I announce, "All thought forms disappear!" As I do so, I look across to her and now, I can see right through her outline -- she is like a shadow next to me. That kind of surprises me.

I keep on flying and looking up, I seem to see a simple cross on the ceiling of the theater, I fly higher to investigate.



## C.S.

### *A Plant For Dreamers*

April 8 2003

....I attempted to put on the lamp near my bed. However nothing happened. I kept touching the switch over and over. Suddenly I realized that this was one of my signs that I am dreaming. I battled with my desire to sleep and my desire to experience this lucid dream. I decided to verify that I was dreaming, so I flew to the ceiling and touched it. I could feel it so I knew I was dreaming.

I started to fly lying down. It was quite dark; I couldn't see anything. I could just feel. I flew out the bathroom wall. Immediately everything became bright and vivid. I was upright, flying inside a department store. I was wearing my nightgown and feeling very cold. I kept telling myself that I was very warm over and over so that I would not wake up. I noticed a lot of people walking below me. There was a man at a cash register, near the

revolving door. I flew outside where it was nighttime. I could see the city street lights and lots of people walking.

I didn't program for anything in a lucid dream so I couldn't decide what to do next. No one seemed to see me. I felt that I was dreaming or out of my body. One man seemed to notice me so I landed next to him. He acknowledged me. I wanted to dance with him, but he said he doesn't dance. I said it was okay. Actually I only wanted to hold him in my arms. He was young and handsome. We walked to a secluded place. He said he was a plant for dreamers. His expression was blank and staring. His name was Pok. I awoke, feeling very cold.

(I went to bed early the previous night, which makes it conducive for experiencing lucid dreams...)



## Jan Hart

### *Keeping An Appointment*

April 2003

There is a certain concept that has given me much satisfaction. Namaste. My Soul Greets Your Soul. I feel fairly confident in my dreaming. I can recognize various types of awareness in different types of dreams and/or dream settings. I say this because everybody has guides in their dreams. Everyone has a Soul. My dreaming has exemplified the multidimensionality of my self. I recognize my "people" or my "self" while dreaming. But I also recognize other people, or "strangers" in my dreams. I guess I am saying this because the dream that follows was about as personally intense for me, as say, my 16 year old going on a date with Jennifer Lopez!

My awareness is jolted awake and I find myself before a door. I am very excited about an appointment I am about to attend. I know that this meeting has been scheduled for a long time. I know that Jane Roberts is in the room on the other side of the door: I know that I have been trying to have a volitional projection to speak with her for years: I know that this is an appointment that I have waited for, for a very long time.

I know that I am Jan, that I have a family and a home...I know that I am dreaming and I know that I am completely awake. Suddenly, filled with a bit of anxiety and excitement, I find myself face to face with Jane Roberts. She is a little leary of me and I feel her weariness with "seekers". I assure her that I am not seeking her in terms of a guru or messiah or anything, but that I have been trying to give myself the suggestion to visit with her with a volitional projection. I tell her how amazed I am to actually be here talking with her. I wanted to tell her about my dreaming, how she, Rob and

Seth have influenced my life and that I am a big-time cat lover.

She moves nimbly and is quite petite (a size 5....not a too-skinny person wearing baggy 5's, and not a 7 squeezing into a 5....she is a true 5). She is wearing a mumu (sic) of the most hideous fluorescent orange and pink flowers I have ever seen! I smile and she laughs about it. She tells me that it is a guise that she often takes to facilitate communication. I am a little bummed at first because I don't want her to patronize me, I want to speak to her as a friend and peer with similar ideas. I didn't come to worship her or idolize her.....to which she immediately sparks up and knows that it's the truth and we agree about feeling each others personality feeling tones (Namaste) and she relaxed.

I told her that I had just finished Sue's [Sue Watkins] last two books (to me, I think she did a book on plants, but I haven't read that) and she was genuinely interested, so I conjured up my conceptual feeling tones concerning the books and my love, respect and admiration for their works (Jane, Rob, Seth, and Sue).

Jane really related and became quite animated and we bullshitted for what seemed like hours about everything. I told her of my life, my kids, my man, my dreams, and she told me about other areas of awareness that she was working in. She told me about many of the people that try to contact her for "things" and how frustrating it all can be. To her the magic is in applying the material in your daily life and she is amused by all of the people trying to contact her.

Suddenly, as we are talking, we begin to share a conscious place together. We both are our individual selves, but we are sharing the same area/space/wave (whatever you want to call it) of consciousness. We are suddenly about 40-45ft. in the air above a golden bog. It is late summer, early fall. I know that we are near the Roanoke Colonies, Virginia. We watch a door to a building (a fort-ish type structure) open and we see a young girl dart out with a skin of some sort (a cow's stomach with the esophagus open, the rest sealed). She needs to get water from the hole in the bog and she is angry and scared.

Her feelings are racing something like this: "I know we need the water. I realize I am expendable, but this hurts, this is frightening, why is it like this? Why do we need to live this way? I know that the men are needed to protect us, but this isn't right". She knows that the reason they stayed inside is to increase the chance for survival of the rest of the colony. "If a man went out to get water and got killed, it would be one less man to protect the colony,

but if I got killed it would only be one less mouth to feed".....and in part, because of this attitude, she wasn't going to get caught. She ran with her skin to a patch of clear water about 150 feet from the "door" to fill her skin. When she was about 12 feet from the water hole she remembered the natives and how they would kill her if they caught her outside the compound....

Now all of this time Jane and I are watching the scene unfold....at the same exact time the girl becomes frightened remembering her predicament, Jane and I see two natives standing on a bank that overlooks the bog. Instantly there was "Namaste" between us and the natives, us and the girl, the girl and the natives, the girl and us, the natives and the girl and the natives and us. We all knew that she wouldn't die from the natives. The girl ducked down and scooped up as much water as quickly as she could, flung the skin over her right shoulder and took off running as gracefully as a deer, with her feet deftly going hummock to hummock.

At this point I lost some of my lucidity. It was as if my awareness was tethered to this girl; like a balloon on a string, so that as she ran I was pulled along behind her about 12 feet in the air. I watched her steps carefully, almost as if I was helping her intentions, and I watched her land on each hummock perfectly.

She got to the door and ran inside. While my awareness was being pulled like a balloon because I was attached to the girl, Jane's awareness was attached to mine like a balloon. As soon as we were inside the building, the building changed times. Where before we were in the late 1600's early 1700's, I knew that although we were in basically the same location, that we were in the years between 1950 and 1970. I could tell by tendrils of my awareness that we were still at the same "bog" location, but that structural fill had made the ground sturdy enough to erect a "modern" building.

Jane and I queried each other about our location and we both "knew" the above was true. Suddenly there was a woman in the doorway holding a 2ft. x 2ft. x 2ft. metal box. We knew that it had a dead child in it. We could feel the turmoil of somebody in the building concerning the body in the box. Suddenly, there was a stainless steel autopsy type table to our left with a young girl child on it. She was supine and appeared to be a "bog mummy". As soon as I saw her I recognized the mummy as the young girl we had just seen gathering water.

A doctor walked in, and as soon as I saw him I knew that it was my son, D'Artagnon. He was there to work on the mummy by giving it a full autopsy, but for some reason, upon seeing this girl his heart was broken.....I mean, he



felt mentally, emotionally, and physically ill. He seemed confused about his reaction because he'd worked on many mummies before and had never felt any real remorse for his actions....but this was different.

Jane nudged me (figuratively speaking) and I suddenly knew that he was one of the two natives that we had seen in the previous scene. Namaste all over again. Going contrary to the type of procedure he (the doc) was expected to do on this girl, he instead sliced a few "thin-sections" from the front of her mummified legs. I knew in that instant that she died from "natural" causes in the bog, not because of some heinous murder. I knew that shortly after having retrieved the water from the bog that she'd made a decision to leave this life. I knew that she had realized that that life didn't offer the type of value fulfillment she'd desired. It was like if a different probability had been experienced, one where the natives and the colonists were cooperative neighbors, she would have stayed. But when that didn't pan out, she wanted out of the experiment.

I knew that the autopsy, should it ever be performed, would reveal some sort of paralysis that was derived from an infection starting somewhere in the girls lower back. I knew she was a speaker in this locale, young as she was, and she was a part of an experiment that would be better understood by my higher self/super self.

Then I was coming home [on my way back to my body] and had another startling jolt awake. (This was a conscious projection to a man I used to drill with. His name is Reggie and I haven't seen him since I was laid off. We always enjoyed our work, whether we were on a mountain-top or in a quarry. He in his self-contained unit, me in my Carharts with about 3 additional layers beneath them. We would literally drill in the snow for 8-10 hours a day during big jobs.)

The thing is, is that I woke myself up, I intended to speak with Reggie, and suddenly I saw a self-contained drill on the street. I conjured up my feelings for Reggie and I felt my awareness travel through an intricate network of divine messaging. When I had the rig in view and could see Reggie's face I literally pulled him to me because of my intentions/will.

At first he was asleep, but after I grabbed him, he jolted awake and instantly recognized me. We very quickly went through a synopsis of our lives since we last spoke. I told him I had to go now. I was sorry to cut it short, but I had another lucid dream that I had to wake up and record. Namaste.



## Linda Lane Magallon

*Pulling Myself Up With Microphones and Recognizing Trixie*

November 16 1984

I'm walking through a house, lucid. I come to a door and think it might be the passageway to a bedroom. I open it and discover the room beyond is a bedroom, but no one is in. I back out and go into the kitchen. Each room seems to be colored yellow but the kitchen also has contrasting blue counters. I fly over them into other rooms. As I do, I wish I could photograph this scene because it's so bright, vivid, and colorful. I fly into a laundry room, towards a window because I want to get to the 'outside.' But as I near the window, the dream fades.

I don't want to wake. So I concentrate on feeling as though I'm still stretched out in the air. There's no feeling of air movement, though.

A scene appears. I'm in a living room. I fly to a window and see greenery outside. I try to pass through it but the window resists. So I try to fly above the roof line, and manage to go through the wall. Then I look back to see the house. When I turn around, I realize that instead of being outside, I'm actually in another, much larger room. It has the feeling of a church. There is a large hanging structure in the middle of the room. I fly over to and around it, trying to gain height. The sculpture looks like bent metal pipes. There are also cords hanging down with microphones attached to their ends. I grab a microphone to pull myself up higher, but it seems I just pull it down towards me. Then I grab the other end (which also has a microphone), along with two other cords. I gather and intertwine them together and begin pulling myself upwards.

When I look down, I see two tables, one in front, one on the side, both with white tablecloths. A few people have come in so I fly downwards. The first person I encounter, leaning/sitting against the middle of the side table, is an Asian man. He is looking to the front. It seems I know him and so reach out and pat him on the side of his arm, saying, "Hi, how are you?" He looks at me out of the corner of his eye and gives me a sly grin.

I float on to the front table where a blonde woman sits. She says something about cutting my hair. I respond, "You're going to cut my hair?" I'm thinking, "Is this my hairstylist?" Then she says, 'Green' and I respond emphatically, "I don't have green hair!" She grins and crinkles her nose as if in disagreement.

To my left, other people walk into the room. Among them is a dark haired woman I recognize from grammar

school. "Trixiel!" I say in surprise. She turns toward her female companion and says, "I don't look like when we were in..." and the companion says, "...fourth grade," finishing her sentence. I recognize this other light-haired woman, too. Both are childhood schoolmates. I exclaim in astonishment, "I don't believe this!"



## C.S.

### *Playing With The Ceiling* April 11 1994

(I was remembering my previous dream while still very sleepy. Then I dosed a little and half awakened, I told myself, "I want to have a lucid dream, and I will have a lucid dream." Immediately...)

The bed started to shake (my lucid sign). I was surprised that I didn't feel any energy in or around my body, nor did I hear noises. I lay there for a few seconds to experience and study the shaking.

Then I decided to fly to the ceiling. Suddenly I was at the ceiling. I pushed my hands through and started to play with the material. The ceiling was composed of "play dough." I kept reminding myself that I wanted to do something. However, I seemed to be both in the bed and also playing with the ceiling material. I woke up and went back to sleep quickly and into non-lucid dreams.



## Robert Waggoner

### *Waking Up* May 1-2 2003

(Note: I think this brief dream was related to an email from a lucid dreamer who dreamt that he was dreaming lucidly.) Dreaming, I wake up and realize that I had been sleeping, yet I know that the environment around me is a lucidly created dreamt one. I walk away from the bed and into a casino area.....



## Charmaine

### *Futuristic Island Metropolis* March 26 2003

At the end of a long sequence of dreams -- I had begun to muse that "this must be a dream, because things wouldn't be like this in normal life" a couple of dreams earlier, upon seeing a large number of decrepit trailers parked in the trailer park where I live, but I failed to really hit lucidity until this dream.

It is an overcast night, thick cloud cover, very late. A woman with a black handgun is chasing me through an otherwise empty, brightly lit Target store and its surrounding commercial/industrial area. I know that she intends to "rape" me and that I must not let her catch me. Outside, I roll under a van hoping to escape notice as she runs by, but she seems to know I am there. She pulls out a flashlight and switches it to the fluorescent violet "night" setting. The violet light sweeps under the van and starts to engulf me. I see that I must go while the getting's good, so I roll out from under it on the side opposite her and dash super-fast around the corner. [The awareness breaks through that on the physical level I'm lying on my right arm and it's going numb and hurting, causing the "adrenaline dream," so I flop onto my back so this dream can end.]

I begin to fly to get away, at first undulating and swimming through the air to make fast headway. As I rise higher I remember other times when I saw the cloud layer approaching like this and realize I'm dreaming. I say out loud, "I'm lucid, I'm awake, clarity now, I seek the Highest!" At this I spontaneously rise in a standing position, with my arms at my sides, (I fly in this position from now on) quickly up through the cloud layer and break through it to a terrific height in the sky. I know I'm way up there and feel no fear. I see hot-air transport balloons or zeppelins and airplanes passing far below and very slowly from my point of view. [As soon as I "seek the Highest" when flying, it's as if an autopilot takes over or someone else is controlling my trajectory, so I just relax and enjoy the ride. I always feel drawn up by the top of my head as if to a magnet.]

Because something different happens every time I "seek the Highest" in a lucid dream, I decide to repeat this intention aloud every few seconds to see what will happen and to keep my attention focused for as long as I'm still flying. After getting far above the cloud layer my flight suddenly becomes horizontal, still standing as I fly facing forward. I begin to notice very tall, broad rectangular shapes like high-rise buildings, but thin like wafers, somewhat below me and off to my left. They seem like mileage markers or flight guides because I pass each one at exactly the same time interval, seven seconds apart. I can never see more than one at a time. They have no visible means of support and act as if anchored in place in midair. They are the only things visible above the dim, ultraviolet-colored clouds (just beyond normal-human-eye violet).

I fly for what seems like an hour or two at least. It is beautiful and peaceful and I never get tired of watching the vertical wafer-like objects appear and pass. The sky

brightens to full daylight as I pass the last of the "mileage markers" and a vast, beautiful metropolis occupying the entire surface of a chain of islands nears in their place. Cloud cover has vanished. Tropical feel, luminous deep blue ocean. This place has been exquisitely and consciously designed. It is overflowing with structures but does not seem crowded anyway. Every time I say, "I seek the Highest," the metropolis shimmers and wavers briefly, as if a spasm of light energy goes through it.

There is no "nature" visible but no sense of it being missing -- these structures are like living nature. Huge iridescent cobalt blue rectangles (built to the Golden Proportion just like the "mile markers") with gleaming white grids embossed over them -- sheets of solar collectors? Arboretum roofs? Clusters of white somethings that resemble satellite dishes crammed together. Fenced yards of fire-engine-red vertical metal mesh fins placed at deliberate angles on rooftops -- wind turbine parts? Air channelers? Waste heat dispersers? Some other kind of collector? Something like windmills, too, here and there. There is cobalt blue, white, violet, silver, and bright red everywhere the eye can see.

Finally I see that at the very very front of the lead island in the chain (I've come up from the back to see the whole thing) is an impossibly tall, skinny, needle-shaped silver building with pairs of horizontal silver square fins with slightly upturned leading edges placed at each story of the building on its front edge. I know this is my destination. As I pass over the building and drop down along its front, I land on the fins about three stories up and then jump off, trying to land "as soft as cotton fluff drifting down" on the grass at the building's foot. This is the only spot on the island not covered by building structures and just a few feet away is a large bronze plaque set into the groundrock, listing the names of a few island founders in sentences. English capital letters. I can read them easily but the words are unfamiliar, things like "Bo Odbey ...." [scrambled pun on "body?" -- are these biological or energy structures?] Just in front of the plaque at the literal pointy tip of the island, is a round brass fastener the size of a dinner plate, like the head of a nail, even with the ground level. I think it keeps the island chain anchored to the crust so it won't drift.

I go inside the building and a pleasant man is there. I feel he is a personification of my inner self and trust him immediately. He says (referring to my "seeking the Highest" affirmations), "What you need most right now is just some relaxation." I agree readily and he says he will put me on a very pleasant, relaxing tour of the facilities that will entertain me. He shows me to an indoor transport mechanism that is like roller coaster cars

on tracks in some places and like studio chairs suspended from cables on an overhead track in other places. The seats are royal blue or bright green, take your pick. I squeeze into a blue seat next to another friendly guy. We pull locking levers back onto our thighs to keep from falling out, like an amusement park ride. The tour starts at ground level and goes down into the bowels of the metropolis, starting with the silver building.

This city is amazingly creative and sustainable. The beautiful white structural material I admired from above turns out to be recycled human waste with its chemistry altered to convert it into this very solid, practical surface which can be molded into any shape and can support incredible weight. There are doubled sheets of tin in some rooms we pass, with thin airspaces between them, made like counters and wall plates. At one control room the tour stops so we can go inside. We are issued handheld "energy weapons" and invited to take turns trying to breach the room's security / protective defenses so they can pinpoint the flaws in their system and improve it. The room's defense systems are not lethal but very effective at stopping attacks harmlessly. This island believes in defense, not offense. One guy manages to melt two sheets of tin together and remarks that the heat re-catalyzes a spot of the nearby white wall material, making a smell "like sewage."

The tour resumes and goes on and on beneath the city, and the details get fuzzy after this point. Eventually I wake pleasantly refreshed, feeling like I've had a good vacation.



**Christoph Gassmann**

**February 25 2003**

I was in a small old town and followed down a little lane. After the main lane of the town, which crossed my way, I saw the lake shore. I was probably in the Italian part of Switzerland at the lake of Locarno. I remembered my intention to become lucid tonight. I was annoyed because I was fully awake and missed again the chance to become lucid. But then I habitually checked the reality and asked myself how I came to this place. It was immediately clear to me that I was in a dream. It could only be a dream because how could I be at the lake of Locarno without memories of a voyage?

I saw the scene around me very clearly, all looked very real and in intense colours. I wanted to see my hands and performed the appropriate movement of my arms. Though I could feel my arms in front of me I did not see them, even the scene around me disappeared. I was in a



flickering nothing for a while. I looked away from my non existing hands and somehow the old town appeared again. But this time the vision was not as clear as before.

I went down a broad staircase and turned left into the main lane. I wanted to see myself and was curious after the strange experience before. I looked for a mirror but did not find one. I did not like to enter one of the rather dark cafes along the lane. Finally I looked into a shop window but could only see my shady outline. Then I tried again to see my hands and arms. Again nothing. That's impossible, I thought and indeed two arms and hands appeared in front of me. At first they were blurred, then they looked a bit distorted and finally rather normal.

But when I looked at my hands carefully I saw that my fingers were strangely twisted and crippled and looked like an old pitchfork. I was a bit amused because of my obvious lack of lucid skills. Then I did not know what to do next in my dream and I forced myself to wake up to write all this down carefully.



## Janice

March 29 2003

I had a couple of not-quite OBEs today--the kind that start out as lucid false awakenings rather than with me staying aware as I fall asleep, so there are no vibrations and no difficulties getting "out." They did have some typical OBE features otherwise, such as poor visuals and my voice not working. In the first one I got quite a strong queasy feeling in the pit of my dream stomach when I took a flying leap down the stairs (it's uncommon for me to feel visceral sensations in dreams). The second was amusing in that I "woke" into it to find my legs floating straight up in the air. Neither ever resolved very well visually or lasted very long, probably because I could hear the cat snoring, which was noisy enough to keep me on the knife's edge between sleeping and waking.



## Lucy Gillis

*A Visit From Dad*

April 04 2003

[Previous to this dream I had a non-lucid where I tried to phone Dad, but didn't have much luck.]

I am in a room, talking with my mother and M about moving to our "new place." I say, somewhat sadly, that I can't see Dad being there with us. Perhaps it is because he is not with us now, he is in hospital. But then I

suddenly remember that he is dead. We must be dreaming, because he is dead! [Dad died a few months ago. Funny though, I failed to remember that my mother has been dead for over a decade now!]

I see a window to my left that resembles the east-facing kitchen window at Dad's place. I want to fly out of it. I rise up into the air easily, twisting and flying out on my back, thinking to myself "That's different." (I didn't go out on my back on purpose, it just happened that way, very naturally.)

It is night time, or a grey-black space. I'm feeling happy and content, swooping and singing about what I'm seeing and thinking. I call for lights. The scene gradually brightens a bit and I see city lights of a seaside town as I continue to turn and fly and sing in the sky. The view, the cityscape, changes. I clap my hands while flying and wonder if I can make the Vancouver skyline appear. I am succeeding - I see the huge Imax sphere of Science World all lit up. Other familiar buildings appear. I feel happy that I am able to make this scene appear so easily.

I then feel myself land on the ground. There are no longer any visuals. Everything is grey. I try to spin to create a scene. I am still singing - phrases like "Clarity now! I seek the Highest! I seek enlightenment of my being!" I have been spinning counterclockwise, but it feels awkward, so I change direction. I then feel myself land gently on some ground (don't recall being airborne). I open my eyes (don't know when I closed them) slowly, knowing that I will be in front of Dad's place on the lawn. I'm facing the lake. It is autumn, or early spring. There are no leaves on the trees, and it is a cloudy day.

Out of the corner of my eye I see something black flutter near the front steps. I am standing at a slight angle to the house. I notice that the house is shaped somewhat differently than in waking life. The top landing of the stairs is partially obscured by a wall, perhaps of a small porch? I briefly wonder if it - the fluttering black thing - is something that could turn out to be "scary," but I know I'm dreaming and can change it if it does.

I move around to get a better view. With each step closer, I see the black thing fluttering (looks like a large bat or raven's wings) going around the "porch" wall, until it can't go any farther into the corner. I can soon see around the wall, into the corner, and as the fluttering stops I see that there is now a person standing there. It is Dad. He stands very still as if hesitant for me to see him, and stares at me intently. I see that he looks like he is in his late thirties or early forties, wearing a black parka that he used to own years ago. I sense that he doesn't want to

frighten me and doesn't know how I will react to seeing him. I know that he is unsure of what to do.

I walk toward him saying simply, "Hello." Satisfied that I am not frightened, he eagerly walks down the steps to meet me. Arm in arm we walk across part of the lawn and start down the driveway. I ask him how he is doing. He mentions that he has seen people, people that he was glad to see (it seemed that they were people that he knew). He lists a few names that I don't recognize. I tell Dad that I hope I remember these names when I wake (I try repeating them in my mind a few times).

He then tells me that "there is plenty of energy left." I ask him what he means by this statement, as I look at his face and see his hair has become longer and curly and fly-away. I briefly look away, but when I next look, it is "normal" again. He explains that there is "lots of possibilities, lots of \*me\* left." I assume he means that the personality that I know as "Dad" continues after death, while other portions of him have moved on.

I then hear a cat meowing. I somehow know that the cat is grey. I want to ignore it and continue to talk with Dad, but he points out the cat (I think it was wearing a collar). He jokingly says "Too bad Fran 'weren't' here." (I know he means K, who loves cats, and I wonder if he knew her as "Fran" in another life.)

We are about half way down the driveway by now. I suggest we fly and go to see the cat. Still arm in arm, we easily lift off the ground together and turn to the right, flying over to the hill across the small brook. As we land, it seems I now have a dog in my arms. I put it down without really looking at it.

We have settled on the hill among the leafless bushes. Dad nonchalantly lays back on the ground, his arm bent behind his head, supporting his head. I crouch down beside him and I ask him how is he, now that he is free of a sick body. He replies that he is much more independent now.

I then feel myself rise to wakefulness. I try to stop it. I see nothing but darkness - no visuals. I call into the dark, to the "left", to Dad saying "I'll try to come back!" But it doesn't seem to work. I can't get back into the dream. I then have a notebook, and am writing key phrases from the dream so I will recall it more easily later. I put on my glasses. I see 2:17 am on a clock of some sort.

But then the area I am in looks like where I just was with Dad - outdoors, among leafless bushes and trees. I then realize I am thinking the scene and am not really in it. It was a false awakening. Next I feel I am really awake. I open my eyes. I am awake for real, very pleased with my

visit, and begin to write all this out. [A few days later I suddenly remembered that Dad's name means "Brilliant Raven". The black fluttering thing at the beginning of the dream may indeed have been raven's wings. . . ]



## Mara

### *Graffiti Lucid Dream*

April 12 2003

At the point at which I realized I was in a dream, I decided to write on the wall that I was the winner of the \$30,000,000.00 Lottery. I managed to write Mara is the winner of 300,000. At that point I was having some difficulty maintaining my consciousness, so I changed my focus and decided to fly through the wall into the house where I thought it would be fun to watch a funny movie. I started watching an altered version of "How to Lose a Guy in 10 Days." It was even funnier than the original movie. At that point I forgot I was in a dream and couldn't figure out how to call my daughter to come and see the rest of the movie with me.



## C.S.

### *Magical Dream*

April 24 2003

I looked at the clock at 11:55 pm, closed my eyes and suddenly I was yelling, "Mother, Mother, are you alright?" As I kept yelling, I began sitting up in bed. It seemed as though my voice was faint or different. I wondered if I was dreaming so I decided to get out of my bed for a reality check. As I stood in the center of the room, I looked around. Of course, the light was not on. However, I could see everything very clearly. It was not my room...the items and furniture were not mine. I touched the north wall and it was hard. A window should be there. I knew for sure I was dreaming.

The first thought that came into my mind was to have sex. Next thought said "no" I programmed that my next lucid dream would be magical. At that thought, I saw a window on the south wall. On the other side was a beautiful garden. I opened a door and entered. All of a sudden, everything became more vivid and full of colors, sound, and movement. Nothing was still; there was only change and lots of sparkle. Then the colors looked more like energy. As I marveled over it, my attention became transfixed. I slowly felt a change in consciousness as I woke up.



# Drifting Down the Stream of Dreams:

## A Talk with Canoeist and Lucid Dreamer, Craig Webb

An Interview by Richard C. Wilkerson

**Richard Catlett Wilkerson (RCW):** Craig, you seem to be involved in just about every aspect of dreaming from the high technology of cyberspace and the lucid dreaming induction mask development to the natural ecologies of dream focused canoeing/outdoors trips to the running of research foundations. Is there a central thread in all this, or are you more like a dolphin who just pops up where there seems to be some action happening?

**Craig Webb (CW):** The central thread, if there is one, is following my dreams - both the nighttime ones and the daily life ones - and they are connected - the waking effect of which has been to follow my bliss, like Joseph Campbell would say. Early in life, I latched onto the idea from author Richard Bach that nobody was going to make an adventure out of my life unless I did it myself, so I might as well get to it. I never looked back. My interest is in truth, and I've explored wherever I thought it might be found - from high technology to people to the wilderness. My variety of interests has also been a central theme throughout my life, and I feel very grateful that I have natural ability in many different areas. It is my belief that the goal of the technology and consciousness revolutions now taking place is basically ecological. That is to say that, our dreams, increasing awareness, and all our technological tools are here for us to learn to live more in harmony with the natural environment, which of course includes other people, and ultimately for us to re-integrate our natural or what you might call instinctive knowing.

**(RCW):** What got you interested in dreams in the first place?

**CW:** Well, I would say that dreams came after me and got me interested in them. I was going to a French university in Quebec City, swimming on a swim team over 20 hours a week, doing a B.Sc. in Physics when all of a sudden, Wham! During Christmas break, I started remembering 8-10 dreams a morning. Being the scientist I was, I was intrigued enough to record them, just to see what might happen. I also happened to pick up Richard Bach's newly published book *Bridge Across Forever* in which he and his new wife did something akin to lucid dreaming. I thought this was a fun idea and decided to try meeting in dreams with the girl I was seeing at the time. Without ever having heard of Stephen LaBerge, and

hence without knowing that he was pioneering it at the same time, I spontaneously used a variation on the MILD technique (which at the time I called setting off "memory bombs"), and had a lucid experience the first night I tried, much to my utter amazement and shock at the time. The rest of that year was a very powerful inner awakening with numerous dreams and spiritual experiences. I had no idea what the heck was going on, but it was fascinating, so I went with it. The best way I can explain what happened is that I had gone so deep into the academic/intellectual aspect of being that, just like disappearing through the little circle inside either half of the Chinese yin yang symbol, I swung right into the other side and was guided (or forced is what it more felt like at the time) to explore the whole dream/intuitive side of life. Fortunately, since then I've understood much better what happened and have integrated these two polarities to a much greater extent. This may explain my interests in the opposite yet complimentary realms of science and spirit. All in all, dreams chose me to discover them.

**(RCW):** How did you get involved with the development of the lucid dream technology?

**CW:** In the Spring of that year at University, I fell upon LaBerge's just-published first book, *Lucid Dreaming*, and was excited to find that other people were learning about this too. I would say that LaBerge's scientific approach was probably very timely for me too, because I was very quickly becoming disillusioned with the education in science that I was getting since there wasn't even the slightest talk of any of the experiences that I was going through, except for maybe a passing reference to Freud or Jung. I had quite a number of lucid experiences that summer, and have probably logged around 1000 lucid dreams since that time. I became a member of the newly formed Lucidity Institute, and stayed a member for quite some time. I remember phoning them once to see if LaBerge was doing any research on automated lucid state recognition using EEG signals, which I wanted to do as my thesis. At the time, whoever answered the phone told me that he wasn't (though I much later found out that he was - I guess the time for us to meet wasn't yet ripe). I ended up doing my thesis on computerized recognition of the onset of epileptic seizures (which is quite somewhat closely related). A couple years later, I had finally let my



Lucidity Institute membership expire, yet by interesting coincidence, I'd done more than three newsletter research experiments and someone at the Institute (Jennifer Dole - the same one I'd spoken to when I first phoned) spontaneously decided that anyone who'd done three experiments or more was entitled to a free subscription, so I continued receiving the Institute's NightLight newsletter. It was in the spring issue of that year that I saw a job offered at Lucidity Institute for office help. I was interested enough and applied, hoping that some of my engineering and lucid dreaming skills might also find a home there. The rest is history, and I moved from Montreal to work at Lucidity Institute and at Stanford with LaBerge. The timing was impeccable too, because the Institute was struggling financially and had just finished designing the DreamLink, a cheap DreamLight - flashing lights on a timer without any smarts. Well, it seemed like my life experience had been designed to bring me exactly to that place and time, and so I designed the NovaDreamer, a smart, cheaper lucid dream biofeedback device that has now sold many thousands worldwide. I had started leading dream workshops before I moved, and now continued leading them alongside LaBerge. It was a time of tremendous challenge and growth for me, since although I was in a very exciting position, sharpening many of my abilities alongside a pioneer such as LaBerge, working with him also proved very difficult at times.

**(RCW):** Do you use the lucid dreaming technology yourself?

**CW:** Even though I designed the NovaDreamer, I don't often promote the device nor do I generally encourage people to buy it. In the year that I designed it, I learned a lot, and one of the things that I learned from my experience in using, giving workshops with and providing customer service and support for this new technology was that, for the most part, it mostly wasn't making that much difference for most people after the first few weeks of use. If anything, it seemed it might even be disempowering some people as they bypassed their own natural ability to have lucid dreams by transferring their power to a technological device which generally soon stopped helping (if it even had in the first

place). I learned that most of the DreamLights, DreamLinks, and NovaDreamers out there are sitting unused in drawers along with many people's reduced motivation and faith in having lucid dreams. Sadly, in a way, the NovaDreamer is often seen a bit like a "microwave oven" for lucid dreams. I think this comes about due to the way it's marketed by The Lucidity Institute and also due to the quick-fix thinking in our culture and the strong reliance on technology. As a result, it can end up doing a disservice to lucid dreaming rather than helping it, in my opinion. In my times of deep personal questioning about its effectiveness, I incubated a dream, asking what overall effect it was having out there in the world at large at the time. The dream was simple and to the point. In it, a dear friend and wise, shaman woman that I knew, simply left the room - her name (in waking life) is Joy. After that, though it was a great personal challenge for many reasons, I left LaBerge and the Lucidity Institute because I no longer agreed with important aspects of the framework and thinking there. That said, I do see the devices as being useful in some regards to some people, especially as research aids in lab or home lab settings with the computer interface

connected, and they do help some people have their first lucid dream.

**(RCW):** Is there a "Next Step" in lucid dream technology?

**CW:** The next step would be one that plays a much more tutorial role, and also one that empowers the user to a much larger extent by offering a rentable, training device, that comes along with an appropriate training program. It's feedback would also be more inclusive of the waking aspects of the users' life. My general feeling is that people are on the average better off learning various principles and techniques from a good teacher or even a book and having their skills and awareness develop naturally and "organically", rather than purchasing a device when it comes to expanding consciousness such as with subjective experiences like lucid dreaming. However, I have seen and experienced various technological methods for expanding awareness, some aspects of which look very intriguing and promising.

*"I have learned through personal experience that there is a healthy time for people to begin to experiment with consciousness (such as lucid dreaming) and a healthy, organic rate of learning too - an important fact that many people don't recognize."*

*Craig Webb*

**(RCW):** Many people are still quite suspicious that lucid dreaming is just another exercise in the kind of willful egoic muscling that has brought our planet to the brink of destruction. What's your take on all this?

**CW:** Great question. In terms of having more lucid awareness, either in dreams or in life, I am generally for it, though my position has shifted somewhat since I was first a gung-ho promoter of as-much-lucidity-as-possible-as-soon-as-possible for everyone. I have learned through personal experience that there is a healthy time for people to begin to experiment with consciousness (such as lucid dreaming) and a healthy, organic rate of learning too - an important fact that many people don't recognize. Conscious awareness brings responsibility - literally, the ability to respond knowingly - so too much too fast will be far less than the fun that it initially appears to be. The time to begin and the rate of learning are different for everyone, so it's a very individual thing. As one grows in awareness, this predisposes change as one's thinking and hence the framework and waking symbols of the person's life die and then evolve to form new structures. This is the natural process of creation. The change, however, is scary to many people, since many do not recognize it as an evolution - the dying of the old and the birth of the new. The changes that come into our lives are generally designed by our larger selves (often in our dreams), and hence it's guaranteed to lead us directly towards our greatest fulfillment and by definition, this usually involves facing our fears. Even with those people who know what's going on, if change comes too fast or too big, it's like biting off more than we can chew at once and it may result in two steps back for one step forward.

As for those people who are afraid of "controlling" dreams because they don't want to meddle with what they consider to be a source of divine or intuitive knowledge, I would have to say a couple things. First, such a perspective stems from fear-based thinking, a fact which I would advise anyone who follows it to look into. I would also suggest that the same divine source of dreams also must know what is best for each person, and knowing this has encouraged many people towards lucid awareness in their dreams, and also, as a natural by-product, in their lives. It also knows if they're "controlling" their dreams too much and it will guide them to such a realization as they did for me. Second, among other numerous examples of creativity, healing, problem-solving and useful, practical guidance, lucid dreaming has also helped many people to resolve recurring nightmare themes along with their related waking issues once and for all. There is a delicate balance of experience and understanding to be kept

however. Lucid awareness is one thing, and what each person does with it is quite another. I personally haven't and professionally don't encourage people to become "control" freaks in their dreams (or their lives for that matter), but rather suggest that they keep a curious, open approach to the situations that present themselves. If there is anyone who wants to try out my favorite lucid dream experiment, which has brought me truly, truly incredible and often very surprising and fulfilling results, then try this: The next time you go lucid, say to the dream (or think out loud), something like "Please bring me whatever experience and/or knowledge that would bring me the greatest fulfillment right now" (note: sometimes I leave off the "right now" part). I find this to be about the best balance between guiding and letting go that I've discovered to date.

**(RCW):** Dream work seems to have now slipped off the couch and into the culture at large. Do you foresee a widening gap between clinical and grassroots dream work?

**CW:** Generally, I see the opposite. With internet, and all the various books and viewpoints being offered to the public, I see people in our culture becoming far more in tune, not only with dreams in general, but with their won (interesting Freudian finger-slip there, I consciously meant "own") personal power and best way to work with their dreams. This is an ongoing process and will likely continue at least over the next few decades, but that is precisely the mission of the DREAMS Foundation ([www.dreams.ca](http://www.dreams.ca)) which I co-founded here in Canada - to spread the awareness of what being in touch with one's dreams has to offer, to show people how to do it, and that there are many great teachers out there. In the end, everyone is really their own best teacher, as most dream workers would agree. People are also connecting through internet and discussion groups and performing their own private research. As for sleep labs that focus solely on physiological activation during dreams, there is definitely a gap with the experiential component but I don't particularly see it widening in general.

**(RCW):** Do you have a theoretical stance or bias yourself in approaching dreams?

**CW:** I would have to say that I have a number of them. I have grown up with the Seth philosophy which is a framework for viewing experience in general, and by extension, dreams. I also would say that a large aspect of my personal stance is intuitive in that I draw from a tremendous base of insight and experience from over fifteen years of focused personal dream work, training in many widely varied models of thinking from lucid

dreaming to yoga and meditation to ecology and the truths of nature, and from having worked with, trained with, or interviewed a number of who I consider to be some of the great Western teachers of our times, including Ram Dass, Shakti Gawain, and Hal & Sidra Stone, Marshall Rosenberg, and others.

**(RCW):** There hasn't been much done to bring dream interpretation and dream science together since Harry Hunt's work in the late 1980's. As a matter of fact, dream science seems to be losing funding in general. Have we reached a wall or limit in dream science, or do you see new horizons opening up?

**CW:** "Dream science" per se, is definitely not as up and coming as it was at the times of the discovery of REM sleep or at the scientific proof of lucid dreaming. As for it's future, I would say that the science and art of dreams will likely become more integrated as more scientists work with their dreams, and as more dream workers realize that the religion of science, which is basically what it is in our culture, is one of the large present day frameworks which people trust and through which many people can initially come to experience more subjective states, as I personally did. Likely, there will be a few more watershed scientific experiments that grab media and academic attention to bridge the present gap. Dreams for me, are the most fascinating personal science there is. There are plenty of principles and laws to be learned, but nobody can hand them to you gratis, you have to go discover them for yourself. And how fun and freeing that is!

**(RCW):** How did the idea for The DREAMS Foundation come about?

**CW:** The summer that I moved to California to begin work at the Lucidity Institute, another summer student at the Sacre-Coeur sleep and nightmare lab got inspired enough to create a non-profit foundation on paper, though that's all that ever happened. I found out about it by chance, a couple years later, after I had my split with Lucidity Institute, while I was sleeping at the Sacre-Coeur lab a couple years later to record some lucid dreams. It was just another one of those right-place-and-right-time experiences that I've come to know so well. So with great support from the lab director, Dr. Tore Nielsen, I took the Foundation on as my new career, and have been slowly getting it established ever since.

**(RCW):** With all this activity, do you still get a chance to run the rivers?

**CW:** Most certainly. I'm off for a white-water canoe trip this week-end as a matter of fact, though it's a private

vision quest/fun trip with friends, not a publicly advertised trip. The lucid paddling adventures (see: [www.dreams.ca/alconquincanada/visionquest.htm](http://www.dreams.ca/alconquincanada/visionquest.htm) ) that I've been running for the past few years are offered later in the summer and anyone interested in having a powerful applied dreaming and lucidity training in the grounded setting of a canoe-camping trip may contact e-mail [lucidadventures@dreams.ca](mailto:lucidadventures@dreams.ca), or call the DREAMS Foundation at 514-990-2113.

**(RCW):** Can you tell us a little more about this program, how it started, what it's about?

**CW:** I've always loved the water and was a national level competitive swimmer, and lifeguard. Over the last dozen years, I've guided numerous river and flat-water varying-length canoe trips at first for a couple other organizations, but nearly a decade ago, I started running DreamQuest adventure trips during the summer. Early on, I realized I had a lot of different interests and hence directions going, so this is one of my attempts to integrate as many different aspects of my life as possible, share my skills and knowledge with others, and have a great time doing it - and it worked great from the start. Like Thoreau says, if one advances confidently in the direction of his dreams and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours. Life is meant to be like that.

**(RCW):** So Craig, what are your favorite dream books?

**CW:** I've appreciated various ones at different times. Patricia Garfield's *Creative Dreaming* is a good lucidity introduction book, as is LaBerge's original *Lucid Dreaming*, though it's a bit more scientifically geared. I also like Dr. Harmon H. Bro's *Edgar Cayce on Dreams*, Jane Robert's *Seth, Dreams and Projections of Consciousness* and *The Nature of the Psyche*, as well as the screenplay *Groundhog Day* which is really all about lucidity, in my opinion. Other great movies include *Excalibur* and *LadyHawke*, which are packed with great symbolism, and nothing beats the good ol' *Wizard of Oz*. My all time favorite is *Contact* with Jodi Foster that has a wonderful very lucid dream like sequence near the end.

*Craig Webb is a speaker, author, avant-garde physicist, white-water canoe guide, and the Executive Director of the DREAMS Foundation ([www.dreams.ca](http://www.dreams.ca)), a non-profit organization which offers information and courses on dreams, nightmares, lucid dreams and their practical applications. To find out about personal counseling or Lucid Living(tm) DreamQuest Canoe-Camping Adventures, contact: The DREAMS Foundation, Box 513 Snowdon, Montreal, QC H3X 3T7, 514-990-2113, email: [info@dreams.ca](mailto:info@dreams.ca)*

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*Continued from page 4*

**Janice:** Yes, they had distinctive personalities, and variable moods. Sometimes I scripted what they said and did, but that happened more often in the early years, or on occasions when they were particularly vague. They could act volitionally, and surprise me, and disagree with me, and refuse to cooperate with me; heck, I thought one of them wanted me dead for a while there.

**Robert:** So now, when you become lucid, what do you find yourself doing? Are there waking goals that you practice in the lucid state?

**Janice:** Nowadays I'm pretty laid back in my lucid dreams and usually prefer just to fly around and sing, or maybe ride horseback now and then.

**Robert:** If you were talking to an intermediate lucid dreamer, what are some of the principles or guidelines that you would suggest to operate successfully in the lucid dream environment?

**Janice:** Learn to monitor your thoughts and emotions, because they affect what happens and what sort of imagery appears. Learn to watch for and take advantage of those few critical seconds of interpretation after the first appearance of a dream character. How you decide to react to it has a major impact on how it will behave. Be creative; you have a lot more response options to a situation than you may think at first.

**Robert:** Well, I know that you and your husband, Jay Vogelsong, have written a book entitled, *The Conscious Exploration of Dreaming*. I think we will have to interview Jay about it in a later interview, but would you

care to mention the main idea/s of the book for our readers?

**Janice:** It's a book critiquing existing dream theory and presenting our own, the suggestion theory of dreaming, which maintains that a variety of factors, such as thoughts, emotions, associations, habits, memories, and sensory intrusions, are in constant competition with one another influencing the way our dreams play out.

**Robert:** Where can readers purchase copies of your book?

**Janice:** The cheapest place to buy it is directly through the publishing service, 1stbooks Library, using their website at <http://www.1stbooks.com/bookview/2754>. They have a downloadable version in .pdf format for only \$4.95, and they sell the paperback at the wholesale price of \$12.95 plus shipping. Major online booksellers such as Amazon.com and Barnes and Noble also carry it, but they hike up the price. Another alternative is to order it through a bookstore. Just tell them that it's listed in Ingram's "Books in Print," with ISBN 1-58500-539-8.

**Robert:** Finally, what advice would you give a young person who is beginning to experience lucid dream/OBEs in their teenage years?

**Janice:** Put aside any fear. Your mind will almost certainly create imagery in keeping with it, which can make for a vicious cycle. Try not to be overly influenced by other people's opinions; explore, push your own limits, and come to your own conclusions. Do whatever you want. It's your dream.

## The Consious Exploration of Dreaming

*Discovering How We Create and Control Our Dreams*

By Janice E. Brooks and Jay Vogelsong

With assistnace from Ruth Sacksteder

Forward by J. Allan Hobson, MD.

*The Conscious Exploration Of Dreaming* was written to help bridge the gap between scientific and popular thinking on the subject of dreams. All three contributors are proficient at the art of "lucid dreaming," or knowing that one is dreaming while the dream is going on. This talent enabled the trio to study dreams from the inside out, by performing a wide range of experiments designed to test the ways in which it is possible to control dreams while lucid. Such experiments gradually illuminated the means by which virtually all dreamers may originate and unfold.

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Continued from page 12

"I've lost the picture, but I'm still retaining the touch," I tell them. Then I realize I'm flying with my right leg crooked up beside me and thus pushing against the woman on my right.

"Sorry," I tell her, "I'm sleeping with my leg in that position - I'll try to move it." Concentrating on the physical leg, it seems I do move it and I'm pleased that both physical leg and dream leg move in conjunction.

(Note: When I woke completely, I was unable to confirm whether or not my physical leg moved, also.)

**#1-After A Sky Banner, I Fly A Young Boy On My Back**  
12/6/89 (Non-Lucid)

A banner is being carried through the sky: 2 names on top (long/short), 2 names on the bottom. But no actual banner seen. Because the words make no sense, I assume they're in a foreign language; coming from the East I think it must be Eastern European, even though all the lettering is Arabic. A small figure appears next to the banner. I know it's a human but when it turns toward Earth, it looks like a couch! As it comes closer and lands, I see that it's a young man holding a baby. He is joined by another young man.

Then another transition: the baby is gone and a boy appears. I ask if he wants to go flying and he says yes. When I hold him in a hug, I am able to get airborne all right, but I can't help flipping over on my back. I keep trying to right myself until the dream ends.

(Note: I woke to discover that I'd actually been sleeping on my back, my right leg and torso without covers. I wondered about the effect of cooler air on my body, and on my dreaming. Then I pulled up the covers and tried to go out-of-body.)

**#2-Astral Circus** (Lucid)

I "pull out" of my physical body the first time I project, but can't remember the rest of this sequence.

Then I feel most of myself lying prone on the bed as I begin to feel light. I am delighted that I can't feel my breasts and hips pressed against the bed; I think maybe my waist has lifted off the ground, too. Then the whole body lifts and slides backwards off the bed. I think that if I were doing this with my physical body, I'd feel the covers

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## DREAM NETWORK

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bunched around me, and I do. I'm aware that the vague imagery is an astral version or translation of the physical, but I'm hoping that I'm feeling the floating/touching sensations from my physical body, too. I float over to my dresser and lay down on top of it. Although there have been vague images, I feel no jewelry box against my stomach. Oh rats! I think. I'm really not levitating (in physical reality).

I float back to the bed where I've the vague sense that (my husband) Manny is watching from under the bedcovers. A vague image starts to form over the dresser. I wonder if it might be (my daughter) Teresa, but it appears younger and unlike her. Then (my son) Victor suddenly appears, floating to my right. He's talking loudly (saying things that I don't remember). I'm clearly aware that this circus is going on in a state removed from physical reality.

<http://members.aol.com/caseyflyer/flying/dreams.html>

## The Lucid Dream Exchange Website

Our website is under construction but we are adding more and more to it all the time! Check us out at:

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

# ANNOUNCEMENTS

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!



# Algonquin DreamQuest Canoe-Camping Adventure

(August 10-17 2003)

with instructor and guide: **Craig Webb**

Imagine paddling across a sheet of sparkling liquid diamond by day, tanning peacefully to a gentle dip-and-swing paddling rhythm. Then, imagine the wilderness laughter call of loons at sunset, and the welcome, gently wafting aroma of a sizzling campfire stir-fry while you discover by night how to navigate the tandem inner world of dreams.

Adventurers can expect a peaceful amount of paddling, an occasional portage, waterfall lunch-stops, and an excellent possibility of moose, loons, deer, beavers, otters, muskrats, mink, cormorants, and other wildlife (which often includes members of the camping party once the fetters of society are removed).

A flexible paddling schedule allows for private contemplation time, leisurely meals, stargazing, saunas, and plenty of lively group interaction. Some time will also be set aside daily to learn proven techniques for remembering, sharing and understanding dreams, and for stimulating lucid dreams, as well as methods for bringing about profound personal breakthroughs, truly beneficial interpersonal communication, and multi-level healing for greater fun, fulfillment and conscious awareness in this waking Dream (i.e. life).

The wilderness experience begins Sunday with dinner in the beautiful lake-side base camp at Northern Edge Retreat Center followed by a pre-trip welcoming and orientation to dreams and dreaming with Craig and your fellow travelers. After a restful night of freshly-sparked dreams in one of our forest cabins, wake to a nourishing buffet breakfast before packing the canoes and heading into Ontario's lush and breathtaking Algonquin Provincial Park for the adventure of your dreams.

Cost includes travel between downtown Toronto and base camp, all paddling gear, camping equipment (except sleeping bags), vegetarian food, as well as professional paddling, dream work, and *lucid living*<sup>TM</sup> training by experienced workshop leader, canoe guide, and certified national lifeguard Craig Webb.

It is not necessary that participants have previous paddling or camping experience. The level of physical exertion on the trip is not extreme and is also dependent on individual preference. However, any serious physical difficulties should be mentioned when booking.

*"The Algonquin dream canoe trip was one of my most interesting trips into my inner soul and outer landscape, and was what I had been seeking. We were a nice small group, not knowing each other and with different backgrounds and expectations. At first our dreams were difficult to recall and share, as each of us wanted to keep our distance. The guide created an excellent safe space and had to use all his persuasive powers to encourage us to reveal ourselves. The group started to discuss their dreams openly, helping each other to understand and interpret them. Great trust was established and so I feel that the journey changed and empowered us and especially me. We each had a unique, rich experience, insight into our inner emotions, and some of us even had a vision into the future. We had profound quiet moments and wonderful talks over the glowing, crackling campfire, and the August nights, well known for their shooting stars, were scrutinized over and over by us dreamers thirsty for a connection with the spirit of nature and with the nature of our spirit."*

*-Vicky Eskénazi Lehouck, DreamQuest 2001 participant*

## Your Helmsman for the Adventure

**Craig Webb**, co-founder and Executive Director of the non-profit DREAMS Foundation ([Hwww.dreams.ca](http://www.dreams.ca)H) since 1995, has written numerous dream-related articles and has spoken or appeared on/in such places as The Discovery Channel, AOL,

CTV, San Francisco Examiner, The Learning Annex, many other TV, radio, and online mass media. Craig is also an avant-garde physicist, canoe guide, musician, Contributing Editor for Magical Blend magazine, and a founding member of *Making Contact* (a ground-breaking weekly radio show aired on over 150 stations worldwide). He has done pioneering dream and lucid dream research at Stanford University and at Montreal's Sacré-Coeur Hospital, and has spent over a dozen years, practicing, studying, writing, and teaching dream work, applied dreaming and Lucid Living<sup>TM</sup> with a refreshing, enthusiastic style that blends soul, science, heart, and humor.

For a over a decade, Craig has led flat-water trips in Ontario's Algonquin and Temagami Parks, and white-water trips on various rivers in Quebec, keeping a balanced blend of safety, training, gourmet cooking, and fun (all materials provided except dream journal and sleeping bag).

**Call 1-800-953-EDGE for information and registration**

# LUCID LINKS

## **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/caseyflyer/flying/dreams.html](http://www.members.aol.com/caseyflyer/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-](http://home.t-online.de/home/Ralf.Penderak/index.htm)

[online.de/home/Ralf.Penderak/index.htm](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.

## MIRROR DREAMS

What do you see in your dream mirrors?

Have you ever looked into a mirror while lucid? What did you see?

Have you ever tried going into a mirror? What happened?

**Send in your lucid dreams!**

**Deadline August 5 2003**