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LUCID DREAMING EXPERIENCE



- **Mirrors in Dreams**
- **Lucid Dreaming as a Possible Cure for PTSD**
- **Peculiarities Connected with Reflective Surfaces in Lucid Dreams**
- **Living the Rorschach: Perceived Experience as Mind Relating to the Mirror**

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Statement of Purpose

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

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

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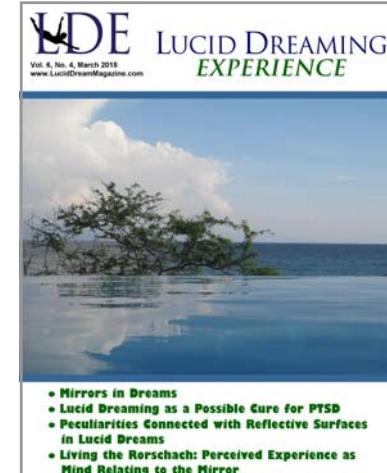
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dream speak

By Robert Waggoner © 2018

DREAMSPEAK INTERVIEW WITH ALEXANDRA ENNS

Alexandra Enns
is a German
writer and
blogger whose
main focus is on
lucid dreaming

When did you first learn about lucid dreaming? What did you think when you heard about it?

My first lucid dream occurred when I was a child, emanating from the persistent apprehension that a giant alligator (!) would creep from under my bed as soon as I would fall asleep. I turned lucid by simply looking under my bed each time I lay upon it. If there was a monster, then I was definitely dreaming (and vice versa).

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

I suppose the fact that I had already had several lucid dreams as a child felt surprisingly natural to me when I turned lucid approximately a decade later. In that teenage dream of mine, I suddenly became lucid in a seemingly endless corridor of a hospital—"That's a dream!" I exclaimed with 100 percent conviction. At that point, I did not know anything about reality tests, but deduced a suitable alternative from my thought: 'Well, if this is a dream, then I can fly now.'

Consequently, I rose into the air and floated in this sterile-white corridor with countless doors and opaque windows until I finally woke up.

Nowadays each time a white room or white light in my (lucid) dreams appear, I know I am about to enter a dimension where spiritual growth becomes possible.

Nevertheless, it took me another decade from spontaneous lucid dreaming to the deliberate induction of this altered state of consciousness. At first, I had to overcome the fear of sleep paralysis and other frightening symptoms of the vibrational state I experienced as a teenager for a long time. To achieve this, I spent several years reading and contemplating out-of-body experiences and lucid dreams before I would open 'that mysterious door' which Robert Monroe had mentioned in his book *Journeys out of the Body*. *'A note of caution is in order here for those who are interested in experimenting, for once opened, the doorway to this experience cannot be closed. More exactly, it is a case*

of 'you can't live with it, and you can't live without it.'

Because of this, I strived for being thoroughly prepared and learning from the leading experts in these areas. Having become aware of the potential of lucid dreaming and OBEs, I delved into their induction with compassion and enthusiasm. That step brought about giant leaps in my development as I was focusing on getting in touch with the larger awareness I read about in your first book and the phenomenon of lucid surrender introduced by Mary Ziemer right from the beginning. Having set these goals, I held the keys to the ignition of profound lucid dreaming.

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

As a beginner, I found Paul Tholey's (a significant German dream researcher) approach while talking to dream figures very supportive which included posing one of these questions: *Who are you? Who am I? Why am I here? What are you doing here?*

The answers were often surprising, as demonstrated by this dream excerpt from the LDE (Winter 2016) :

"An unnecessary (?) question."

After having performed a WILD, I dash out of my house. While exploring my environment, a black spot attracts my attention which grows into a dark scene as I enter it. At last, walking through an empty street, I notice a group of eerily strolling youngsters. Having cheered me up that the dream usually rewards brave deeds, I choose the most creepy young man to ask him this appropriate Paul-Tholey-question: "Why am I here?" He stares at me disapprovingly. Then he explains: "Because you like movies." In disbelief, I slowly remember having seen a dimly lit movie theater at the very beginning of this street...

However, I have to admit that nowadays I prefer to communicate with the larger awareness and not with 'rather unreliable' dream figures that you spontaneously meet. Their replies might result in ignorant behavior or contain utter nonsense as in this conversation (excerpt from my dream journal in 2016):

"What's the matter?"

"Who are you? Are you a part of my self?"

"Yes and no."

"?!" (rather puzzled) "What do you mean?"

"I am YOU, and I am MYSELF"...

In general, I was (and still am) startled by the complexity of answers I received from the larger awareness which included hearing a booming voice from the sky, writings or pictures in the air and sudden appearances of dream figures or symbols containing important messages. The most spectacular replies usually brought about a transformation of the current dream scene which I mentioned in an LDE article (Fall 2016) of feeling 'nearly blown away as in Indiana Jones in the Raiders of the Lost Ark':

"Stormy winds"

Leaving the courtyard of a university, I am concerned by the abandoned street I find myself in. I recall having planned to contact the awareness behind the dream, so I shout out with a yearning look towards the sky: "Show me the most beautiful landscape!"

For a couple of seconds, nothing happens. Then, I am startled by the fact that I gave rise to the wind blowing along the sandy roads. As the wind starts to roar at a great speed, whirling tiny stones and branches around me, I get a panicky feeling. What's going to happen now? Why did I refrain from using or creating a simple portal? I notice an isolated post and quickly embrace it. Watching an enormous storm forming around me, I make up my mind to hold out to the end, no matter what. I am shocked at the scene being slowly wiped out in front of my eyes like using a rubber eraser on a sheet of paper!

Although I think that the whole path of lucid dreaming is full of surprises, I feel that 'far-reaching experiences' started to happen right after I had succeeded in surrendering to the dream (I wrote about this in my first article

for the LDE). On that occasion, I had to unexpectedly cope with my first shadow integration which deepened my understanding of the possibilities of lucid dreaming with regard to personal development. In that article, I refrained from writing about the content of the conversation with my ‘guardian’ of that groundbreaking dream which I will now share:

“Staring at the Death” (excerpt from the 2016 Fall edition of the LDE)

... Unexpectedly, he pulls his cowl down. I am surprised by the kindness of the face looking at me. He smiles and indicates to me to sit down in a corner with several leather armchairs. During our intimate conversation, I recognize: He is my guardian I've already encountered in many different lucid dreams, staying in the background, protecting me...

“What are you doing here?” he asks me with genuine interest on his face. How is it possible he looked like death a few moments ago and now is my trustworthy companion? I wonder, awe-struck.

“Well, I actually was just experimenting with ‘Mary Ziemer’s lucid surrendering technique.’ I would like to write about it in the LDE”, I add awkwardly, thinking surreptitiously: And now, look, what this has led to! I survived the fright of my life!

He nods approvingly: “That is a good idea, in fact.”

Upon awakening, I felt certain I was heading in the right direction both with lucid dreaming and writing for the LDE in the long term.

What was it about lucid dreaming that fascinated you?

I am still fascinated by addressing the larger awareness in lucid dreams. Its responses seem to possess an infinite potential for spiritual growth! In my opinion, the most valuable approach would comprise of exploring concepts I read about in your first book, as in the following example I published on my blog “Traumlektüre” last year:

“More than just in Love”

Turned lucid spontaneously, I run on an empty street. Having remembered my goal from the waking state, I call out: “Let me experience unconditional love!” Immediately, I feel an intense tingling sensation and overwhelming happiness, increasingly flowing through my dream body. I feel a thousand times “in love” and curiously repeat my request. My sensations are now even intensifying. Also, my running speed accelerates, as if something is pushing me from behind until I lose the contact with the ground completely. The air starts to shine in pink-orange-yellow colors and is penetrated by countless tiny stars, sparkling beautifully ... In total, it was a truly magical experience that went beyond all the feelings I had ever felt in the physical reality.

In my view, the blog post excerpt below makes lucid dreaming very exciting as you apparently won't always get what you intended:

“In Defiance of Expectation”

I’m once again frustrated on the balcony and see practically nothing in front of me. So I call out with a firm voice into the darkness, “Let there be light!” I “expect” that my surroundings will be bright in a flash. But I am faced with quite a contrary result. Suddenly, a small sun with a diameter of about 2 meters, a golden edge and bright flashes of light sink in front of me. Fascinated, I watch the planet prancing around me, no longer bothering about the darkness. Its sunbursts show a beautiful spectacle of light effects. Better than in a planetarium! I think approvingly.

I suddenly realize that I have just used the “words from the Bible”... Oops. So no wonder it did not get bright the same way as usual... I observe the forming sun until waking.

Stating this dream report I wanted to clarify that even the smallest “change in the formula” you pronounce in a lucid dream can produce opposite results. Countless times did I illuminate the dream scene by saying “More light!” But the biblical expression “Let there be light!” led to the creation of a sun, in spite of my expectations.

Besides, I am hooked by the possibility to explore the variety of spiritual traditions, in particular by using mantras which sometimes turn out harder to implement than anticipated.

While working on the LDE article about Tibetan healing sounds (published in Winter 2017), I discovered a mantra that contained a combination of three of them, ‘*Om a hung*’ and tried to chant it in one of my lucid dreams.

But I had to repeat my experiment three times (!) until I was ‘truly successful’ with my endeavor: The first time a choir of Tibetan monks joined me, and even one of them emerged from nowhere. But I was so startled that I didn’t speak with him, so he simply disappeared.

The second time the monk appeared again. But while I was running towards him, he transformed into a Tibetan child! I was so surprised about this fact that this ‘elusive’ dream figure managed to vanish again!

The third time I sang this mantra in the void. And then I was suddenly ‘transported’ into a sacred environment with little fire flames flying around everywhere (in the blackness of the void). They were also dancing in the palms of the choir of monks around me (this somehow reminded me of the Christian Pentecost when the Holy Spirit is conveyed to have come down). That’s when I finally met both the grown-up monk and the child from the former lucid dreams again. I then learned that this mantra was also used during sacrificial offerings that probably confirm why I saw a Tibetan goddess (?) there, sitting on a throne and being worshipped. I was allowed to witness this overwhelming ceremony but also was carefully held back by the monks as I wanted to approach and speak to their goddess.

The lesson I learned here was that sometimes you have to remain persistent and that your efforts are always rewarded by the subconscious. You have to show ‘for real’ that you would like to find out the secret behind the invisible appearances in your lucid dreams.

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

From my experience, the general observation of the dream world is helpful because you can exactly identify when you are approaching altered states of consciousness through the appearance of certain dream themes like flying, sliding, running, talking about lucidity topics or noticing and writing down persistent hints from the subconscious ‘to awaken you to the dream state.’ I also pay attention to the way I wake up in the middle of the night. If my awakening involves sleep paralysis, astral sight, etc. any WILDing technique might bring about a lucid dream in the following nights. If I register the heightened amount of pre-lucid moments in my current dreams, I concentrate on mindfulness techniques to accelerate a DILD instead.

For all interested, German-speaking readers concerning my approach to becoming a proficient lucid dreamer —I published a workbook (Kindle edition) on lucid dreaming last month.

However, I mostly use breathing meditation as part of a WBTB as my main induction technique which derives from a past dream scene where I coincidentally noticed a mysterious inscription on an Erlenmeyer flask: ‘*Emptiness of the mind is the home of the Soul.*’

From then on, I was making an effort to empty my mind in the middle of the night through the practice of shamatha and yoga nidra with gratitude and openness towards the outcome. I would never complain if it happens to be an OBE or samadhi and not a lucid dream in the first place.

In any case, it is very useful to regularly list the lessons you have learned in your lucid dreams and to review them regularly to ensure your advancement. Also, I would recommend examining the ‘consciousness triggers’ in your lucid dreams when you become a more experienced lucid dreamer:

At some point, lucid dreamers often begin to look at things in the lucid dream that happen without their influence or manipulation. Did you have any lucid dreams which caused you to consider this? What happened?

In particular, such dreams occur when I use mantras (and mudras) in lucid dreams. Despite previous preparation about the meaning of a mantra, it is impossible for me to predict how the dream might react after I have chanted a sacred formula.

For instance, in my LDE article about the mantras and mudras associated with compassion (Summer 2017) I was faced with this unexpected development of a dream scene:

"Singing Mantras"

... I thoughtfully look at my hands and become lucid. Then, I instinctively go for a swim in the turquoise blue sea. Having recalled my intent, I find a stone to stand upon while forming the Kshepana mudra in front of my heart. Instantly, I see a huge pair of hands in the sky, holding the same mudra, which gives me a shiver as I recall this position also symbolizes the "Buddhist seal of enlightenment." Spontaneously, I say aloud the mantra of the Vedanta philosophy I've been practicing in the physical reality, denotating "I am in God, and God is in me": "So' ham!"

Immediately, a soft, female voice booms from above, "Sing with me." A wonderfully harmonic chant in an unknown language fills the sky. While swimming back to the shore, I try to sing along by humming and singing the only one word I understand, "Anahata." On a pier in front of me, I remark to an elderly, Indian woman in an orange sari, apparently waiting for me.

"Continue your journey," she tells me gently in the English language, "continue Anahata."

Speaking of which, last Christmas, I found myself amongst a group of agitated children in a lucid dream which indicated I was stretched too thin in the waking state. Unexpectedly, my dream self started to chant the mantra, "Om vajra satva hung" and I immediately noticed a clarification of my thoughts. Apart from that, all the children around me started to sing with me which increased the effect enormously.

How would you explain this? This mantra represents refinement and purification and was not chosen by myself deliberately. Who made this decision? Was it my subconscious mind?

When you have these kinds of lucid dream experiences (the unexpected, the surprising), what does it imply? How do you resolve it in your mind or minds?

My openness towards the unexpected events in lucid dreams prevents me from suffering from a hubris, the stagnancy of any development, by remembering the following important realizations:

I am *not* the commander of the entire dream.

I am *not* 'a chosen one'—I am *a part of a bigger picture* in a complicated framework.

I am *the sum of my previous experiences*, including (still latent) past life aspects.

From my experience, each surprising element involves the chance to learn and to grow by implying a lesson, i.e., a direct hint from the subconscious not to rest on my (imaginary!) laurels.

In a past LDE, you wrote about Reiki energy and lucid dreaming. Tell us about Reiki and how it connects with lucid dreaming? (By the way, I heard about Reiki in a dream decades ago—and had no idea what it was.)

To me, Reiki itself is energy that pervades everything, i.e., all realms and states of consciousness. Through lucid dreaming, it is possible to explore this energy on a deeper level than in the waking state, for instance, through the interaction with the divine beings that are looking after this particular system of spiritual healing.

To illustrate this, consider my first encounter with the Reiki energy published in the LDE:

"Experiencing the Reiki energy"

Wondering what I might ask the larger awareness, I finally announce intrepidly, "Show me the Reiki energy!" Immediately, I hear a piercing, already familiar female voice, screaming as if just performing a karate chop,

combined with a swirling wind sweeping vigorously across me, leaving behind golden streaks. I laugh out loud with relief, recognizing Dai Marishi Ten in spite of her invisibility. Then I give my thanks to the dream and awaken.

As a practical matter, have you used Reiki practices in a lucid dream? What happened?

In most cases, I haven't used the Reiki energy practices in the course of a lucid dream because of this way of thinking: If you can send something as sacred as distant Reiki, or, for instance, influence an event in all directions of time in the waking state, would Reiki become something 'more special' in the lucid dream state? Would it become 'more powerful'?

Maybe this point of view has had a crucial effect on my expectations towards Reiki practices which is an important aspect of lucid dreaming—I have never seen Reiki develop 'incredible superpowers' or experienced myself as a distinct Reiki master in the lucid dream state. Still, all Reiki practices have worked as in waking life.

Though, once, I made a terrible 'beginner's mistake' while working with Reiki symbols which had an apparent effect on the lucid dream content. By trying to stop a nightmare, I drew the first Reiki symbol into the air and pronounced its mantra three times.

Unfortunately, I quite forgot that this symbol usually *reinforces* the result! As a result of this, the nightmare intensified and more scary dream figures continued to appear until I cried for divine assistance.

Later, I realized I should have better used the second symbol which stands for balance and can weaken the abundance of a source you are confronted with.

The theme of this issue is Reflections and Mirrors. How has your experience with lucid dreaming and Reiki brought this to mind?

In general, I regard mirrors as a portal to another dimension which might become visible to clairvoyant people both in the waking and dreaming state. This belief arises from the strange event I mentioned in the LDE (Fall 2017 edition):

... At the beginning of my research, I meditate with the traditional mudra and mantra of Dai Marishi Ten before falling asleep. As a result of this, I have a very strange dream of a red cloud of smoke in the form of a snake circling me. My further studies strengthen my suspicion that this phenomenon is indicating the presence of the goddess Dai Marishi Ten, who is not only depicted as the "Goddess of Fire," but also in general visualized in red flames during meditation practice.

In the morning, I noticed the same cloud of red smoke (!) in the waking state while looking in a 'real mirror' (which gave me a start!). I am still speculating whether I have dreamt about this in spite of immediate reality testing.

And in my latest LDE article, I recall seeing the reflection of Dai Marishi Ten in a dream mirror after my first experiments with Reiki energy which incorporated the attempt of summoning this goddess by using ancient mantras. Might mirrors be effective devices for divine communication?

When you think about Reiki, what is it about it that seems special in lucid dreaming? Do the practices help you focus your energy better when lucid? Or does it seem connected to an ancient tradition?

I perceive Reiki as subtle guidance towards my purpose in life and feel deep respect towards this spiritual tradition that even slowly led me to learn Japanese!

"In general, I regard mirrors as a portal to another dimension which might become visible to clairvoyant people both in the waking and dreaming state."

— Alexandra Enns

How would you feel about the significance of Reiki after this recent lucid dream of mine?

"A Ride through Eternity"

After having meditated in the early morning hours, I try to keep myself awake by focusing on my breath until I get the impression my dream body has already been formed. Surrounded by darkness, I softly close the door and enter the common staircase where many of my dreams have already started. Having pictured the pale outlines of a window frame, I open it and try to stare skyward into the blackness. Then I repeat my goal, this time in Japanese. Assuming the Namaskar mudra (my essence meets your essence gesture) in front of my heart, I slightly bow my head and pronounce with gentle confidence: "Reiki no moto o misete kudasai." (Show me the origin of Reiki).

Immediately, a shift of energy takes place, pulling me into the role of a detached observer, having lost any sense of time: While a never-ending tunnel, veined with violet light, is snaking its way through the infinite blackness, I am transfixed by the enormous pace of the ride and the attracting accuracy of the glowing construction in front of me...

Upon awakening, I note down this assumption in my dream diary: 'The matter did not matter first (in the course of Creation). Before (visible) matter was formed, the spirit of Reiki (embodied through the violet color) emerged. In hindsight, this experience would probably explain the result of my previous experiment when I asked to become the Reiki energy and found myself transformed into a powerful, multilayered, all-encompassing energy, surrounded by uncountable stars of the already existing universe.' ▲

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MIRRORS IN DREAMS

By Karim © 2018

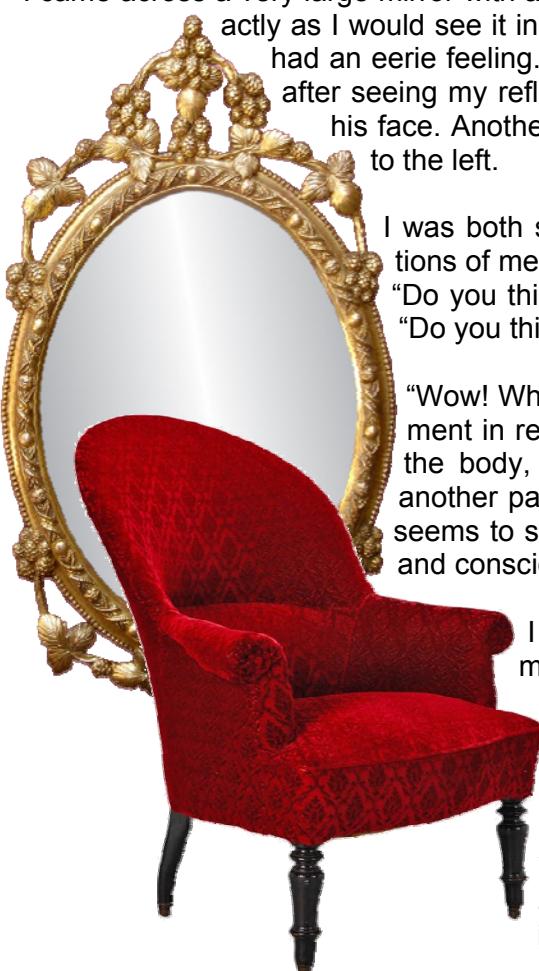
I have read many interesting dream accounts of people seeing themselves in mirrors looking different than in waking life. Some can be a different gender, race, or even species. Some had conversations with their reflections. Some just saw a different world in a mirror like a TV screen. Some have seen other beings that passed on some information, knowledge, or wisdom. Some spoke of mirrors as portals to a different world. Some warn against crossing into the world behind the mirror, and some say you can have amazing adventures there.

Mirrors always intrigued me in a dream, but I never actively searched for them. I had three notable dreams that involved mirrors that I would like to share with you.

One of my most baffling mirror dreams that to this day I do not have a good interpretation for, happened when I was visiting an old castle. This dream felt more of an OBE experience rather than a normal dream.

The castle was old and very well decorated from the inside, filled with lots of art and golden ornaments. I was somewhat lucid, but going with the flow of the dream.

I came across a very large mirror with a beautiful wooden frame. I looked at myself and saw my reflection exactly as I would see it in waking life. Nothing funny there. Though everything looked normal, I had an eerie feeling. A little behind me to the right side was a red velvet chair. A moment after seeing my reflection, another ‘me’ appeared in the red velvet chair with a smile on his face. Another few seconds and a third ‘me’ appeared standing slightly behind me to the left.



I was both surprised and shocked that the mirror was producing multiple reflections of me. At that moment as lucidity was increasing, the ‘me’ on the chair said, “Do you think that you are the only one that got out?” The ‘me’ on the left said, “Do you think you are the only one with consciousness?”

“Wow! What is going on here?” I thought. At the time I understood the first comment in relation to astral projection. When we project our consciousness out of the body, was I the only one that projected out? Is there something else—another part of me that projects as well? The comment of the second reflection seems to suggest that whatever else that would have projected out is also alive and conscious.

I remember having a discussion about dreams with a dear friend of mine who’s an experienced lucid dreamer and astral projector. Seeking an explanation in the dream before waking up, I walked straight to a nearby landline phone and called her, telling her what had just happened. She said, “You forget you are in the astral, silly...I told you before, mirrors act funny there. Do your best to avoid them.”

With that I woke up. I wish I had stayed longer in front of the mirror and had a conversation with the other ‘me’s to find out what was going on.

My second notable run-in with a mirror in a dream was when I was exploring conversations with the awareness behind the dream. I have asked the awareness in a dream to show me ‘Infinity.’ The awareness replied, “That would be too difficult for your mind to comprehend.” Remembering that I should be specific when asking the awareness a request, I repeated, “Could you please show me Infinity in a way that my mind can understand it?”

Immediately, two massive mirrors fell from the sky. They were huge! We are talking two meters wide, at least, and six meters tall. One mirror fell in front of me and the other fell behind me. If you ever stood in front of two mirrors, one behind you or in front of you, you will see the infinite optical effect the reflections make.

I thought, what a clever way to explain the concept of infinity. Remembering *Alice Through the Looking Glass* I thought, ‘What if I can walk into the world behind the mirror?’

I proceeded to walk towards the mirror and it was not solid. I walked right into it and crossed into another world. Another two mirrors stood there, one behind me and one in front of me with the same infinite reflection effect.

I decided to have a look at the world inside this mirror. It was very similar to the one I was in, except for some slight differences in the color of the sky and the colors in the landscape but mostly it was the same. I came back to the mirrors and went forward through them again. Yet another world similar to the one before but again with slight differences and variations.

I explored half a dozen worlds behind the mirrors and they were all similar yet slightly different. It felt I was seeing parallel worlds at this stage. I then decided to run forward through the mirror and keep crossing the threshold to see if there will be any dead end? There wasn’t. I started flying at a very high speed forward and yet I kept going through without an end. At one point I lost count of how many times I have crossed the mirror in front of me and thought, what if I could possibly get lost? The minute a bit of fear set in, I felt the need to get out of this dream and I was immediately yanked away and woke up!

Can mirrors be a portal to a parallel world? An interesting hypothesis to experiment with for future dreams.

My last run-in with a mirror was a dream I posted here last year on the LDE magazine. It was a dream where the angel of death took me through an afterlife testing.

At one point, one of the tests was related to the attachment to material things. We went through a mall and we were in a clothing store where they made an announcement that everything is going on sale for free. I could pick as many items as I want from any brand I liked and I can walk away with it for free. The angel beckoned me to move forward through the store. Some of the sales reps tried to stop me and ask me if I needed any help, if I liked to try anything, to which I declined. We passed by a large mirror in the store and I took a peek at my reflection. Again it was very much like my waking life reflection. The angel then said, “Be careful not to stare too long at a mirror. More than 30 seconds in one glance and vanity would set in.”

I thought, what an interesting comment; is that why many people love to stare at themselves in the mirror for a long time? That kind of explains it, hehehe!

I think a mirror will function differently depending on the dream you are having. As we all know one object or symbol can change its meaning based on the context of a dream. For example, in one dream a lion charging at you could be seen as a sign of danger, while in another, a lion standing could be a sign of protection or courage even. It would be very hard to say a mirror is this or that in the dream world. However, a mirror does present a very interesting possibility in a dream. At times I see it as a symbol of inner reflection, a possible way to talk to your reflection/subconscious. Perhaps at times it is a portal to a parallel version of our world or to a completely different one. Or it can be a useful tool to learn about a concept like I did with infinity. Mirrors are quite fascinating, and I am looking forward to my next dream with mirrors. ▲

LDE Lucid Dreaming Challenge

by Ed Kellogg

(© E. W. Kellogg III, Ph.D.)

(This feature presents cutting-edge lucid dreaming tasks. Participants agree to accept personal responsibility for any risks should they choose to undertake challenges, which may bring about mental, emotional, and even physical changes. We invite those of you who try these tasks to send your dream reports to **LDE**. If you would like to submit an unusual lucid dreaming challenge of your own for consideration in a future issue of **LDE**, please contact Ed Kellogg at alef1@msn.com.)

Dream Mirrors in Theory and Practice

"So,' said Dumbledore, slipping off the desk to sit on the floor with Harry, 'you, like hundreds before you, have discovered the delights of the Mirror of Erised.' . . . 'But I expect you've realized by now what it does?' . . . Harry thought. Then he said slowly, 'It shows us what we want... whatever we want...' 'Yes and no,' said Dumbledore quietly. 'It shows us nothing more or less than the deepest, most desperate desire of our hearts.'"

-J.K. Rowling, *Harry Potter and the Philosopher's Stone*

In ancient times, mirrors seemed rare and precious, and many cultures endowed them with magical properties. They believed that mirrors not only reflected the soul, but also had the power of retaining part of the soul of those who looked into them. Although mirrors have become inexpensive and common in modern times, some of these ancient beliefs have stayed with us, for example the common fear that breaking a mirror may bring seven years bad luck.



Whatever one believes about physical mirrors, it makes sense psychologically that dream mirrors may indeed reflect the soul, and in addition may also reveal to dreamers hidden aspects of themselves, serve as powerful mediums for obtaining important information, and act as useful portals to other dimensions and realities beyond the gates of mundane thought. For example:

Some Possible Uses of Dream Mirrors

1. As a scrying tool - to see:

- A specific event in the past
- A specific event in the future
- As a window to see into parallel realities
- As a remote viewing tool, to see events somewhere else
- Personal Information
 - To get information on your LifePath - your mission in life, perhaps even to see your soul mate or life partner
 - To get healing diagnostics - to see your state of physical, emotional, mental, and even spiritual health
 - To get healing prescriptions - using the mirror to display information for optimizing health, or to cure disease, including what to eat - general diet, and specific foods
 - To see past lives, future lives, and alternate selves

Business Information:

Job Opportunities
Investment Advice

2. As a Problem Solving Tool:

As a focus to heal parts of yourself, or to invoke and interact with hidden aspects of Self, such as one's magical child, shadow selves, other positive and negative aspects

3. As a portal to go through, or to bring things through.

Use as a "Stargate" to visit / experience other dimensions or realities

Step into a different time

Tour the Magical Multiverse - from "Neverland," "Rivendell of Middle Earth," "The Emerald City of Oz," "Hogwarts," "The Fountain of Youth," the "DreamTime" lands of myth and legend, to "fictional" worlds of all shapes and sizes

Challenge 1: Seeing Yourself in a Dream Mirror

In your next lucid dream find a mirror (or any other reflective surface, like a pool of water, or a polished metal surface) and look for your reflection in it. You may look like your **WPR** (waking physical reality) self, or ... you may not. Dream mirrors may provide literal or symbolic information about the physical, emotional, or spiritual state of the dreamer, or they may reflect something entirely unexpected, depending on the dreamer's conscious intention, the environment in which they find themselves, and the influence of other forces.

Record your experiences in your dream journal afterwards in detail, including colored drawings illustrating what you see. As you write down your dreams, pay special attention to what your dream body looks like in the mirror – do you resemble your **WPR** self or do you look different? If different, what sort of dream body do you see? Your dream body may represent the mental image that you unconsciously hold of yourself, the underlying state of health of your physical body, or something else. Use your intuition to tune into what your dream mirror reflection represents for you.

Challenge 2: Dream Mirror Divination

In your next lucid dream find a mirror (or any other reflective surface, like a pool of water, or a polished metal surface) to use as a scrying tool to tune into information of interest to you, similar to the way the Magic Mirror worked in Snow White. In order to better focus your intent, you might want to create a magical chant in **WPR** in advance, to repeat in front of the mirror when you have a lucid dream.

For example, if you want information about your health, you might try the chant: "Mirror, mirror that I see / Show my state of health to me!" If you want to ask a more open-ended question, try: "Mirror, mirror, Above, Below / Show me what I most need to know!" (In my experience, the rhythm and rhyming of chants can make them an especially effective means of focusing intent.) After chanting I suggest looking away from the mirror for a few seconds, to give the image a chance to manifest without interference.

Record your experiences in your dream journal afterwards in detail, including colored drawings illustrating what you see. What did the mirror look like? Describe its size, shape, and any unusual optical characteristics it might have had. Perhaps you'll find that some kinds of dream mirrors work better, or at least differently, than others. Use your intuition to tune into what the image you see in a dream mirror represents to you.

Challenge 3: Using Dream Mirrors as Portals

In your next lucid dream find a mirror (or any other reflective surface, like a pool of water, or a polished metal surface) to use as a portal to another world. You might want to think of the mirror as something like a "Stargate" - the dream reality version of a wormhole connecting to other worlds and parallel realities. Unless you want to trust to luck, to better focus your intent with respect to a desired destination, once again I suggest creating a magical chant in **WPR** in advance, to repeat in front of the mirror when you have a lucid dream.

For example, if you'd like to visit Neverland, you might try the chant: "Magic mirror that before me stands /

Take me to the realm of Neverland!" After chanting, I suggest waiting a few seconds, and then to confidently, and lucidly, walk through the mirror to see where it takes you.

Record your experiences in your dream journal afterwards in detail, including colored drawings illustrating what you see. Use your intuition to identify the destination that the dream mirror brought you to.

Appendix 1: Some Examples

Seeing My Aura in a Dream Mirror: A Diagnostic LifePath Dream

EWK 3 94 (Sub-lucid) "*I use a mirror to see my aura, but find I must hold it very close to me to get it to work. I don't see any colored energy bands across my face, but instead see a sort of orange energy with patterns. My Ray (the energy inflow from which the aura energy outflow around the body depends), that defines my function in life, has light blue energy in the middle, and gold energy on the outside. The cone shaped ray going in the top of my head has rings in it, and on the outside I see a sort of banner, in Old English lettering, that says Christ's Nuts + Seeds, that confirms that I have a Second Ray function as a messenger, someone who conveys spiritual information from 'the above to the below'. I feel glad my ray does not look visible to anyone other than a few very talented clairvoyants. . . . "*"

Comment: For better or worse, <g>, this dream changed my life. Until this dream, I generally kept my mouth shut with respect to sharing information with others, even when I thought the information would prove useful to them and felt strongly impelled to do so. I understood my own fallibility, and this maxim from Matthew deeply resonated with me: "*Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.*" After this validation that my life path as a messenger required sharing information with others, at least when I felt a strong impulse, I began to do so, while making a habit of qualifying myself, adding any necessary caveats, and to trying to stay non-attached to the results.

A Dream Mirror Metaphor: Meditation Skills

EWK 26 44 (Lucid) "*. . . I fly up a number of levels until I arrive at the top and go outside, and see what looks like a mountain top, like Mt. Fuji. I encounter a young girl there, who shows me a 7-8" mirror that represents my meditation. The images look blurred, but recognizable. She tells me that most people do not have a mirror, until after years of Zen practice. As I have a blurred mirror, she recommends that I should either have therapy (?), or take up Zen. A couple of Zen masters/teachers come up to me and serve me oriental/Chinese type food."*"

Comment: Mirrors as a metaphor for true Mind, and of the Buddha-nature, play an important role in a number of teaching stories, especially in the Zen tradition. For example, in the 13th passage in **The Sutra of Forty-Two Sections**, Buddha says, "*Those who are pure in heart and single in purpose are able to understand the most supreme Way. It is like polishing a mirror, which becomes bright when the dust is removed. Remove your passions, and have no hankering, and the past will be revealed to you.*" To my mind this dream used a quite novel but appropriate variation on this metaphor, in which the dream mirror congruently symbolized the qualities of my Self-Reflective meditation practice, not through its obscuration by "dust", but by drawing attention to the reflective qualities of the mirror itself.

Using a Dream Mirror to See "Past Lives"

11 50 (Lucid) "*. . . I go down the stairs to the living room, and find a group of older English(?) men and women waiting for me. Apparently they sit on some sort of judgment or advisory panel. They direct me over to a "mirror" so that I can see my past incarnations. Looking in the mirror, I see a blue-eyed, horse-faced, lantern-jawed man, who somehow seems feminine looking. This changes into another figure, more similar to my present body. Then a woman appears, at least 9 ft. tall and of apparently another race. When I touch her breasts it feels as if I touch myself. Several more transformations . . . in one I wear a blue cloak, and a mask and hat, that together make a sort of helmet. He looks very impressive - I feel real sense of power in this one. Taking off the man's helmet, I see a face similar to my own. . . .*"

I see several other transformations, and then go back to the advisory group where we have a discussion. A man shows me many pictures of myself in past lives, some apparently with him. I see a blond Scottish man, who died young, and another from Italy. . . . I tell the man I want to know my purpose in life. "Very commendable," he says, but nothing else. A woman comes over and gives me advice about women, relationships in general, and sex."

Comment: Whether one believes that I experienced "past incarnations," symbolic representations of aspects of myself, or something else in this dream, depends both on the psychological models that one subscribes to, as well as the beliefs and experiences one has as the nature of reality. For myself, based on the felt sense during the dream, I'd go with "past incarnations," but with the caveat that these incarnations still exist in the present, at least limited way, as aspects of my psyche. Incidentally, I had this experience eight years before the movie *Defending Your Life* came out, which has a "A Past Life Pavilion" scene in it that very much reminds me of this lucid dream.

Using a Dream Mirror to Heal an Area You Can't See

EWK 37 73 (Lucid) ". . . I decide to do a healing on my teeth. I look at my face in a mirror, and point my right index finger at my teeth. I chant, "From My Hand Shines an Energy Beam / To Heal My Teeth with Power Supreme". A white yellow light and foaming liquid projects out of the tip of my finger, and I direct it at my upper and lower teeth. My teeth look white and perfect, but I guess from the vigorous response that they really needed the cleaning and healing. The foam tastes pleasantly of lemon, like lemon yogurt."

Comment: Lucid dream healings of oneself have become increasing commonplace, but sometimes one can't directly see the part of the body that needs healing. However, just as with physical mirrors, dream mirrors can let one see parts of the body by reflection that one can't see directly, allowing the dreamer to better focus their healing intent, as well as to receive visual feedback as to the effectiveness of a healing technique.

Revealing a Different Point Of View

EWK 39 116 (Fully Lucid) ". . . I focus on doing the **ALC** (**Alef Lamed Chesed**) chant, trying to bring down blue **Chesed-Lovingkindness** regenerative energy. I look in a big mirror, and while I already have on my blue robe, to my surprise I see I wear a red robe in the mirror, worn over my red Pendleton plaid wool shirt - I look dressed all in red. I wonder at the meaning of this - does the mirror reflect the other half of the process - **Geburah**, and the energy of breaking down? I continue chanting **ALC**, and look at my image, willing/intending blue. I begin to see changes, my clothing gets darker, and black gloves appear. I look away for a bit, then back. Now in my reflection I see I have on a deep lapis colored blue robe, a purple shirt, and that even my body has turned blue. I experiment with projecting qi gong energies from my hands, and blue lightning coronas from hand to hand, the color of Tesla's violet ray . . . "

Comment: Sometimes dream mirrors will "reflect" something quite different than what you expect to see. Although sometimes apparently idiosyncratic, I've found that these differences highlight important information, allowing one to see the situation from a different, but often quite relevant, point of view.

Using Dream Mirrors as Portals

EWK 24 49 (Lucid) ". . . I become lucid, and while walking down a very interesting rectangular corridor, with 1930's - 1940's wood paneling, and many objects d'art. I intone aloud my "Mind over Matter" chant. I see a mirror and decide to use it as a portal and walk through it. After I step through, suddenly everything becomes **much brighter** - I enter into a large room, where everything now looks far more expensive and luxurious . . . "

Comment: Just like Alice in Lewis Carroll's **Through the Looking Glass**, lucid dreamer's can use mirrors as doorways into alternate realities. However, even more than Alice, where one ends up may prove quite different from what the dreamer saw reflected in it. Lucid dreamer's can also choose, or at least intend, what sort of reality they want to go through to, by focusing their intent, for example through chants or affirmations, before passing through. ▲

Peculiarities Connected with Reflective Surfaces in Lucid Dreams

by Alexandra Enns © 2018



From my experience, you should prepare for the unexpected before looking at your reflection in a lucid dream mirror.

There, mirrors may reflect the symbolic, the unknown and even the multi-dimensional. In lucid dreams, mirrors can serve as a means of reflecting back answers to questions, or as a portal to other information, time and places.

Seen from this point of view, I would like to share my lucid dream experiences with mirrors and glass panes by enumerating their properties or functionalities and stating the lessons I learned:

Mirrors may function as lucidity triggers.

Initially, I mostly became lucid by a momentary glimpse into a mirror and noticing great contrasts with my appearance in the waking state. By paying attention to the looks of my hair (or face) in future, the mirror has become a reality check technique itself and has successfully prevented false awakenings in the middle of the night. Would looking into your mirror and noticing a green lion's mane on your head prompt lucid awareness? On other occasions, I found out that it seems better to take several peeks at a mirror in quick succession and compare the contradictory results. The second look has always made a difference to me, bringing about lucidity.

Lucid dream mirrors may have a 'time defect.'

You cannot cheat a mirror; however, it can't always cope with changes across time. While researching distinctive features of dream mirrors, I discovered that a real-time replication was impossible. For instance, a brief delay regularly took place in the mirror while performing quick dancing movements. Try that in your next lucid dream with a mirror.

A tool to confirm past actions.

Dream mirrors might provide information about successful dream work. As an example, I was once confronted with a reflection of a child and remembered that in my previous lucid dream from the same night, I integrated my shadow which had the same facial characteristics. The mirror seemed to show me that

the integration was now being reflected in my image.

A communication method used by spiritual beings.

Keep your previous lucid experiments in mind to understand the interactions. Shortly after I had started exploring the source of Reiki energy, I had a dream where I glanced several times at a giant wall mirror during a conversation with the Sun Buddha Dainichi Nyorai. Surprisingly, the mirror image seemed to closely resemble the peaceful version of the Goddess Dai Marishi Ten, smiling at me with the telepathic message of assistance and protection.

A place for the manifestation of dream figures.

You never know what might manifest itself in a mirror. To take apparitions on reflective surfaces a step further, I once addressed the larger awareness: "Show me the creator of this dream!" At that moment, I was standing near a skyscraper on a complex of modern buildings. To my astonishment, a dream figure materialized in a glass pane and stepped out, approaching me. While being eyed intently, I suddenly realized I was just being considered for a job position in the team of the apparently sharp-witted genius in front of me, with the looks of an architect and a computer programmer at the same time.

A source of information about the dreamer.

Mirrors and reflective surfaces are suited to thorough self-reflection. However, make sure you can take criticism beforehand. While writing this article, I incubated a lucid dream described below:

Is that what I have become?

Lucid, I announce to the larger awareness: "Show me my inner life!" Wrinkling my nose about the unmodified dream scene, I remember my intent of asking a reflective surface the same question as an alternative. Looking around, a glass pane on a building of a school campus catches my eye. Having drawn nearer, I scrutinize the unordinary image of myself. This is what what I deduce from observing the outcome of my experiment: A man in a suit with a head in the shape of a mushroom (!) is looking back at me! Am I a teacher? Oh dear, I'm not a woman anymore! Am I too cold in my relationships? My brain is so big!

Do I concentrate too much on the intellectual side of life? The brain might refer to learning and consciousness as well... Lucid Dreaming?

Surprised, I repeat my request: "What does my inner life look like?" The figure in the glass pane narrows its eyebrows in response. I feel that I have upset 'my reflection' by asking the same question although I can already see the answer. Well, in reality, I would have reacted the same way. Intuitively, I stretch out my hand, forming the Abhaya mudra, the 'have no fear gesture' with the offer of friendship. After having pronounced "Nirvär," a Kundalini mantra meaning 'I know no enmity, no fury,' I wake up in great excitement and relief.

A revealer of disguises.

Do not underestimate the inconspicuous dream figures in your lucid dreams. Probably one of my most interesting and important findings regarding mirrors in lucid dreams relates to an unexpected encounter with two unremarkable male dream figures from the west in a public institution:

Inspecting my surroundings, I frown at the picture in the mirror that covers the wall: One of the men now standing next to my reflection is Chinese and makes eye contact with me. However, as I turn swiftly to-

wards him, he keeps on looking the western way! "Who are you?", I exclaim bewildered and shoot another glance in the mirror. The Chinese reflection looks me straight in the eye, with a mysterious smile on its face. Should I know him? "Are you my spirit guide?" I ask with a sudden conviction. 'That's it,' is the short and simple answer I receive from the mirror image.

So, to sum up and to make the point, mirrors are not what they seem to be—if they appear in your lucid dreams. They are always worth a proper examination. Approached thoughtfully, experiments in this area might result in a different attitude towards reflective surfaces both in the dreaming and waking state and enhance your practice of mindfulness. ▲

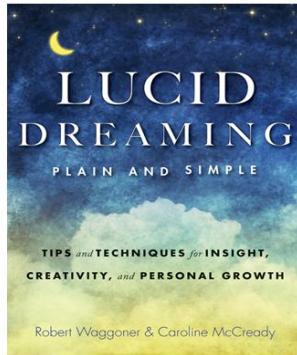
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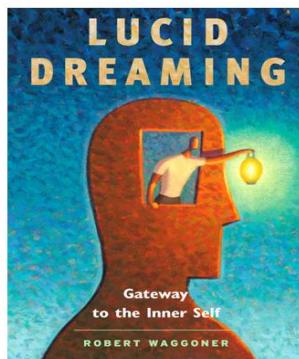


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Lucid Dreaming as a Possible Cure for PTSD: A Personal Story by Katie



After a suicide attempt and ending my relationship with my traditional therapist, it takes me six months to find a therapist who can help me deal with childhood abuse. I bounce from therapist to therapist until I finally reach a lady called Lynn, who is an energy therapist.

Bringing myself to energy therapy was a different and difficult route for me. I didn't trust energy work. I was so used to the Freudian approach that I didn't believe things like 'relining my energy' or a technique called 'tapping' would actually work, but over the first six months I noticed a more spiritual balance within myself. I had come to realise that I can pick myself to part on an analytical sense but dealing with the soul or spirit was unknown territory and something not widely talked about. It is a taboo subject because it's not something that can be physically recorded.

Whilst in energy therapy I noticed that my flashbacks were changing, or perhaps my analytical approach to them was; I was becoming more in tune with my emotional state, feeling and listening to what my body "told me"—like gut instinct, for example.

We all know gut instinct exists but you will never find it holding up in a court of law as we all know there needs to be evidence of some form. It was with this knowledge of using my gut instincts and "checking in" with my feelings that I decided I needed these flashbacks to stop. I had to put a stop to them somehow.

I needed to find out what happened to me as a child. I already knew through my gut instinct what had happened but I had to relive the traumatic experience to put this psychological loop to rest. I had to move forward. My dreams and nightmares became vivid and I had dreams with false awakenings—basically I would dream but I knew I was dreaming, so I would 'wake' myself up ... then I would still be dreaming but I perceived myself to be awake. Those were quite complex as I usually had nightmares of a horrific nature which would then swing around in a loop, and I would start to relive everything on a repeated scene. To imagine that you are awake but then to find yourself not awake was quite a disorienting and distressing process. After eight months of energy work and not a pure lucid dream in sight since the last one a year before, I had a breakthrough. I had the flashback I needed to be able to move on.

It was December 2017 and again it was a flashback in which I felt a man sitting next to me, his warm skin next to mine. I was a child again. As usual my thought process split into two. I tried to open my eyes and when I opened them, I saw my bedroom wardrobe in front of me with a huge, frightening looking face on it. It was at this point that I knew I was in my nightmare and flashback state, as in waking reality I don't have anything on my wardrobe.

Mentally I was screaming, trying to wake myself up, as I didn't want to relive this ordeal. I was petrified, but the other side of my thought process was calm. Instead of saying, "It will be over soon,"—how I previously thought—I said and thought to myself, "It will be over soon, but I need to know what happened to me." I decided to close my eyes again.

I was then taken back to that frightful night. I was terrified but those two split parts of my thoughts seemed to merge into one. I knew I was living a past memory that needed to be seen for me to process it and literally put it to rest. My abuser stayed next to me and I felt him moving down the bed, the mattress tilting with his movements. It was then that I felt his hands moving down my body and then him moving down towards my legs. I reminded myself that I am physically in the real world, in my bed sleeping, and I am totally safe—just stay

Lucid Dreaming as a Possible Cure for PTSD

with the memory. I did. I then felt a weight on the back of my legs. I was face down at this point. I could hardly breathe. It was then that I felt the most immense pain shooting up in between my legs, back, stomach and whole body; I screamed out in pain. I was pinned down. I then felt my abuser pull my legs, he was now off of me but still my body felt in bits. I felt numb, in shock.

It was at this point that I decided I had known enough. I turned around to face my abuser whilst collecting my thoughts. I told him to let go of me and that I am not scared of him anymore, and in the same breath I informed him that he will never be able to hurt me again. My words were, in effect, "You're an arsehole and a child abuser, and you will never, ever be able to hinder my life again. You're the past now and you will remain there because this is now not real." I told him to go away. I wasn't scared anymore. I felt brave.

Just as I wished him away, he went. I turned around and saw myself sleeping, like a dead weight on my bed. I can only describe it as a sense that it was as if my soul had left my body, although I am unsure as to how that happened or why I saw things that way. I flew back to my sleeping self, and as I did I woke up.

When I woke I wasn't scared and I felt like a huge burden had been lifted. I felt overjoyed happy and relieved. I know I was raped as a toddler; it was something deep down I always knew but didn't want to deal with—until now, that is. I suspect the burn that I received was a warning to keep my mouth shut. It is no surprise that I didn't start talking until I was nearly five years old. I cannot change the past but what I have changed is my attitude to life and my nightmares.

Lucid dreaming is far more complex than I ever thought and something that I have only just discovered. I can connect with my soul and my higher self. I have had many lucid dreams since. I have managed to change the scene and rewind a dream, frame by frame. I have found this fun and amusing.

I have even been into the dark depths of the universe with the stars and planets and spoke to my 'higher self' mainly asking for advice on issues at work or just asking for general guidance.

My opinion is that when you have an ego state that's been built in defence and survival mode for most of its life, what I can describe at best is that the soul and spiritual essence become blocked. I have broken down my ego states with the aid of psychotherapy.

I have worked through my traumas in this reality and that of the dream state, allowing me to live to my true authentic self. I could only do the latter part with energy work. I don't think psychoanalytical psychotherapy alone works with PTSD, anxiety or depression, and I don't think medication can assist either. Medication only masks the problem. It is not a long term solution.

What I think needs to happen to help overcome PTSD would be a combination of psychotherapy and energy work with lucid dreaming. This has been my cure to PTSD. Perhaps if I had gone straight into the energy therapy field first, I would have achieved this far earlier. Who knows. But saying that, psychotherapy helped me to unlock my past whilst making drastic changes to the way I lived my life. It has taken me nearly five years of deep emotional work to get to this point in my life and it has not been an easy journey. I have not had any signs of PTSD or nightmares since late last year.

If you are able to change the layout of dreams then you can also manipulate flashbacks as I did with my case. This is where the term "deep spade work" really comes in but on a spiritual/soul level. Trauma leaves imprints on your physical self and psychological self (such as in your hippocampus, amygdala and prefrontal cortex). It's only natural that it would also leave an imprint on a spiritual sense, too. ▲



New Lucid Dreaming Study Seeks Participants



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

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

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

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

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

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

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

The researchers hope that all participants will send in their lucid dream reports by May 15, 2018 at the latest.

Living the Rorschach: Perceived Experience As Mind Relating to Mirror

by Robert Waggoner © 2018



What happens when you look into a mirror?

Do you begin to relate to the reflection? Does your analytical mind arise (e.g., 'I need to wash my hair') or the emotional mind (e.g., 'You look marvelous!') or the social mind (e.g., 'I wish that pimple would go away—I want to look good for the party')?

What happens when you look out the window?

Do you begin to relate to what you see? Does your analytical mind arise (e.g., 'It looks like rain') or the emotional mind (e.g., 'I wish my neighbor would not park that crummy car in front of our house') or the social mind (e.g., 'There is Susan; I wonder if she could give me a ride')?

When perception arises, the mind normally arises. Suddenly, the mind begins its process of interpreting, analyzing, responding, debating and relating. Soon, you find yourself not relating to 'what exists' perceptually—but to all the thoughts, meanings, interpretations, feelings which arise in response to the perceptions. You do not relate to the situation, as much as you relate to your mind's view of the situation.

As I say in my books and workshops: Lucid dreaming does not mean 'control'; instead, lucid dreaming means more aware relating. Knowing that you dream, you now relate to the perceived experience in a different, more aware manner. That guy there? A dream figure! This wall? Dream stuff! Even though it may look or feel or act as you expect (and often does), you 'view' it in a new way and relate to it with greater awareness.

Greater awareness may improve your relating, but it may also show you how expectation, belief, focus, social conditioning, and cultural conditioning (consciously and unconsciously) affect the lens of your perceiving and its analysis. Seeing this in lucid dreaming suggests that your entire perceived experience (waking or dreaming) exists as a giant, never-ending Rorschach test of constant interpretation through the inner mindset of your belief system. The self does not see, so much as 'filters and interprets'.

The next time you find yourself talking to a friend about your life, think this: 'I share only views, opinions, beliefs, feelings, ideas about the actual experience. I do not 'know' the actual experience, only my interpretation. These comments share only my Rorschach-like analysis.' Then see what happens internally. How does this make you feel?

At this point you might wonder: How does one escape mirror world? How does one escape the endless reflections and re-reflections, the living Rorschach test?

The simple answer: Let go of the self and its ego mind. Realize that you must let go of the mindset of the mind, and its beliefs, expectations, focus, and intent to perceive truly.

Lucid dreamers who have deep interactions with the 'larger awareness' begin to develop the capacity to recognize that the larger self exists within a broader context than this ego awareness. Given that, and the knowledge of how the ego's mindset helps to create and shape perceived experience, the lucid dreamer can accept the ego self must 'let go' in order to experience 'as is' as it is.

Mirrors, reflections, bubbles, moon-on-water fantasy. Waking up to the nature of the mind seems the actual value of lucid dreaming's greater awareness. ▲

Where's Robert?

Upcoming Lucid Dreaming Events with Robert Waggoner in 2018

May 18-20, 2018 – Prague, Czech Republic

Robert will be speaking on *The Spiritual Aspect of Lucid Dreaming* and *Buddhist Dream Yoga* on Friday 18th May, and hosting a Lucid Dreaming weekend workshop on Saturday 19th – Sunday 20th.

Details at <http://www.yogame.cz/kurzy/171-lucid-dreaming-with-robert-wagonner/>

May 24, 2018 – Tel Aviv, Israel

Robert will be speaking on Lucid Dreaming, plus available for an informal coffee shop discussion before the event.

Details at www.LucidAdvice.com

June 15, 2018 – Sausalito, CA

Academy of Intuition Medicine / Friday 7 pm

Robert will present on *Lucid Dreaming as a Path to Spiritual Growth, Personal Transformation and Healing*. Details at <https://intuitionmedicine.org/events/>

June 16-21, 2018 – Phoenix, Arizona

Robert will be speaking at the International Association for the Study of Dreams conference along with many other lucid dreamers, researchers and therapists.

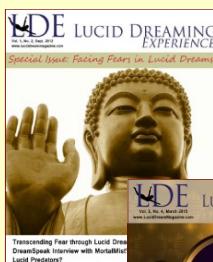
Check out this amazing event at www.ASDreams.org

PLUS . . . Upcoming Online Workshops at GlideWing

Introduction to Lucid Dreaming: March 17 - April 1, 2018

Lucid Dreaming and Living Lucidly: May 5 - June 3, 2018

Details at www.GlideWing.com

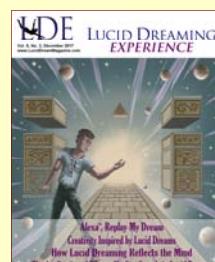


DID YOU KNOW?

You can read PAST ISSUES of the

Lucid Dreaming Experience online at:

<http://www.dreaminglucid.com/past-issues/>





Morth • The Woman in the Mirror

In the middle of a pretty long dream, I found myself sitting in a theatre where a movie about climate change was about to play. But instead of a screen or projection appearing when the curtains were pulled back, there was no wall there and natural disasters were taking place right outside. A tornado went by and a small town was flooded. A few cartoony pirate ships with big cannons were floating among the waves. I only felt a small breeze and cold humidity from it, while the chaotic scene was playing out just two or three seats away. I realised that it didn't make much sense and became lucid.

I stayed in my seat for a moment to see what was going on but then stood up. As I did, my surroundings became dark and quiet. Now, I was in a dimly lit hallway and saw a young girl leaning against a wall. An old man approached her and I recognized his voice from TV. I followed them and we slowly walked towards a door. The man told me that the girl was homeless and that the woman who lived here, who was apparently my cousin, had promised to take care of her. He knocked on the door. A blonde, middle-aged woman quickly opened and rushed us all in while she nervously looked around as if she was scared someone would see us. She then told the little girl that she had to put on a robot costume, so that the neighbours would think she had gotten a robot instead of taking in a homeless child. Then they all walked up a stairway and I was left alone to look at my surroundings.

It was a beautiful room, with just enough decorations to feel homely without being cluttered. I noticed a rectangular mirror hanging just above a short, old fashioned drawer. I hesitated a little, unsure whether it was a good idea to take a look but did it anyway. I had to lean down to see anything though, as it was hanging pretty low.

The woman in the mirror was beautiful and young, with round cheeks and light make up. She/I had a wide hat with a soft, light blue strap hanging down under my throat, as well as a matching blue, checkered dress. She looked like she was taken straight from a classical painting, though I couldn't tell which one. There was also a resemblance to the older woman, so it wouldn't be difficult to think that they were, in fact, cousins.

I paid extra attention to how thin my mirror self was, because that's not something I am in waking life. I couldn't see much skin from that angle though, only a little bit of my left shoulder. I pulled down the fabric a bit and revealed a red scar underneath. Out of curiosity, I touched it and immediately felt a sharp pain shooting through my body. For a moment my vision went blurry and I felt the dream fading from there.

I figured that if I just focus on the pain, I should be able to remain since the pain came from the dream. Doing

that, I managed to hold on a little longer, just enough to see the same face in the mirror again, and the little girl from earlier standing behind me.



Luna • Ravens and Stardust

Lucid, I dreamed I owned two very large black ravens that would fly all over the place. At one point, one got out and flew away. I found it and wrestled with it and was able to subdue it long enough to get it back home. It was night.

I looked from the ground up to my windows on the 2nd floor of a building, where the lights were on. The building somehow reminded me of a college campus building. I entered my apartment and let the pet raven go to fly to be with the other one. I had a rope or line strung across the room where they could perch on. This one raven was very mischievous and immediately tore the line down. I was impressed that they didn't poop everywhere. The room had a golden saffron glow to it.

I then had a round hand mirror in which I saw this golf ball size protrusion on my right shoulder. As I looked at it, it rotated, and rainbow colors appeared with the alphabet and numbers swirling around it. I thought that it was very strange and I could only see it in the mirror. I wasn't concerned that it was anything bad. Then there was some kind of shift in my consciousness, where I expanded OUT... like my self exploded into bits of star dust matter.

Daryl3d • Three Lucid Dreams

After a dry spell that lasted a few months, I was determined to focus on some deeper goals I had on health and longevity. What followed was a trio of lucid dreams; the first two nights were concurrent, followed by a gap which allowed me to absorb the lessons before the final and third night. Each lucid dream began as a WILD and followed a pattern where I "awoke" multiple times from the dream and then consciously re-entered the scene. (In each case it began as a WBTB, where I just clear my mind, focus on the darkness under my eyelids and affirm a few times that I will consciously enter my inner world)

Night One - Breaking the Past

I'm in a room with a close relative and look at my hands. As I stare intently, they expand in a weird way and catapult me from the room. Then they stabilize and I re-enter the room and see my grandfather (who's no longer physical) enter a smaller room. The other relative follows. I decide not to enter this room and again look at my hands. A beam of light comes down beside me with lightning within it. I feel it is a symbol of my power. I awaken and then return...

Now I'm in car with the other relative. I hear a woman's voice chattering. It's coming from behind my neck, and it's distracting, so I reach back and grab 'it'. I pull it off me and let it go in front of me—it's a ball of chattering energy. It starts to disperse. I awaken.

Night Two - The Healing Mirror

I'm in an average looking home in the South, with another older guy and two younger women. I realize I'm dreaming but decide to go with the flow. I want to create a healing and decide the other guy may be a projection of me, so I grab him and send him energy. He changes a bit, looking a bit younger and then sits down at a table.

I then walk into the kitchen where another lady is preparing a meal and notice a mirror. As I walk by I look into it to see how I look. The image is not stable, although I do appear more mature. I then send myself energy and give myself some healing affirmations and feel a slight change. Then I notice a very young beautiful woman about to go down a stairway and I want to show her my lucidity so I float/fly down the stairs to demonstrate the magic—this surprises her.

In Your Dreams!

I then pair her up with the other guy I just healed to see if they're a match. At a table I notice she ages a bit but has very thick blonde hair. I wake up and then return...

Back in the home, I decide to enter a bedroom to think about how to proceed with my healing task/goal. As I'm considering this, near my doorway is a stairway leading to an upper floor. I hear some people in conversation and then notice Donald Trump and an aide pass by my doorway and go upstairs. I'm intrigued—I'm thinking since I'm dreaming, I could float up through the ceiling and observe what they're doing in a stealthy way, but then I awaken and then return...

Now I'm outside walking towards a small building. I enter it and images of food appear before me. I wonder what it would be like to taste some chicken and see a line of people waiting for food (like a fast food restaurant) but I decide 'no' and to leave and go back to the original home. As I'm walking, I again think about self-healing and again send energy to myself. As I walk, some guy approaches me and asks if I want to sell my car. Since I'm quite clear I'm dreaming I find this kind of funny; do I really own a dream car? So I reply kind of smugly, "What car is that?"

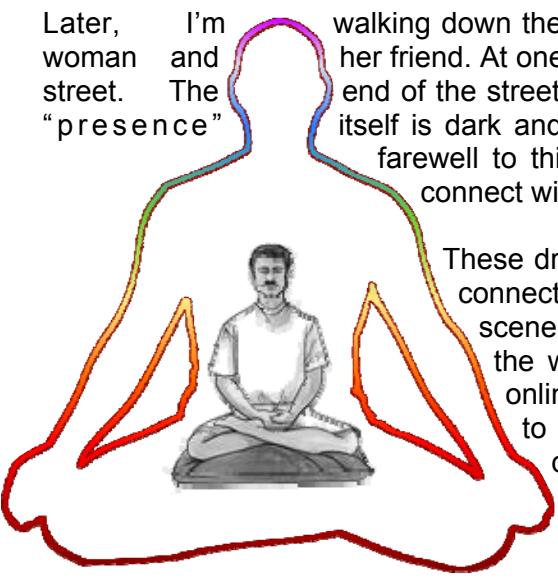
As we walk he leads me to a modified retro station wagon, like something out of Woodstock. It looks cool but I continue walking to the original building. A tow truck comes along and pulls a vehicle away from the front door, leaving another "half" vehicle in its place. As I get close to the building I notice my reflection in the glass panel of the door. I can see the healing has progressed but now I look like a younger Russian dude. As I enter the building, I think about how the healing has progressed on its own and evolved throughout the dream. Then I wake up.

Night Three - This is a Dream

I'm very consciously aware. I'm in a scene where I'm wearing a hoodie and I'm amongst a younger group of college kids. One Hispanic girl wants to be my girlfriend. I leave the room and several times enter a bedroom to try to "shift" into lucidity (meaning greater power). This girl wants to come with me, presumably to have sex, but I'm more focused on attempting my shift. On my last attempt as I exit the bedroom, walking down the hallway, I take a moment, look around and decide to just go with it. I say, "This is a dream." No huge fireworks follow, my state of mind is still the same, but I say it to myself as to mean I will just simply treat this reality as a dream (to empower myself).

Now when I look at a wall mirror, I take off my hoodie and I'm healed. I approach the group of college kids and the woman who wanted to be my girlfriend is sitting in a chair. I sit down on the floor beside her in a lotus position and look her in the eye and start to levitate as if to show her that I'm lucid (and empowered). The group responds with a collective "gasp". The dream continues for some time as I display my powers by doing various feats. In one vision I'm seen throwing a shot put an incredible distance. When I pick up the ball, I notice the inner part blew out upon impact with the ground due to the force of my throw.

Later, I'm a woman and walking down the street and meet up with the group of college kids, and the Hispanic girl friend. At one point there seems to be a dark presence beyond the perimeter of the end of the street itself is also dark, sort of like a veil/boundary into another area. The itself is dark and shadowy but I'm able to keep it at bay with my power. I'm saying farewell to this group as I'm ready to move on to my ultimate goal, which is to connect with my Inner Self. I again awaken and this time stay awake.



These dreams were filled with a number of interesting metaphors and real life connections that may not be apparent when reading along. For example, the scene where I decide not to eat for me has a connection to the physical. In the weeks leading up to these dreams I've been watching some videos online from well known breatharian Ray Maor, who has a 10 day initiation to train people how to "reset" their body and its beliefs and allow it to draw "universal energy" for nourishment rather than just getting energy from the chemical reactions we have from the food we eat. This is not necessarily to eliminate food but to allow food to become a

choice. Many of the metaphors like this and others within the dream were helping me change and evolve my thought process and lead me to my ultimate goal, which is to both understand and allow lucidity itself to simply be a choice.

Francisco • What is Your Greatest Fear?



I was walking down a street. It was a dark night. I saw a creepy old house on my left. I became lucid and heard a male voice say, "This place is strong in the dark side. In you must go. This is where your deepest fears inhabit." As I headed towards the door I saw a darkened window with a white stain, it looked like a hand. I was reluctant to go in but said to myself, "This is a dream, if I can't bear it, I can choose to wake up at any moment."

I got into the house; it was dark. The male voice asked, "What is your greatest fear?" "My father," I thought. I saw a metal statue of a man, his face was facing me. First I looked at his legs and then started to look up. He was a boxer and looked like my father at a young age. On my right I saw another metal statue near a wall. It was a man wearing a suit and a tie. I'm not sure who he was but he seemed like my paternal grandfather.

There was a painting on the wall, of a family sitting around a table. I looked to my left and there were more paintings of families sitting around a table. The place began to slowly become clearer. The male voice kept saying, "Ancestors, ancestors, ancestors...." The faces in the paintings looked strange; they were unusually long with very broad foreheads. I looked down and saw a fine carpet. Two little sheep were on it. I remember saying, "Little sheep," then I felt anguish and chose to wake up.

Maria Isabel Pita • Another Woman's Reflection

I'm sitting in front of a mirror, and as I study my reflection, I become lucid. I'm looking at another woman, perhaps in her early thirties, seeing and feeling through her eyes as she admires her flawless complexion, her full, expressive mouth, her straight nose, and the red hair softly framing her face. I know her husband has just left the bedroom, and I feel her still glowing with his love and attention. As she raises her chin, turning her head slowly from right to left, I do not for one moment feel this woman is actually me in another life, whether past, parallel or future. She is herself, just as I am still myself, conscious of my own feelings even as I partially share in hers. But in this dream, I am seeing through her eyes, in the deepest sense, even as I know we are separate from each other—mysteriously individual perceptions of a single Awareness, unique expressions of One Life. In this dream, I feel myself living the second half of the greatest commandment, "Love your neighbor as yourself."

Dream Notes:

"Love your neighbor as yourself." Not love yourself as your past, future or parallel self.

Normally, I see my own reflection when I look in a mirror in a lucid dream. Sometimes I look as I do now, but more often than not, I appear as I did in the prime of my life. This makes sense, since I'm in my dream body, which is timeless. Depending on the mysterious purpose they are serving in my dream, mirrors can remain solid or act as portals.

Quite a few times when looking into a mirror in a lucid dream, I have seen another woman's face, and almost invariably, the location and setting of the mirror were, without a doubt, contemporary. I once believed in reincarnation, but my dreams gradually changed my mind. The television show Endeavour is a prequel to Inspector Morse, set in the 1960's, when Morse was young. In one episode, Morse says something I feel sums it all up very nicely: "There's no real magic in this world, only love. The rest is just smoke and mirrors." You won't find more mirrors than in the theory of reincarnation, which is literally self-centered. Whenever I see another woman staring back at me with my own eyes in a dream mirror, the feelings I receive from her,

examined after I wake up, help shed light on whatever I myself am going through at the time. In these mirror dreams, I seem to be literally reflecting on my own interior life, with truly mysterious help.

Bea Salgado • Me and Not Me in the Mirror Reflection

I suddenly see myself reflected in a distant mirror. The reflection shows me with very long hair, down to my hips, and wearing two thin braids at each side of my face. Upon looking, I realise this is not possible as I am wearing short hair, and it couldn't have grown that long that quickly. At that point I realise I am dreaming. I feel totally drawn to the figure in the mirror as it feels it is my face and it feels it is not at the same time, so I want to take a closer look. It is not my face, but they are indeed my eyes. I touch my face and it also feels familiar. I wake up.

Alina Lilova • The Birdcage in the Looking Glass

The first time I saw my reflection in a lucid dream, it happened spontaneously while I was on a mission to meet with my deceased grandmother and dog. I had just called upon the awareness behind the dream to help me in the task, like Robert Waggoner suggests, and a golden-clad lady had appeared that gave me two grape seeds, one for each of the souls I wanted to meet.

I was supposed to place the seeds on the heads of two dream figures of my choice—with the caveat that they had to be family rather than Donald Trump, whose vaguely outlined body lurked in the distance. (When I woke up, I reasoned that the seeds must have been there to “ground” me, as a metaphor for my emotional connections on Earth, so that I would be able to withstand the power of the two souls in the afterlife).

I went ahead and did as I was told, and suddenly a great force scooped me up and carried me forward. While I was floating, I caught a glimpse of myself in a window or other glass surface: where my face should have been, there was a small cage with either a bird or a tiny light inside (interesting that I should not remember which of the two it was, but they are of course symbolically linked).

Unfortunately, whether because the force that was carrying me was overwhelming and I could not bear the loss of control and the whole anticipation, or whether it was simply time to wake up, wake up I did...

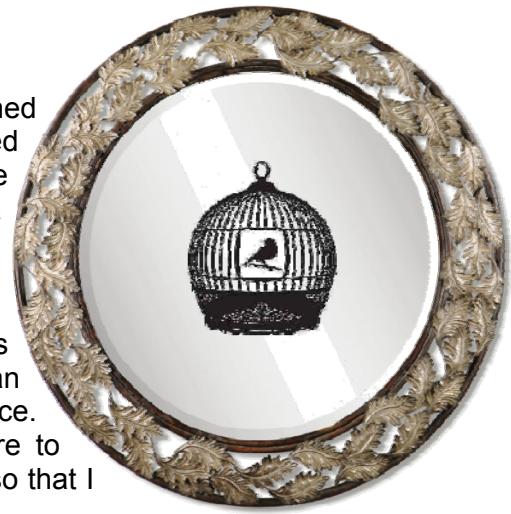
In a more recent lucid dream (after the theme for the upcoming issue of the LDE magazine was announced), I decided, consciously, to look at my reflection in a mirror. This time the experience was hardly magical. I looked like myself, except that my haircut kept changing and at one point my hair got really short.

In neither of the dreams did I remember the exact trigger of my lucidity—that has been true of many of my lucid adventures lately.

Cerina • Reflections of a Window

I had a lucid dream... What tipped me off is realizing I wanted to fly. I was in a room with huge windows on the right, the ones that opened if you pulled them up. I was so excited I was lucid, I etched ‘I am dreaming’ into the windowsill and watched the letters change into something incohesive. Then I tried to sprout wings out of my back and I flew out one of the windows. I was in a residential area and there were hedges that I flew over. The leaves were bright green and there was a red dot on one.

In my excitement I thought of how high I could fly or that I could go to space, or that I could be a mermaid underwater. It was daytime and when I thought about switching it to night the stars came out, but not gradual as in waking life. It was like a slide from one time of day to the other, but it quickly switched back to day.



I started to fly over a foyer with a table in the middle and huge glass windows, almost mirror like, wrapping around the buildings. I flew down and stopped in front of the windows. As I was watching my reflection, the reflection stepped out of the window. This reflection looked very similar to myself, but she had blue tinges in her hair and her personality was totally different from mine. She had this mentor-like quality to her.

I asked her something. She levitated the table in the courtyard and threw it against a wall. I asked her if she could teach me to do this. The table was set up again. There were three items on it and I was told to hold the table. Before I picked up the table, I decided to stand in front of the glass and another reflection stepped out.

I was holding the table and I was asked what it looked like. I had no idea, but the second reflection said, "Oil." Then the mentor grabbed her arm and said, "Shhh, let her figure it out." The second reflection got annoyed and said that she had to meet up with her boyfriend. She left through the entrance of the foyer. At this point the dream began to fade.

I concluded that each reflection embodied what I desired to be or desired to have the moment I saw my reflection, regardless of the lack of emotion I remember feeling in those moments.

d.was • This Must Be a Dream

This happened when I was 17 or 18, roughly in mid-summer of 2013 while I was on vacation with my family, taking place in a less than comfortable bunk bed and sandy sheets (seemingly unavoidable in the hotel near the beach). After periodic tossing and turning, combined with my need to play *Candy Crush* at 5 AM just after being woken by the garbage collection, I returned to my slumber...and my dream began:

I was riding in the passenger side of someone's car, speeding down Pennsylvania Route 145—a popular road in the Allentown area, where I reside. To my surprise, the unknown driver was shooting at the car in front of me. And as the dream developed, a car following me was trying to shoot us as well. Wonderful. The chase did not last long and shortly after being shot at, my car had burst into flame. Not a little, I mean entirely charred like a forgotten piece of toast.

I had concluded right away, with little hesitation, that I was in a dream—I should have not survived that inferno. With little effort my setting had gone from car fire to a dojo, very similar to where Neo sparred Morpheus in the original *Matrix* film. I needed to fight my way to survival at this point. I still had someone trying to attack me, but with my advantage of lucidity, I was able to out maneuver my enemy by jumping super human heights.

I vividly recall the feeling of jumping over 10 feet vertically to climb into the rafters. He started hiding in closed doors that were secured shut. At this point it was pure excitement as I created a high-powered rifle in my own hands. I didn't just stop there, I made it fully automatic. With extreme accuracy I was able to shoot the door open with perfectly placed shots right next to each other, cutting the door cleanly in half, comparable to those awesome Dutch doors that I always wanted in my house. And as all good things must end, my first experience in the lucid dream world ended on a cliff hanger.

Jack (Age 11) • Trader Joe's



My mother and I drove past Five Guys Burgers and Fries restaurant. I asked if we could stop for fries and my mom said yes. We got fries to go and I ate them in the car on our way to Trader Joe's. Then we went grocery shopping at Trader Joe's. When we were in the produce department, I asked if we could buy some grapes from Chile. My mom said we could.

I remembered that my mom only buys organic grapes so at this point I became lucid. So I asked to buy all of the potato chips, kettle corn, fruit roll-ups and ketchup (I love ketchup) and my mom said yes. Then I started to lose the dream so I tried spinning. The spinning worked and I was able to fill the cart. Then unfortunately I woke up before I could eat any of the snacks.

Mike Porter • Lucid Mirror Observation at the Reunion

I'm attending a fraternity reunion on a large cruise ship. I'm hanging with some brothers and an older VIP. I sneak away and decide to head to my room. I'm now walking up a hall toward the guest rooms. I'm heading to my room, #703. I feel two keys in my front pocket and pull one out. It's a traditional key except the head is rectangular, with the state of Illinois engraved in the center. Hmm, we must be in Chicago. The engraved number in the state is 305. Well, that's wrong as I'm in 703. I look again, the number is now 300. Oh, this is a dream. I'm now fully lucid.

I decide to try the LDE mirror experiment. Where will I find a mirror? I see a woman in a maid's uniform walk up the hall toward me. I stop her and ask where I can find a mirror. She looks at me like I'm insane and says, "How should I know? Try one of the mechanical rooms." Huh? Maybe I should look for a bathroom.

I poke my head into a couple of nearby rooms. One is a dining room with a high ceiling. On the far wall, I spy a large mirror hanging high on the wall. Excellent! It's about 4 ft. wide by 2 ft. high in a lavish Victorian frame. I walk toward it, past a Rubenesque woman in a black dinner dress. Looking into the mirror, I don't see me, but see two of the woman. I look back and there are two of them, like twins. Their hair and dress make them look to be mirror images of each other. Another man walks in the room. I look back in the mirror to see him and the two women. However, I still don't see me. I walk back and forth, but I still don't appear in the mirror. I joke that I must be a vampire. The people laugh. I then turn around and float high in the air, saying, "I AM a vampire!" The women look terrified. Oops! I quickly float back down saying, "No! No! I'm not a vampire! It's just a parlor trick." I suddenly wake up from the dream. I guess I got kicked out for scaring the Dream Characters.

Olli Erjanti • Mirror Experiment

In the evening I decided that I want to experiment with how mirrors work in a lucid dream:

I was in my grandmother's home. I was walking a hallway corridor that was a bit darkly lit. This place was, at the time, a quite regular dream sign to me so I became lucid and remembered my goal.

I thought, 'Where can I find a mirror?' and realized that in a bathroom there is one. I walked into the bathroom and in front of the mirror, not knowing what to expect. The bathroom was very dark but I could see the mirror and some reflection of me in it. I could not see any surroundings, though; just a dark background.

My own reflection was not exact but a bit smoky and it was undulating. I could see clearly about half of my face and the rest was like it was behind moving mist. Staring at the reflection I started to rise, to float in the middle of the room. Gradually the dream faded and I woke up thinking, 'Wow, this was interesting!'

Gustavo Vieira • Talking to My Reflected Self

Most of my lucid dreams start in bed in the same position I went to sleep. This is because I perform WILD and after the usual buzzing sounds and body vibrations, I wake up in the dream that way. One of the things I like to do is to go to my bathroom and see myself in the mirror. It's always me in the reflection but always with variations. One time I saw myself dressed as a medieval joker, another time with evil eyes, but mostly it's a slightly distorted me and a little older (I look like I'm 10 years older but more elegant; it's curious).

I always talk to myself in the mirror and the "reflected me" answers. It doesn't make the same gestures as me, so it's like another person.

This is the very first experience I had talking to my reflected self. This dream happened in December 2012:

I enter a room and I become lucid as I see myself in the mirror. I go near the mirror to talk to myself, an older but more elegant me:

Me: "Who are you?"

Reflection: "I am me and you are you. Where do you come from?"

Me: "From the other side of the mirror."

Reflection: "Then I am you, too."

Me: "But you're not making the same gestures as me. That body is not mine. It's different."

Reflection: "When you dream of your mother or grandmother, are their bodies different?"

Me: "Ahmmm... No..."

Then I woke up at that strange question.

Otters • I Swear Off Mirrors

This was a really rare kind of dream where I actually look at myself in a mirror.

I can't remember how it all started, but there is a part where I am walking through a hallway in a semi-dark house, or some indoor area at least. For whatever reason I am Jake the Dog from the cartoon *Adventure Time*, but I don't realize that I am not supposed to be. I do, however, feel that something about "all of this" seems weird.

I leave the hallway and enter a room which I recognize as being at the end of this house, or whatever it is, and I walk past a sink and a mirror, and then stop, and think to myself, 'Hey, I should check myself out in the mirror.' I think I was pre-lucid at this point. I go back to the mirror and look into it.

It's still kind of on the dark side. I am seeing the face of Jake the Dog but at the same time, superimposed upon that image, was something else—but it wasn't recognizable. Sure, it has eyes and a forehead, but the eyes were too far apart and the mouth was too wide. It's something nightmarish, a monster. I only stare at the reflection for a couple of seconds before I back away and swear off mirrors.

Shawn Selders • Distant Music Beyond A Field

In a room in my house (that does not have a mirror), I find myself looking at a mirror over a bureau. Looking at my reflection I notice my hair is a few inches long. This surprises me, because in waking reality, I have been shaving my head for almost a year. Annoyed that I will now need to use scissors to cut it, I begin to wonder if I might be dreaming.

It really feels like I am awake, but I get excited (at the thought that this may be a dream). I push two fingers of my right hand through my left palm. They go through with ease, and now I know that I am indeed dreaming.

THEME for the NEXT ISSUE

— June 2018 —



*How do you experience time
in a lucid dream?*

*Does it seem to mimic
waking-life time?*

*Have you had any unusual experiences
with time in lucid dreams?*

*Past, historical times?
Future times?*

*Alternate or parallel times?
Slowed or accelerated time?*

*Send in your lucid dream experiences with
TIME by May 15, 2018 via our website:
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I walk out of the room, out the front door and down the driveway. I turn left and walk up the street, which goes through the forest. I soon come to a wild-looking, long field of foot-tall, light green grass to my left. In waking reality there is no field here. I can hear distant music from beyond the field. It sounds like live *Grateful Dead*. I stop walking and ask aloud for more clarity. I consider hovering and flying over the road. I also consider sitting down and meditating by the road. But the dream ends before I can do any of these things.

Lucy Gillis • The Mirror and the Unexpected Music

I'm in an old house or hotel. There are others here, but I think they are squatters, not guests. I walk into a room where a homeless man is lying on the hardwood floor, seemingly asleep. The room is unfurnished except for a mirror. I look at my reflection, which does not look like me at all. The young woman in the mirror has a different hairstyle than mine—she wears two fat pigtails and seems to be shorter than me. Noting this, I become lucid and start to describe the image I see to the man on the floor (who I know is not really asleep), and to myself. I do so to help myself remember what I see when I wake.

As I speak, I notice that the image's lips, which are fuller and wider than mine, do not move in time with mine, and perhaps they don't even form the same words that I do. I state this to the man, who says nothing. The reflected image does seem to mimic my head and body movements, though. I notice that 'she' has imprints around her eyes, like the shadows of eyeglasses, and that there are similar imprints on her cheeks. Her lower teeth are crooked and slanted to the left.

Apparently bored with the mirror, I suddenly want to fly, and so I hover for a few moments, wondering what to do next. I say out loud, "Inner Self...." and I am immediately lifted higher in the air by an unseen force. Looking at a window, I think I'd like to get outside. Effortlessly I'm taken through the wall/window by the force and glide slowly over the lawn, which is several stories below. It is an overcast day, and as I am flown over a small muddy pond, I wonder what I should do next. Strangely, I can't come up with anything. I'm suspended in mid-air, in a seated position, like I'm curled up in a comfortable chair.

I think about asking to be taken to my 'highest good' but I want to come up with something more original than that. Still, strangely, I can't think of anything I'd like to do, see, or experience, so I default to "Take me to my highest good."

Immediately, the sky turns a beautiful blue, not a cloud in the sky, and I am lifted higher, and flown off in a slight incline. At the same time, I hear an orchestra playing—music is all around me—a sort of triumphant, uplifting melody, like you might hear in a movie during some heroic scene. It is somehow familiar, but I'm not sure why. It is also unusual as I don't often hear music in my lucid dreams.

The scene changes, in that it is overcast again, and I'm now being flown over mountains, topped with snow-covered trees. Somewhat startled, I blurt out, "Really? Winter?!" I'm kind of amused, kind of confused, as I don't really like winter. But my semi-sarcastic comment has broken the spell, and within moments, the music is fading and I wake.





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The Lucid Dreamers Community – by pasQuale
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