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LUCID DREAMING *EXPERIENCE*



**MEETING MY MAIN CHARACTER
USING LUCID DREAMING TO CREATE MUSIC
KNOCK, KNOCK, KNOCKING ON CREATIVITY'S DOOR
AN ANCIENT COGNITIVE TOOL FOR CREATIVE INSPIRATION
OPENING THE TREASURE CHEST: CREATIVE INSPIRATION IN LUCID DREAMS**



LUCID DREAMING
EXPERIENCE

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The Lucid Dreaming Experience is an independent quarterly publication dedicated to educating and inspiring lucid dreamers everywhere.

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

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

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

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Statement of Purpose

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

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Submissions

Send your submissions through our website or via e-mail to lucylde@yahoo.com. 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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dream speak

Dream Speak Interview with Nigel Hamilton, PhD

Psychotherapist, lecturer and Sufi teacher, Nigel Hamilton, has a deep interest in using dreams and lucid dreaming for personal transformation. His recently published, 'Awakening Through Dreams: The Journey Through the Inner Landscape,' offers a unique guide to the process of spiritual unfolding.

As I recall, you have a background in science and worked as a research physicist at MIT. This doesn't seem the normal path to a deep interest in dreams. How did your interest in dreams develop?

My academic training took place in South Africa where I studied Engineering, Physics and Applied Mathematics. After graduating, I emigrated to the United Kingdom and worked in Marine Radar Research as well as Energy Studies. Finally I ended up at the Massachusetts Institute of Technology working in Energy Research.

My current interest in dreams took off whilst on a solo spiritual retreat, in the Sufi tradition, in 1988. Ten years prior to this I had a profoundly enlightening spiritual experience, which caused me to give up my scientific career and to take up Transpersonal Psychotherapy studies and practice.

During the 1988 retreat, I realised the dreams were clearly depicting the different levels of consciousness I was accessing, day by day. Ten years earlier in 1978, I had experienced a profound spontaneous spiritual awakening, but it left me as quickly as it came, without any understanding of the process involved. By 1988, I was beginning not only to re-experience what had happened, but I was being shown clearly the first few steps on the way. The same phenomenon recurred and also progressed during subsequent annual retreats, during which I gained further insights into this process. I then began to research this phenomenon in the dreams of people on retreat (these retreatants were guided by people unfamiliar with dreams, yet the

dreams still reflected a progression through different levels of consciousness as the retreats progressed).

I expanded my research by working with on-going dream groups. Each person's psycho-spiritual progress was monitored by tracking and exploring their dreams through the physical body and focusing on certain key dream images, locating and focusing on them in the body as the dream progressed. Basically, we were working with the subtle energy body, and how it impacted the mind. The results were remarkable, with each person undergoing a radical psycho-spiritual transformation process during the two year programme. Participants began to record lucid dreams. Their dreams changed from being more psychological at first, but later showing a deeper and more obviously spiritual content.

The guidance in the dreams became more and more transparent. Several participants experienced the ability to access the same levels of consciousness as those on a spiritual retreat. In each case, the same underlying structure of the transformation process was present. This led to my formalising the term 'Waking Dream Process', by working with the body, mind, emotions and spirit of the dream.

When did you first become lucid, and how did you explain it to yourself?

In my first lucid dream following my experience of spiritual awakening, as a young man, a beautiful white horse approached me in an open landscape. It placed its head right in front of mine – our noses touched and I said to the horse (at this point I became lucid) "I know you, you're Pegasus". On waking I realised the dream was important, but I didn't know why. I was familiar with lucid dreams through literature. Sure enough, this dream foretold the beginnings of my spiritual quest, but many years intervened before I began to regularly experience the conscious flying in my dreams that Pegasus seemed to promise earlier. I remember one lucid dream in which I began accelerating towards the sun at what seemed like the speed of light. Alarmed at the obvious end result I concentrated extremely hard on stopping, and woke up!

What do you recall of your first lucid dream/s? What technique prompted you to become lucid?

Early on, two significant lucid dreams made me reflect seriously about the nature of the relationship between the light of our soul and the light that occurs in our dreams. In one lucid dream I entered a cavern, like a kind of 'blue grotto' with five other people, including a female friend. As I touched the cavern walls I knew this was a space in my mind. The lady was dressed in the

same blue colour as the cavern. I realised as I looked at her that 'I' was my soul and that she was a reflection of me, a kind of anima figure. As I tried to say this to her she vanished and I woke up i.e. the mental thought removed me from an awareness of my soul nature.

In the second lucid dream I was in a city landscape. A friendly looking lady, who had appeared in an Arabic costume in a dream a year earlier, beckoned me to follow her as we toured the ups and downs of the city. I looked up at the sky and saw it covered by a thick layer of what looked like a polluted cloud. It was close to twilight. As we proceeded I asked her "why is it so much darker here, it never really seems to become light?" She replied: "This is the shadow of the world". I understood this to be the shadow of the mind.

These two lucid dreams gave me the insight that our dreams are a reflection of an interworld that lies between the realms of spirit (the archetypal lights of the soul) and matter (the impressions from the physical world) i.e. dreams are a mixture of the spiritual and physical worlds. In the beginning of our awakening process, the world dominates in our dreams but as we progress, our spirit comes through more clearly in the imagery and the worldly influence recedes.

I have never used a mental technique to become lucid. I do however meditate, which helps to promote lucidity.

Did anything surprise you about the experience of lucid dreaming? What did you make of that?

Even though I knew about lucid dreaming, I was surprised at the newly found sense of freedom in being able to disregard the usual scientific laws (if I chose). It was an experience of a more vivid, heightened, energetic sense of awareness. As I progressed however, I became more and more aware of the similarities between my dreams and my meditative visions. In some lucid dreams, the felt sense was very subtle, as in the higher states of meditation. This led me to realise that it was somewhat misleading to think that dreams/lucid dreams are a separate or different experience compared to the spiritual awakening process, or even a profound state achieved in meditation. It seemed that the state of our consciousness in the interworld determined the nature of our experience – thus out of body experiences, lucid dreaming, waking visions whilst in an altered state, meditative experiences etc. could be profound or mundane, depending on our conscious awareness at the time i.e. one could have similar insights and revelations through an out of the body experience, a lucid dream, a waking vision or in meditation

In your excellent book, *Awakening Through Dreams*, you suggest that attending to dreams can naturally lead to a Psycho-spiritual Transformation Process. Moreover, the process or progression often seems reminiscent of personal alchemy. Briefly, tell us about that.

In personal alchemy, you are attempting to purify yourself of the impressions of the physical world, i.e. the concrete mental constructs that you have internalised. In other words, you are transforming your conscious attachment to the concrete dense world of matter, to a more subtle conscious state, free of such impressions. Part of the process involves turning within (away from the world) and entering a subtler dreamlike state. If you pursue this inner journey further, you eventually break free of the concrete mind to experience an even more subtle archetypal mind, which is independent of your personal thoughts. During such a process, the dreams (and lucid dreams) become clearer and begin to show brilliant light and purer colours in them.

Eventually one transforms this 'higher mind' to enter an even subtler inner world, where beautiful porous landscapes appear filled with light. The dreams reflect this and often upon waking, continue as a waking vision. The challenge then is to pursue the process further until such time that the beauty of the very subtle inner world becomes a natural part of your personality. It is truly the 'art of personality' to be able to acknowledge and reconcile the great difficulties and challenges of life in this world with the inspiration, truth and beauty of that inner world.

As a natural result of this process of unfolding, and as the person works through deeper and deeper psychological issues, then you feel a person will naturally have more lucid dreams, right? Why would working through psychological issues naturally lead to lucid dreams?

Of course it is quite possible to induce a lucid dream using a mental technique or by some technical means. However, for me, the phenomenon of lucidity represents a stage of consciousness which can potentially awaken us to our inner light. In my experience, this inner light lies beyond the imaginal interworld of our dream images and our thoughts. By working on our psychological issues we are doing two things: firstly, we are removing the barriers between waking and sleeping so as to enter the subtler inner worlds, thereby expanding our viewpoint and our perspective and secondly, we are releasing that part of our 'spirit energy' that is trapped in a psychological complex. The form of the complex could be represented by a dream image which, when its gross form dissolves, releases the trapped energy to be re-integrated as part of a newer subtler consciousness.

'It is truly the 'art of personality' to be able to acknowledge and reconcile the great difficulties and challenges of life in this world with the inspiration, truth and beauty of that inner world.'

Indeed I see many of our dream images as reflections of the way we perceive our problems in everyday life. By dissolving the image lucidly in the dream or by working through our attachment to a particular way of thinking/feeling in the waking state, the energy contained within the image (complex) is released, our perception is changed. This released 'spirit energy' is free to revert back to its original pure condition, and in doing so our essence is enhanced, we feel revived. We begin to emit or radiate light (like an excited sub-atomic particle that has been released from its fixed orbital). To sum up, we became more conscious of our inner life, such that the initial lucidity and subsequent increased lucidity follows quite naturally.

When we have done sufficient work on ourselves, the accumulation of emitted light (released energy) begins to manifest in our waking and dream states - it has the effect of 'waking us up' in both. This light becomes increasingly subtle and brilliant as we continue to clear up 'our stuff'. Ultimately we begin to see that light underpins every subtle, gross or angelic realm in the dream state.

So what common dream or lucid dream experiences would emerge, as a person works through their issues? How might that express itself?

To begin with, psychological problems often emerge in dreams symbolising the conflict between different parts of the psyche, showing us we are identifying consciously with one side only.

Later, when a balance has been achieved between these opposites, we are released from the psychological complex, freeing up the stuck energy.

As a result, our spirit is re-energised, our perception and awareness becomes more subtle. Usually, symmetrical images/symbols such as a square, a cube, a triangle, a sphere etc. appear (along with numbers such as 2, 3, 4, 5 (and multiples of the same) signifying the balancing of opposites in the psyche.

These geometrical shapes can manifest through various forms such as food, a house, a landscape etc.

Light and clear colours start to appear in the dreams/ lucid dreams. Of course there are many opposites in us that need to be united, but as the process proceeds, more and more light appears in our dreams until eventually there is more light than imagery.

To sum up, once the conflict is resolved, the dreamscapes start to show purer, clearer colours. The appearance of verdant green is significant as it relates to the archetypal 'Tree of Life', the rebirth of spirit.

Do you have an example of a lucid dream that exemplifies this? What happens?

A woman in her forties had for many years struggled with painful past experiences, which had affected her self-esteem and caused feelings of depression from time to time. After working in therapy for some time with her dreams, in particular, using the waking dream technique, she began to break the grip of negativity.

One night, after being awake for several hours and feeling negative, she had the following dream with a markedly different quality:

"I am moving through various human environments inside a large building (some positive, some negative) and am aware of my self-determination as I move through. Then by conscious (lucid) choice I go into a long black tunnel and travel very fast and powerfully (able to alter the force with which I travel at will) towards a light at the end. I come out to a very green place and see in the distance below me a man crossing with a few cattle. One of the cattle has a red saddle or bag on its back.

Through the tunnel again I emerge into a beautiful (symmetrical) garden. There are other people there but they don't see me. I am completely naked and walking around but it feels very different to normal waking. I am still lucid. I have an incredible sense of freedom – to go anywhere in this pure state. It is exhilarating". (A few days later I have a kundalini experience in my dream.)

Some lucid dreamers may realize that Sufism, a mystical branch of Islam, has a deep history with lucid dreaming, dating back to teachers like Ibn el Arabi. As the UK head of the Sufi Order International, can you help us understand the significance of dreams and lucid dreams for those on the Sufi path?

For the Sufis, our dreams/lucid dreams show us how the state of our inner (interworld) world has been influenced by the external physical world. However, the whole point of meditation, prayer and dream practice on the Sufi spiritual path is to transmute the grosser (distorted) mental images of one's interworld, which has been influenced by our material conditioning, into their pure archetypal state – which clearly reflects/mediates the Divine light (our spirit) in/into humanised images. These archetypal forms inhabit a resurrected inner world (interworld) which the Sufis call Hurqalya, the Celestial Earth, the realm of light forms and beings.

Paradoxically, it is both Divine, eternal and yet it has also been created by us during our spiritual journey. We perceive it via our subtilised imagination (mirror of our mind/heart). The realisation of Hurqalya represents the culmination of our human/spiritual potential, before we experience the absolute state of fana, Oneness with God. Thus, through the practice of lucid dreaming, we can progressively dissolve the worldly or psychological influences of our mind, to reach a resurrected world of light forms – archetypal lights, which the mystic actively participates in (whilst still in the physical world).

Besides dreams and lucid dreams, the imagination can also play a role in connecting the person with the Divine, right? I seem to recall that the term, 'al-barzakh' suggests this.

As our Imagination becomes less conditional and more creative, archetypal images come spontaneously to our consciousness from this interworld or 'bazarkh'. These images are the carriers of archetypal vibrations, soul qualities, aspects of our essence, the Divine light that seeks to be known through and by us.

'Thus, through the practice of lucid dreaming, we can progressively dissolve the worldly or psychological influences of our mind, to reach a resurrected world of light forms – archetypal lights, which the mystic actively participates in (whilst still in the physical world).'

From your perspective, if someone sought to use lucid dreaming for spiritual growth, then what basic principles should they follow? For example, I have a personal rule to 'attend to' the area of greatest emotion or energy in the lucid dream. By doing this (and not flying away, etc.), I often learned things and resolved issues quickly. I even felt that I was being shown things, in the hope that I would resolve them.

Try to get a sense not only of what the dream is about but, what it is trying to tell us. Certain images, or areas of the dream contain the emotional energy or motive of the dream. Also remember the dream is always showing you the limits of your thinking. The more we are able to let go of our personal perspective, the deeper we penetrate into the inner self until we reach a point of freedom from our perspective. This is the dawning of the light of our true Being.

Do you have a personal example of a lucid dream along your path that gave you insight, or touched you deeply? What did you take from it?

Day 28, Sunday 6th September 1998

"Drifted off to sleep and began dreaming. Then I became conscious I was dreaming and saw an angelic-like landscape of light around me. At this point I woke up and continued focusing. This was more than a visionary experience where you see a visionary landscape but you are not actually in it - a sense of remoteness like interacting with virtual reality. Instead, I was actively participating in the landscape. It became real. It was unbelievable in its heavenliness. Seeing the porousness of the landscape i.e. seeing sky through the landscape was amazing. Then I saw beautiful lakes with islands in them. It was a most beautiful, remote scene. Untouched until my eyes had fallen on it. Then I began to move, not by walking but by 'driving' as though I was in a car - but there was no car. I descended down into the forests, working my way through. As I 'drove' through I was aware of the colours. Reddish purple earth, no grass, very green trees, leaves, bushes. Shortly I was descending further through this thick greenery when it became a little darker and it felt dangerous. I didn't like the feeling and as this place was unknown to me I decided instinctively to withdraw. I ascended up an incredibly steep incline, up and up. Finally, I was able to look down to see a vast descending mountainous slope. The top was covered with a cloud that was filled with light. I again felt anxious as I did not know where I was or where to go - not down again - and I couldn't see further ahead. Immediately a huge light appeared on my top right (perhaps my guiding light) and I turned towards it and I was lifted, soaring up into this angelic light - slightly

pale, brilliant green. From there I soared upwards on and on but by now I was conscious of my physical body again and at the same time was able to see this beautiful, subtle light. I realised that we exist on several levels of reality at the same time, i.e. I was aware of my body lying on the bed, and yet I was simultaneously conscious of and participating in a completely different world. Not only that, but I was then transported by light into another, even subtler world of light, beyond the imaginal forms, whilst still being aware of my body lying on the bed. I concluded that I had several bodies, gross (physical), subtle and very subtle (light)."

From reading this, it seems that deeper and deeper 'integration' appears as a primary goal of the transformative process. Where does this integration lead?

Integrating the multiple levels of consciousness of the inner world leads to a state of illumination, what the Buddhists call 'Luminous Mind' in which we not only see the lights of each level of consciousness, but we see the Divine light as the underlying Oneness behind everything.

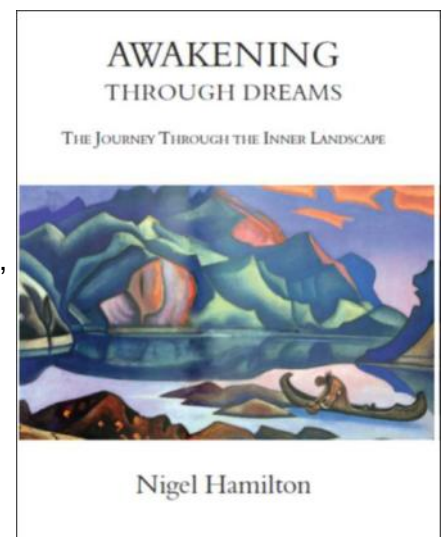
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Many thanks for taking the time to share your perspective on dreams and lucid dreaming. Any final thoughts?

Such discoveries, as described above, will inevitably lead to a complete re-evaluation of the human psyche, the evolutionary role of our planet in our lives, and of the nature of the cosmos.



Lucid Dreaming: Gateway to the Inner Self

By Robert Waggoner



A selection of 5-star customer reviews from Amazon.com

★★★★★ **Definitely worth reading**, February 16, 2009 - I wholeheartedly recommend this book to anyone with an interest in lucid dreams. I've read nearly every book about lucid dreaming and I can say without hesitation this book is one of the best...I wish this book had been around years ago when I first began my lucid dreaming practice...

★★★★★ **Love the book.** Very informative and valuable information on lucid dreaming.

★★★★★ **The key to the lucid dreams world**, May 4, 2009 - I've had my first two lucid dreams on the second night after reading first 50 pages. The energy this book emits shifted my perception on very deep level and served me as a key to the lucid dreams world...

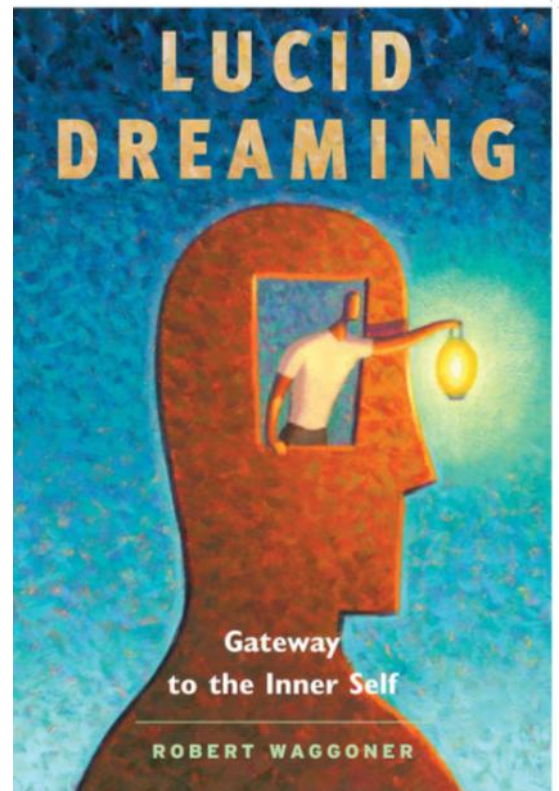
★★★★★ **Lucid Dreaming Gateway to the Inner Self**, April 7, 2009 - I thought this was an excellent book for this subject. Written with conviction and real knowledge. An excellent guided tour of lucid dreaming, ranging from the scientific to the paranormal. Very highly recommended.

★★★★★ **A solid guide and a hearty recommendation**, January 8, 2009

★★★★★ **Page Turner.** Expect a lot more from this author, October 29, 2008 - Expect much more from Robert Waggoner's generous and giving spirit in which he writes. His easy to read writing style focuses on reader understanding. I'm hooked.

★★★★★ **Intelligent and forward thinking**, November 6, 2008 - Created with the high level of intelligence and pioneering quality that I'm sure many lucid dreamers have been waiting for, this remarkable book may serve as a point of reference for those eager to pursue the unknown that patiently lies in waiting just beyond our mundane awareness. ...Thank you Robert. Looking forward with great anticipation to further stimulating books from you in the future!

★★★★★ **Amazing and enjoyable**, March 11, 2009 - An absolute must-read.



Opening the Treasure Chest: Creative Inspiration in Lucid Dreams

by Clare R Johnson, PhD



Lucid, I recall my intention to find a ‘magic box’ of images, ideas, and inspiration. I

immediately see a treasure chest lolling open behind a tree. There are two big guard dogs near it but I shoo them away. To my surprise, the treasure chest is bursting with material – scraps of silk, twines of coloured wool, armfuls of slippery saris, thick ribbons all in a sumptuous tangle.

Following this lucid dream I started to create collages from the materials I’d seen in the treasure chest. It turned out to be engrossing and exciting to make a fabulous mess and get all sticky and covered in acrylic paint. Even today, I regularly make space in my life to create a new multi-media collage.

Did you notice that the lucid dream treasure chest was already lolling open when I found it? Those creative riches were just sitting in dreamland waiting to be discovered: barely hidden and sloppily guarded! Each of us has our own version of the lucid dream treasure chest and its accompanying guard dogs, and it’s a version that grows and changes as we do. Some people may find their biggest creative burst comes after surfing giant waves in a lucid dream; others might visit a particular meditative room or dream space which recharges their creative energy. Every inch of a lucid dream is crawling with creativity, and if we know how to, we can allow this creativity to respond to our current needs in highly specific ways.

In 2003 I began my doctoral research into lucid dreaming in the creative process, and discovered that lucid dreamers can get project-specific help from their lucid dreams. Doing this can be as simple as asking the dream outright: “What is the missing element in my presentation?” Or: “Show me my next sculpture in all its creative splendour!”

We can also just go with the lucid flow. Lucid dreaming often gifts us with experiences which surpass our waking life experiences, and we can bring this new knowledge into creative projects. One of my PhD case studies, novelist John Locatelli, reported the following lucid dream sensations which helped him with his novel descriptions:

‘moving upward, away from the earth at enormous speed... the amazing physical effort it took to move my arms outward as they seemed tied to my body with strong elastic bands. I used only the part of

moving at high speed in my book, but in my next book I plan to use the difficulty in moving my arms outward.'

Creativity in the Lucid Void

One type of lucid dream that is often underappreciated is the lucid void. This often manifests as infinite black or grey space, or millions of dots of light. People tend to complain when they end up there – "Hey, where did my lucid dream go? This is boring!" Or they start to feel frightened of the nothingness and the loss of the sense of self as it sinks in that they are apparently alone and bodiless with almost no sensory input.

Yet the void is a space of creation. Or at least, it is if we relax and allow it to be. In *Lucid Dreaming: New Perspectives on Consciousness in Sleep*, I wrote:

As a lucid dream experience, the void offers possibilities for in-the-dream creative experimentation such as observing the transition from void to dream imagery and back again, or even composing music.

Back in the days when the void was not a common experience for me, I once found myself floating in infinite black space. I hung there for a while wondering if this was an OBE or just a very boring lucid dream, before amusing myself by building up an invisible orchestra, instrument by instrument, to thunderous and realistic effect, despite the fact that the height of my waking-life musical ability amounted to playing 'Three Blind Mice' on the recorder when I was seven.

The crescendo was so loud that I woke up... to a silent bedroom.

In the lucid void, creativity can arise in the most unexpected forms. Instead of battling to get out of this state, it might do us a whole lot of creative good to float happily and simply experience it with a sense of curiosity. Or meditate – after all, what else is there to do? The void is my favourite place to meditate as there is no physical distraction, no pain: only the mind. After a calm, meditative session in the lucid void I tend to feel creatively recharged and rejuvenated. Ideas begin to flow again. There's a sense of expansiveness and

mystery in the void that fuels the creative process by inspiring us to take creative leaps.

Overcoming Creative Blocks

It's amazing how many people who turn up for my creativity courses are actually still harbouring a deep fear and suspicion of reaching out to their creative source. Objections are voiced:

"I've never been any good at drawing."
"I'm not an imaginative person."
"I never get good ideas."

Yet once we start drawing with the non-dominant hand, sharing dreams, and practising my Lucid Writing technique, suddenly the creative treasure chest seems within reach. People's eyes start to shine. They start to play again. Adults are altogether too serious! Playing is excellent and lucid dreaming is a wonderful playground.

If we don't work on dissolving creative blocks while awake, they are likely to surface when we first attempt lucid dream creativity. For example, the dreamer may find the lucid dream unresponsive or downright obstructive when the idea of creativity is raised. An unhelpful dream figure might appear and sneer at them. Sketching once in a lucid dream, I noticed a woman watching me critically from the doorway. Since I knew she represented my inner critical voice, I was able to calmly ignore her and continue with my artwork. If your lucid dream doesn't seem to be fully behind you when you try to get creative, try one of the following:

* If things are really not working out, don't push for the treasure chest/creative dream. Instead, ask the dream what you can do to dissolve any creative blocks you may have.

* Challenge the critical presence in the dream. Ask them why they are there, invite them to help you!

* Remain calm and unruffled. Know that it is really up to you if you want to pursue creativity in a lucid dream. Carry on creating! The more energy we give to creative blocks, the more powerful they become. This 'lucid ignoring' can be a good way of stilling your own critical inner voice in the waking state.

* If you feel fearful or insecure while trying to reach your creative source in a lucid dream, dive into the fear. Get to know it; allow that energy to become your friend and fuel you rather than hold you back. Take the fear and put it to good use!

Manifest a Creativity Portal

If you want a fast-track to creativity, try setting up a portal through the power of intent and expectation. Once in a stable lucid dream, say something like: “A Creativity Portal appears behind me.” Then turn around and look for it. It can take various forms – a giant swirling hole, a mirror or pool, a neat door inset into a rock. Once you’ve identified it, dive in!

Repeat to yourself, “I am lucid, this is a dream,” as you go through the portal, because depending on the portal it may be a crazy ride. Sometimes however, all you have to do is gaze into a portal to find yourself seeing or experiencing a new dream. In one lucid dream, I saw my face in the mirror and there was a brown circle on one of my cheeks. I recognised this as a portal-within-a-portal and dived into it... straight into another lucid dream scene.



Lucid dream portals are fascinating, and the more we look out for them, the more they seem to spring up seemingly of their own accord in lucid dreams.

Waking up in a dream can help us to engage consciously with our deepest source of unconscious creativity. We can choose to access this creative source by floating in infinite dream space, asking a lucid dream figure or object for guidance, creating a portal, going with the flow, or directing a question or request to the dream in general. It's good to experiment to discover what works best, remaining open to surprises and new ways to tap the source.

A hybrid state of consciousness, lucid dreaming combines the untamed creativity of the unconscious with a clear-headed mindset. Lucid dreaming is the key that opens our creative treasure chest.

Dr Clare R Johnson is the author of two lucid dream-inspired novels, *Breathing in Colour* and *Dreamrunner*, and was the first person to write a PhD on lucid dreaming and creativity. Her deep lucid dreaming website has many portals into different aspects of lucid dreaming. Look for circles or moving windows. Dive through the portals to explore lucid dreaming more deeply! If you have an amazing lucid dream to share, or an interesting experience manifesting a Creativity Portal while lucid in a dream, Clare would love to hear from you. www.deeplucid dreaming.com



Meeting My Main Character

By Marcelle Liemant

Recently I sat down and had a conversation with the protagonist of the story I'm writing. It was an enlightening and affirming experience that certainly stoked the fires to finish.

It also took place in a dream.

Lucid dreaming, or being aware that you are dreaming within a dream, is a fascinating skill completely under-utilised by writers. It allows for direct access to your unconscious, also known as the place where your creativity lives.

The Dream

I entered into a void dream from sleep paralysis. No dream seemed to want to form so I felt for the ground which was carpet. As I knew I needed the city to meet Monty, I attempted to change this to concrete, to no avail. I span around in the attempts to create a dream space, a technique I never use as it usually wakes me up. However, eventually a lime green room appeared around me. There was a big gap between me and the door which I knew would lead to the city. After I placated an upset dream character, they helped me across.

The city we entered is one I often visit in dreams. It has this certain feeling to it that I recognise, though I know it doesn't exist in waking life. I stabilise the dream and keep walking down the street. I find a dark bar and go inside. I start asking some dream characters about my main character, Monty. They all point to the darkest corner of the bar, near the exit.

I seem to have a flashlight and I shine it on the corner as I slide along a booth seat to get closer. There is definitely someone there, but they are dressed all in black. Their face is also covered. I move closer and the dream character tells me to keep it down and to turn off the light. The dream character has their face completely covered.

Without a doubt it is my main character in the flesh.

Monty's face is utterly androgynous. My mind can't settle on a gender, even if I try. Monty is also fidgety but polite, like they are being accommodating to my interactions but would rather I left them alone.

I ask what I can do to tell their story. Monty gives me some advice about third person narrative in the beginning rather than first person. To avoid awkward introductions.

I ask Monty how I can make the story wonderful. Monty replies with "you" and a smile. I laugh and say I knew you would say that. Monty's hair goes grey and I wake up.

What I Learnt

The most important thing I learned from this dream was that my character seemed to exist beyond me. This character wasn't going to bend to my will or serve the story that was easy for me to write. Monty was utterly Monty.

It didn't matter so much what my character said or how well they answered my questions. The entirety of the dream is what's important. This meeting spurred the story forward.

When I'm writing I often revisit this dream to properly connect with my main character. Let's face it, sometimes it's hard to keep your characters distinctive from one another. It's also difficult to keep the plot as an accurate representation of what your character would really do. I use this dream to keep me true to my character.

How You Can Meet Your Main Character in a Dream

Incubation is key.

The first step is to write down your dream plan. Mine was something like this:

"I become lucid within a dream and immediately stabilise. I say aloud, "I want to meet Monty, Monty come to me."

Keep it simple and write in first person. Also keep the details open, you want your unconscious mind to do the work. More on that later.

The next step is intent.

What do you want out of this dream? Are you after plot tips, insights or just a conversation? Add this to your dream plan.

"I become lucid within a dream and immediately stabilise. I say aloud "I want to meet Monty, Monty come to me. I ask Monty, how can I better tell your story."

Here are a few more examples:

"My character is utterly themselves and shares insights into who they are."

"My character tells me all about their past."

"I ask my character what they want more than anything."

Next, revisit this plan every night before bed. Make sure that you visualise it in as much detail as possible. This will emphasise the importance of this dream to your unconscious. The more emphasis you place on the dream the more likely you are to have it. The closer that you revisit the dream plan before sleep, the closer it is to your dreams.

Not only that, but your mind will get to work on deepening the meaning of the dream. It will be utterly cluttered with symbolism. Not only in what your character says, but also in their appearance and in every aspect of the dream around them.

You are essentially tasking your unconscious to focus on your character and that will benefit your writing in itself.

An extra step:

Set an alarm to go off after approximately 4-5 hours of sleep. This will wake you up fresh from a REM phase of sleep, which is where dreams occur. Revisit your dream plan and fall back to sleep with this dream vividly in mind.

You could also try the WILD method which involves entering a dream without breaking consciousness.

(Important note: You can incubate this dream whether you want to have it lucidly or not.)

Let your unconscious do the work

The unconscious mind is always bursting with creativity. It is vast and powerful and when we finally quiet our conscious babble, it rewards us. So when you visualise the dream, leave it open ended. Let your unconscious take care of the details, give it complete control. Let it do the work for you.

Also don't try to control the dream once you're in it. Find your main character and ask your question but let the dream do as it pleases. Don't be deterred by incorrect or strange details. And definitely don't be deterred if your character won't answer your questions. Monty didn't really want to or try to answer my questions in a serious way. But the dream itself was incredibly valuable and answered questions I didn't know that I needed answered.

Tips for When You are in the Dream

Stabilise the dream as soon as you are lucid. And then frequently throughout the dream. To stabilise I usually say aloud, "I am lucid, the dream is stable." I also rub my hands together or touch something in the dream. This really does help to keep the dream stable and it also prolongs the dream.

If you find yourself within a lucid dream and nothing is happening. Try using expectations. I knew that Monty would be in that bar. You could even say aloud, "My main character is waiting for me around this corner," for example.

Write down everything.

Once you have the dream, write down every little detail. The unconscious often communicates in abstract ways which may sometimes seem nonsensical or unimportant. But you don't know what is going to be important in the long run, so write down all of it.

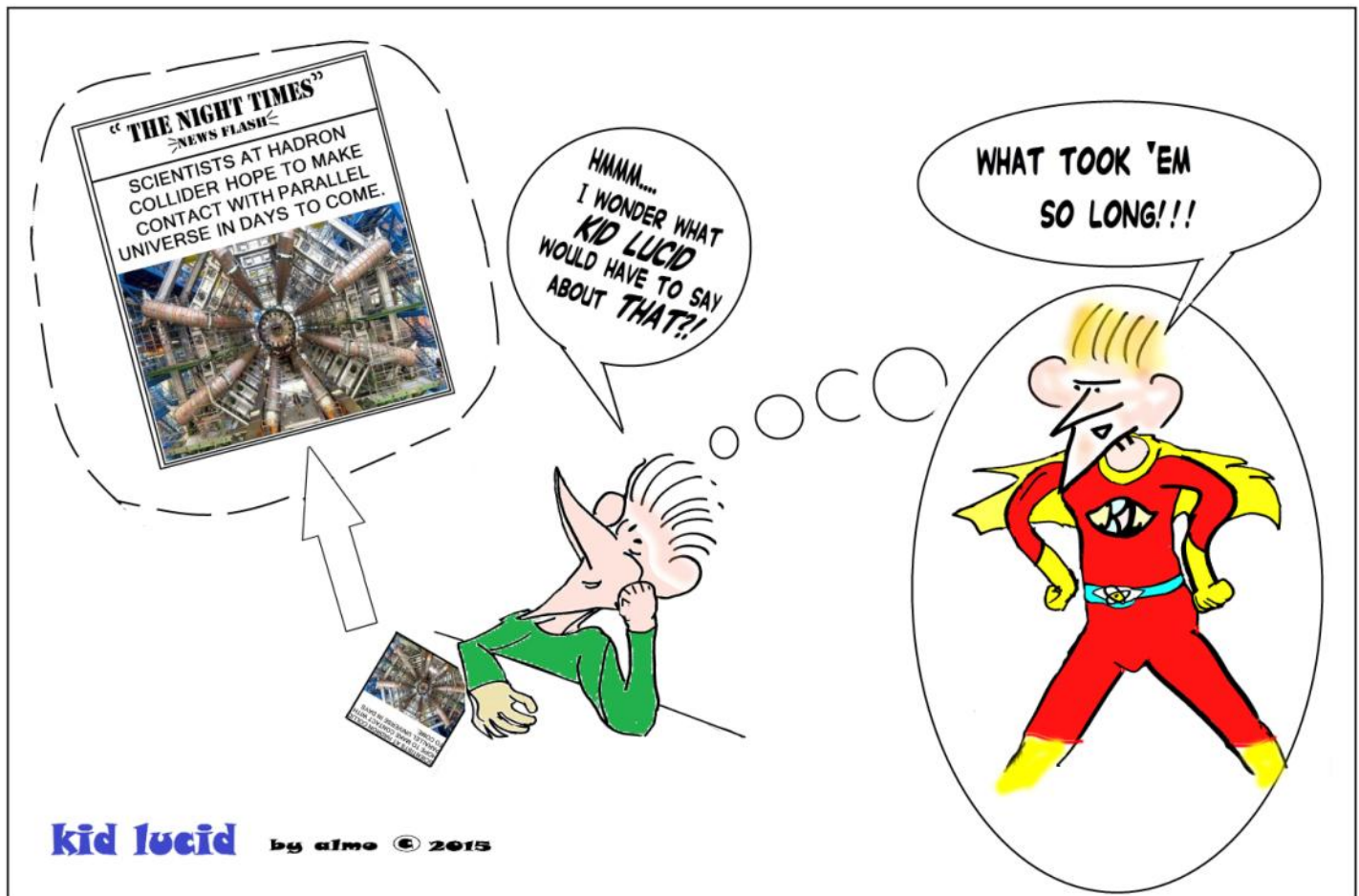
Dreams are absolute gold mines for creativity.

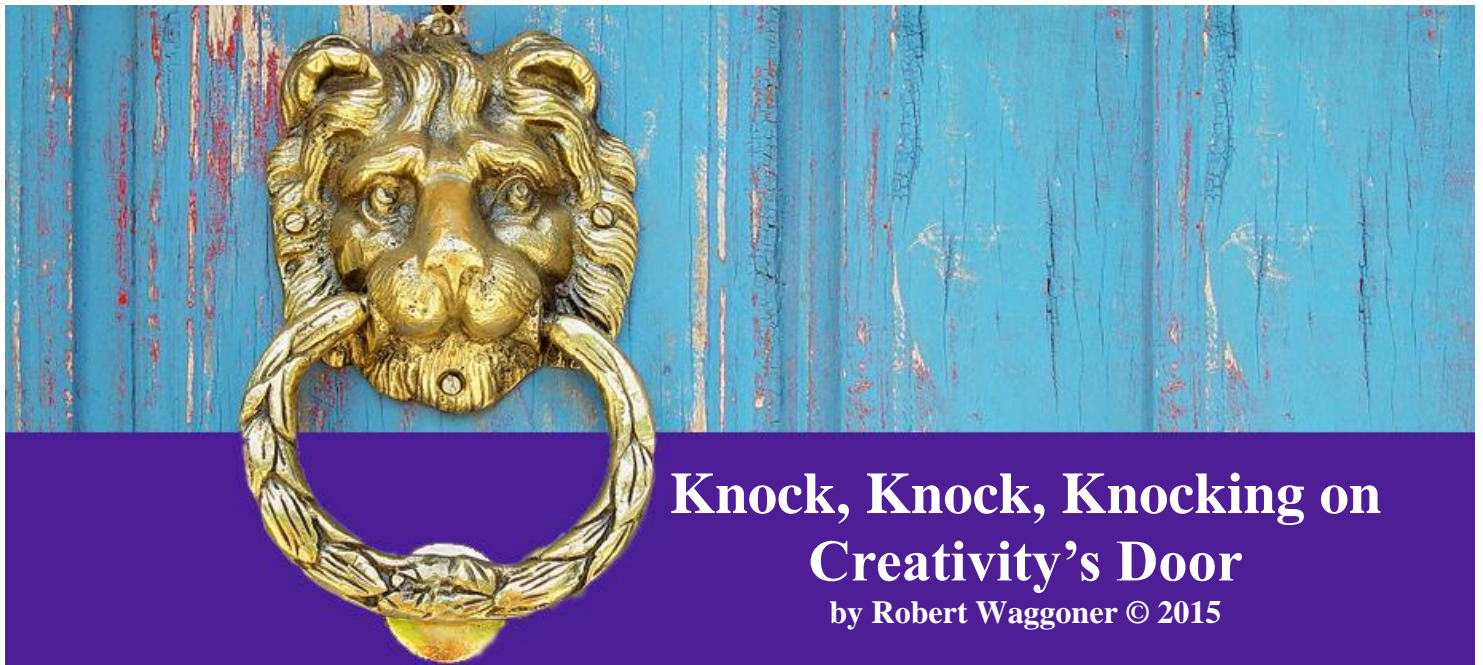
Good luck with your dreams!

www.marcelle-liemant.com

Twitter: @Marcelleliemant

"Hey, Hey, Hadron...."





Knock, Knock, Knocking on Creativity's Door

by Robert Waggoner © 2015

In lucid dreams, follow the creativity....

After a few years as a beginning lucid dreamer, I noticed a simple point: as my mind changes, the lucid dream normally reflects the change. For example, when lucidly aware and trying to fly, my sudden remembrance that 'Gravity does not exist here,' would immediately 'create' a space where I could fly easily. In a matter of moments, I could fly upside down, feet first, backwards looking down or standing straight like a statue! The mental change, or the belief change, created a new experience, or a new reality.

On other occasions, I quickly noticed the 'expectation effect' in which a sudden shift in expectation became instantly materialized. If I expected to have trouble with a dream figure, suddenly it became upset or difficult, or if I expected it to act seductively, suddenly it became a seducer. Apparently my expectation 'created' a corresponding response, which became reflected in the space around me.

But these kind of simple examples, I eventually discovered, seem small 'c' creativity. Especially, once I began to engage the big 'C' creativity of the non-visible awareness behind the dream, and asked to experience concepts and the unknown.

Most anyone can experience this greater Creativity by simply opening up and allowing it in a lucid dream. How? Just stop in the lucid dream, ignore the dream figures, objects and setting, and reach out to the awareness by announcing, 'Show me something important for me to see!' or 'Let me experience unconditional love!' Often at these moments, the entire lucid dream will suddenly change and create an all-encompassing new and creative experience. The depth of the response shows the depth of the creativity.

When you make an open-ended request (by that, I mean a request that does not have a pre-determined response), the capital 'C' Creativity has an opportunity to emerge. Stephen LaBerge discussed the idea of 'surrendering' in his books, and noted that these moments often led to the most powerful lucid dreams. With any luck, whether requesting 'Show me something important for me to see!' or surrendering to the Highest, you will soon know that you are knock, knock, knocking on Creativity's door (to paraphrase Bob Dylan).

For those who have tried this, they realize that the experienced creativity may depend on three inner factors:

- 1) Your level of acceptance and openness,
- 2) Your ability to let go of self conceptions and flow with whatever comes,
- 3) And your degree of fearlessness.

Secure in your self, and secure in the lucid dream, you can then have a powerful experience of true Creativity, beyond the ego or waking self's relatively simplistic assumptions and determinations. As you seek successive growth in reaching out to inner creativity, you break routine conceptual boundaries. Creativity begins to sweep away the old and calcified, the barriers and borders. By following this inner path to capital 'C' Creativity, you may even begin to ponder the secrets of creation.

Of course, questions will emerge: Who creates? From whence comes creativity? Following the way of creativity opens you to a path of unanticipated growth, especially if you keep 'knock, knock, knocking' on creativity's door.

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My Top 10 Lucid Dreaming Experiences

What are your "Top Ten" lucid dreams?
Which of your personal lucid dreams come to mind
when you are asked,

"What is your most...?"

Memorable | profound

Entertaining | unusual or bizarre

Enlightening | life-changing

other

Make your list and send it in to LDE!

(No deadline –

this is an ongoing invitation!)

Writing for the *Lucid Dreaming Experience*

Has lucid dreaming impacted your life in a
meaningful or unique way?

Do you have an interesting lucid dreaming
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What are your thoughts about lucid dreaming?

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like to share their thoughts and ideas
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AN ANCIENT COGNITIVE TOOL FOR CREATIVE INSPIRATION



There is a lot to appreciate when modern technology attempts to provide measurable data to validate phenomenology, which is the study of the structures of consciousness as experienced from the first-person point of view. Since my focus in this column is to report on the scientific research of lucid dreams, I usually remain neutral when presenting information to the readers of the *Lucid Dreaming Experience Magazine*. I have submitted information that has revealed the specific state of consciousness that is unique to lucid dreams; environmental factors that may influence the vividness of dreams, the experiments intended to recreate our dreams in video simulations using computer algorithms, along with other consciousness research that is dependent on sophisticated technology to quantify a subject's experience that historically has been based on testimony. Robert Waggoner recently stated in an interview with Faye Sakellaridis, Associate Editor of Reality Sandwich, *"When the scientific evidence for lucid dreaming emerged in 1980, everything changed. It clearly showed an amazing paradox; namely, you could be simultaneously asleep, dreaming and consciously aware. Moreover, it gave this ancient spiritual practice of lucid dreaming a sense of scientific acceptance and respect. Lucid dreaming could no longer be denied as impossible."*

As Robert pointed out, the practice of lucid dreaming can be traced to ancient civilizations, long before computers, electroencephalograms, Functional Magnetic Resonance Imaging, even before an understanding of human physiology was grasped. The experience of becoming lucid in a dream continues to trump the science behind the research into understanding this unique state of awareness.

It is in this spirit that lucid dream researcher Ryan Hurd was inspired to create a unique tool that combines a number of details that makes it not just a beauty to behold, but effective perhaps partially due to the intent of its existence. I can think of no better example of the practice of lucid dreaming manifesting into an object designed to facilitate the ability to become more aware whether you are

awake or asleep. I have used small objects before that I would periodically inspect as a reality check in hopes the habit would result in more frequent lucid dreams. But Ryan got the formula right and released the Lucid Talisman as a tool to become more self aware of your surroundings and state of mind. To evoke an ancient feel to the amulet, the Lucid Talisman has many fine details including the Latin phrase "Dormiens Vigila" (sleep with vigilance) which Ryan told me comes from a 1595 wood carving seen at the top of this article which is known as the Alchemist's Library. The phrase is inscribed above the door leading to the alchemist's bedroom, which hints that lucid dreaming is a part of the alchemist's practices.



I also found myself drawn to the weight and texture of this very special coin. The tactile response when holding it is part of the process of becoming familiar with it. Ryan worked with the very talented specialty coin designer Lee Adams of <http://embleholics.com/> and the result is a high quality coin design that is a functional collector's item.

It is certainly beautiful, and I put it to the test. My wife and I have an informal lucid dream study lab in our home and we've documented results of testing various EEG's with different computer software and smart phone apps all designed for measuring brainwaves during various sleep cycles or triggering gentle alarms in hopes it would be timed right to journal a dream. As mentioned, I have used objects as reality checks before, but none of them have the level of detail as the Lucid Talisman or the specific meaning behind the object except for what I assigned to it. I carried the amulet with me for over a week (I still do) and periodically removed it from the attractive velveteen bag to establish the habit of checking it and my surroundings. I also have a pair of LED equipped reading glasses at my bedside as I enjoy a good book after we turn out the lights at night. It was this night time ritual that seemed to set up what was to follow as I would fall asleep. Instead of ending my evening with the closing of a book, I would examine the Lucid Talisman. Although I had success in attaining a degree of lucidity more than once, I will share the most recent one.

In my dream, I suddenly found myself in the 1924 Los Angeles home I purchased over 20 years ago. This house was anything but practical, with a very vertical but narrow construction perched on top of a high hill. Storage space seemed to be an afterthought to the designers but I suspected I was in a dream. In my peripheral vision, I thought I spotted the Lucid Talisman but it scooted behind me as I tried to face it. This occurred several times but as I spun I began to reconfigure the house, after a few turns it resembled my parent's home in New Orleans which was more open and I nearly grabbed the amulet. Finally, I was able to recreate my environment into a modern, open space and I reached over and grabbed the Lucid Talisman but opened my eyes and actually put my hands on it next to my bed.



I shared my experience with Ryan and asked him if he could provide some additional information about the imagery on the amulet. Among other details, he provided this insight: *"A good reality check object should have some simple text, as text is very unstable in dreams. It should also have some "bizarre" visual element as to shock or alert the dreamer. The iconography for the Lucid Talisman incorporates sacred imagery from bronze-age Celtic art and Medieval alchemy to achieve this -- as well as the image of the eye, which is a universal symbol for lucidity, and one of my favorite dream signs."*

This article on my experiment with the Lucid Talisman was a departure for me as I can report statistics, new developments in biosensors, and advances in neuroscience and maintain a certain detachment despite my passion for engaging in lucid dreaming. But this unique nickel plated solid copper coin is very special, and connects the modern lucid dream enthusiast with the ancient practice of achieving enlightenment through self-discovery.

Bill Murphy
LDE Science Correspondent

Link to obtain your own Lucid Talisman:

<https://dreamstudies.com/shop/exclusives/lucid-dreaming-talisman/>

**Link to the recent Robert Waggoner interview with Faye Sakellaridis,
Associate Editor of Reality Sandwich:**

<http://realitysandwich.com/265032/limitless-inner-worlds-a-conversation-with-robert-waggoner/>



Using Lucid Dreaming to Create Music

By Eike Swoboda

I'm a musician and filmmaker from Hamburg, Germany. When I first heard about lucid dreaming, I had been suffering from a writer's block for about a year. I was immediately fascinated by the idea of gaining consciousness of dreaming whilst being in a dream, so I started reading all the information I could find on the internet and in books.

I am one of the lucky people who hear it can be done - and then they do it. I became lucid right on the first night of trying. After that, there followed a period of practicing - I would become lucid about once or twice a month, frequency increasing. But most important: With that first night of becoming lucid, my writer's block disappeared and has not returned since then!

All of this happened a few years ago and by now I have recorded lots and lots of dreams, lucid and non-lucid. I would still call myself a beginner, but I've been able to gain much creativity out of interacting with my dream world. So much in fact that I've now turned it into a music album which is going to be released later this year. You can listen to the first few songs here:

<https://www.youtube.com/playlist?list=PL1NqyaCe9qrUhH3XufR3W9gTAfcnYDR1s>

The inspiration I'm getting from my (lucid) dreams differs a lot. I remember one dream of playing my piano: I realize that I'm dreaming and become lucid. I remember what I want to do: find my piano and try to play a song. I'm at home so I go to my studio room and find it. I sit down and start to play. Something's weird. I realize: the keys don't match the sounds they should make. They're all mixed up!



I then remember another task I want to try. I say, "Show me something beautiful!" At first, nothing happens. But suddenly the piano starts playing itself! A very beautiful and complicated song. I'm amazed and fascinated! After that I got distracted and upon waking, I was unable to remember the song but still felt amazed and very inspired. In the following days, I recorded several new ideas for songs which all turned out great.

Other songs simply tell about my experiences in the dream world. I had a period when every time I became lucid, I would end up in a black void not knowing what to do. Later I learned how I could spin myself out of that state - one of the songs tells about that process.

Lucid dreaming also raised a lot of questions about 'who' I really am and what it is we call "reality." I became more and more interested in spiritual teachings which greatly influenced the way I perceive the world and myself today. This also had, and still has, an impact on my way of creating music. The act of actually doing it became much more important than the result, which leads to higher quality and much more fun in writing and producing.

At the moment I'm working on a song I listened to in a lucid dream. This time I was able to wake myself up and remember every detail. It's gonna be released soon, too! I still feel like my journey of lucidity has only just begun. Every night and day is a new adventure!

[Note: You can listen to more of his music by going to YouTube and entering, "Ein Astronaut". The film work and songs create a wonderful musical experience. Some mornings, I wake with one of his tunes going through my head. They're great! -- Robert W.]



Interview with the Creators of the SF/Lucid Dream- ing Web Series *Anamnesis*

By Arthur Gillard

Anamnesis is a science fiction web series about lucid dreaming based on an original short film of the same name. It has been getting a great deal of positive attention in the lucid dreaming community based on its accurate and realistic portrayal of lucid dreaming, as well as its compelling storyline, good acting, professional production values and gorgeous cinematography. I had a chance recently to interview Alex Calleros, writer and director of the original short, and Michael Tucker, who co-wrote and co-directed the web series with Alex.

The following interview may contain some spoilers, so I recommend watching the original short and the five episode web series before reading the interview. You can see the original short here [<https://www.youtube.com/watch?v=o6ZpTI-3-dE>], and the web series here [<https://www.youtube.com/watch?v=7VpUNBiufUY>]. Altogether it takes a little over an hour to watch.

You can find out more about the series by following them on Google Plus [<https://plus.google.com/u/0/b/109983471209536787389/+AnamnesisseriesLucidDreaming/about>], Twitter [[@AnamnesisSeries](https://twitter.com/AnamnesisSeries)], or Facebook [<https://www.facebook.com/AnamnesisWebseries>], or via email at info@finite-films.com. (Disclosure: I've agreed to manage the *Anamnesis* Google Plus page on a volunteer basis, without compensation.)

Arthur Gillard: Why did you decide to make a film/web series about lucid dreaming? Was it inspired by your own experiences with lucidity, or did you simply find the subject intriguing?

Alex Calleros: I've always been intrigued by the relationship between cinema and dreams. The experience of watching a film is often thought of as entering a sort of dream-state, and many of my favorite films play with questions of reality, consciousness, etc. *The Matrix*, *Inception*, *Eternal Sunshine of the Spotless Mind*—these films were huge influences for me as a filmmaker and I had always wanted to play in the world of dreams using cinema. So, when I had the opportunity to write and direct the short film in 2012, it was a chance to finally make a film that essentially takes place entirely in the dream world. One of my favorite films is *The Fountain*, which explores the theme of death in an incredibly profound way, and that was also a huge influence on the short film.

Michael Tucker: When we began thinking of how to continue the short film (which has a pretty definite conclusion), we played around with a lot of ideas. Alex's close friend Gary Ruiz was very into lucid dreaming and had talked to Alex about it. The idea of becoming lucid within a dream world and being able to manipulate your surroundings fascinated us and seemed like a great concept to play with cinematically, as well as an idea we hadn't seen done before. So we spent time researching lucid dreaming techniques and experiences, and grew attached to the idea of trying to portray the sensation of dreaming as accurately as possible. We didn't want it to be blurry and fuzzy like how dreaming is often shown in TV shows, but we also didn't want it to be as rigid and straight-forward as *Inception*. So finding that balance was our guiding light, and hopefully we achieved that to some degree.

Arthur: Could you explain the meaning of the word "anamnesis," and how that relates to the themes explored in the series and the original short film?

Alex: The Google definition of anamnesis is:

1) *recollection, in particular*

2) the remembering of things from a supposed previous existence

I first discovered the word being used in a philosophical/spiritual context—anamnesis was used to describe the process of "awakening to" or "remembering" one's true nature or identity. The original short film explores the theme of identity—who are you, *really*? That's the question being asked of the main character, Adam, throughout the short. His process of *remembering what he had forgotten* forms the arc of the story, and I thought the word "anamnesis" represented that arc perfectly.

Arthur: I understand that lucid dreaming expert and author Daniel Love consulted on the show. How did he get involved, and how closely did he work with you? Did he review scenes in the script and suggest

changes? Did he suggest any details or scenes to include?

Michael: Daniel Love contacted us after he stumbled upon our Kickstarter campaign. He had just finished his book on lucid dreaming, "*Are You Dreaming?*" and sent us free copies to check out. We also took him up on his offer to look over the scripts as we were finalizing them, and he made several suggestions of how to tweak things so that they would be more accurate. He explained some reality tests that we hadn't heard of, and helped us pinpoint exactly where and when the characters might use them. And since the series has released, he's connected us with a lot of the lucid dreaming community, which has been amazing. So overall Daniel Love was a really big help.

Arthur: Who among the cast and crew of Anamnesis is a lucid dreamer? Could you share some of your own lucid dreams? Please go into as much detail as you are willing. To what extent did lucid dreams of the cast and crew influence how dreams are portrayed? Did working on Anamnesis influence your dreams?

Alex: Brad C. Wilcox, who plays Noah, had frequent lucid dreams for a period of his life. In fact, they had gotten so constant that he had to "cut back," as he wasn't feeling properly rested in the morning.

Michael: Zach Brown plays Sean, the show's expert lucid dreamer. To prepare for the role, Zach researched lucid dreaming and practiced it in his daily life. He would actually draw the letter "A" on his hand, as Sean does in the show, as a reminder to ask himself, "Am I awake?" He told us about a lucid dream he had in which Whoopi Goldberg was his dream guide. It sounded pretty awesome.

Alex: I had a really striking wake-induced lucid dream during the production of *Anamnesis*. I had woken up extra-early one morning, and as I was falling back asleep I managed to maintain awareness. I'll never forget the moment I passed into the dream state: all at once, I felt my body *launch* off the bed and hover for a moment near the

ceiling of my bedroom. I passed through some sort of portal and found myself floating above the swimming pool in my childhood backyard in Arizona. I didn't really have any control over what was happening; I was just along for the ride. My dream body plunged into the pool, where I was delighted to find I could breathe underwater. I looked up and watched in awe as raindrops created thousands of intricate ripples on the surface of the water. A red Arizona dust storm colored the sunlight filtering into the water. It was one of the most vibrant, beautiful visions I've ever had...so beautiful that I got excited and promptly woke up. But that one really stuck with me.

Michael: The only lucid dream that I can for sure say was me becoming lucid happened during the midst of shooting the series. Between researching lucid dreaming, and writing the scripts, and then filming all the scenes, all of that information was swirling around in my head all the time. In my dream, I was in my high school cafeteria, looking around, when suddenly I remembered one of the reality tests that the character Hannah does in the show. She pinches her nose with her fingers in such a way that she shouldn't be able to breathe in—but she can. So I thought, “eh, may as well give it a try and see what happens.” So I pinched my nose and then breathed in—and it worked! I suddenly realized I was dreaming, and immediately did a slow-motion backflip into the air and started to fly. I remember I knew exactly how to control my body in flight, how to turn, spin, everything. Unfortunately I became really overwhelmed by the excitement of it all. I tried to calm myself down so I wouldn't wake up, but it was all too much and I woke up almost immediately after I started flying. It was a pretty awesome experience.

Arthur: I found the original short film particularly moving. The repeated inquiries into Adam's true identity and the suggestion that he was now “who he had always been” were suggestive and yet open to interpretation by the viewer—almost like a Zen koan, inviting a deeper look at one's own ultimate identity. Did any particular spiritual tradition or school of thought inform the original short film?

Alex: We made the short film as part of this year-long project where we asked our audience to send us 1-sentence constraints that we'd have to follow in our next film. One of the constraints for *Anamnesis* was: “The dialogue from one scene must be exactly the same in one scene as it is in another,” which fortuitously led to the idea of posing this question “Who are you?” to Adam throughout the movie. I definitely wanted to tap into a “Zen koan” feel with those repeated inquiries. Only at the end does he understand the at-first puzzling answer, “You're who you've always been.”

Over the past several years, I've been really interested in Western-born philosophers who take the deep wisdom embedded in Eastern religions (Buddhism in particular) and translate/update them for the modern age. Alan Watts was one of the first to do this in the 50's and 60's, and hundreds of audio recordings of his wonderful lectures are widely available online today. Listening to him speak is both enlightening and incredibly fun (he's got a delightful British accent and a sharp sense of humor). I'm also very interested in the work of American philosopher Ken Wilber, who has pioneered a movement to see the world “integrally,” integrating the truths of science, psychology, art, spirituality, etc. I believe I actually discovered the word “anamnesis” while reading an article by Wilber.

Arthur: Is there any significance to the names of the characters? “Vera,” for example, reminded me of veritas, truth, the idea that “the truth shall set you free.” She certainly seems happy to break rules in an attempt to uncover the truth.

Michael: In general we didn't choose the character names specifically because of their meanings. For the most part, we based it on which names sounded good and felt like they matched the characters. Vera is a name I've always liked, both because of how it sounds and because of its meaning, and I think it fits Vera's character really well for exactly the reason you mentioned. Noah's name is also an obvious reference, but that wasn't the only reason we chose it for him. We love it when elements of a story can have deeper meanings, but I also think you can go

overboard with that to the point that it's hitting the audience over the head with it. *Inception*, for instance, is not subtle at all when it comes to character names having deeper meanings—which while cool, I found more distracting than anything else.

Arthur: You explore a number of dream themes in the series—lucid dreaming, of course, but also night terrors and out-of-body experiences. In future episodes, do you plan to explore a greater variety of dream and dreamlike states, such as false awakenings, sleep paralysis, hypnagogia?

Michael: If we get to make more episodes we would absolutely want to explore more of these dream/dreamlike states. I get excited about there being so many interesting experiences to be played with, that they all lend themselves so well to film. The medium of film can convey the dream experience better than any other, in my opinion, and we have a lot of fun as filmmakers coming up with ways to translate these dream experiences to the screen. In particular, I find the idea of sleep paralysis terrifying...so it'd be fun to play with that on screen.

Arthur: The first season of *Anamnesis* was made possible through a highly successful Kickstarter campaign, in which you raised 151% of the money you were asking for. If you make more episodes, how do you plan to finance them? How can fans of the series support you in making more episodes?

Michael: Figuring out how to finance more episodes is the main challenge we're facing right now. It blew us away that we surpassed our funding goal on Kickstarter, and we combined that with funding from FilmSkillset.com, whose founder, Jeremy Norris, reached out to us and essentially convinced us to make the web series in the first place. But even with these combined funds, *Anamnesis* was primarily a labor of love. We didn't have enough to pay most of the cast and crew, and almost all of the money went to locations, food, and equipment rentals.

If we were to make more, we would have to be able to pay all the cast and crew for the excellent work

that they do. And considering the first five episodes are about 70 minutes long, each season is essentially a feature film. So we would need the budget of an indie feature film. Crowdfunding a next season would definitely be an option, but we're also trying to reach out to websites like Vimeo, for example, who are getting into the original content market. Having a distributor for the series that could also help fund another season would be absolutely great. So the best thing fans can do to help us make more episodes is share the series with anyone and everyone. The more we can show that we have a large group of dedicated fans, the more likely we can raise money via crowdfunding and the easier it would be to convince a potential distribution partner.

Arthur: What has been the reaction of the lucid dreaming community to *Anamnesis*? How do people without prior experience with lucid dreaming react to the show?

Alex: Honestly, we've been blown away by the reception we've had in the lucid dreaming community. We wanted *Anamnesis* to represent the experience of lucid dreaming in a more accurate way than we'd seen in other films and TV shows, and so to have such a positive response from the community has been incredible. Our fans in the lucid dreaming community really are the primary reason we want to find a way to finance and produce more episodes. We've also had great responses from our non-lucid-dreamer fans, and we're now looking to try to expand our audience beyond the lucid dreaming niche into communities that value thoughtful science fiction/drama storytelling.

Arthur: Are there any particular resources—books, websites, etc.—that you would recommend to people wanting to more deeply explore lucid dreaming?

Alex: “*Are You Dreaming?*” by Daniel Love provides a great introduction to the world of lucid dreaming. He developed the CAT (Cycle Adjustment Technique) for generating frequent lucid dreams, which he outlines in his book. Our friend Jay Mutzafi (aka Lucid Sage and host of The Lucid Dreaming Podcast) highly recommends Stephen LaBerge's

"*Lucid Dreaming: A Concise Guide to Awakening in Your Dreams and in Your Life*" as a great place to start one's lucid dreaming practice. And finally, www.world-of-lucid-dreaming.com has a ton of resources for anyone looking to lucid dream.

Arthur: Thank you for producing such an excellent short film and web series, and in particular for the realistic portrayal of lucid dreaming. I wish you great success and will certainly be doing my part to help spread the word. Is there anything we haven't covered in the interview that you would like to add?

Alex: We've had a lot of people ask us if they can buy Season One of the series on DVD, and we're currently putting together a DVD / Digital Download package that will include some exclusive special features. For updates on all things *Anamnesis*, people can follow us on Facebook [<https://www.facebook.com/AnamnesisWebseries>], Twitter [[@AnamnesisSeries](https://twitter.com/AnamnesisSeries)], and Google Plus [<https://plus.google.com/u/0/b/109983471209536787389/+AnamnesisseriesLucidDreaming/about>] (and subscribe to our channel, Finite Films, on YouTube [<https://www.youtube.com/user/finitefilms>]).

From the very beginning, *Anamnesis* has been a true labor of love and we've only made it this far because of the support of our fans. If anyone has any ideas or suggestions for how we can continue to reach out to the lucid dreaming community and rally support for future seasons, don't hesitate to shoot us an email at info@finite-films.com.

Note: This is an edited version. Find the complete interview at Integral Options Cafe; <http://integral-options.blogspot.com/2015/05/arthur-gillard-interviews-creators-of.html>

UPCOMING LUCID DREAM THEMES

Autumn Issue

(Deadline August 15, 2015)

Physical and Emotional Healing

Have you experienced a healing in your lucid dreams? Was it a physical healing of some bodily ailment, or was it an emotional, or psychological healing? How did it occur? Or have you performed healing on another in your lucid dream? Did you follow a specific plan or procedure or did you just 'wing it' in the moment? Were physical results apparent in waking reality?

Please send your submissions to the
Lucid Dreaming Experience via our website
www.luciddreammagazine.com or send to
emailus@dreaminglucid.com

Winter Issue

(Deadline November 15, 2015)

Multiple Awareness and Shapeshifting

When you lucid dream, who is dreaming? How does your awareness differ from waking awareness? Have you experienced dual awareness, being aware of both your sleeping and dreaming bodies? What about simultaneous dreaming? Have you ever experienced that unique state of awareness where your attention is fully and completely focussed in more than one dream at the same time? If you have changed your dreambody, shapeshifted into another form, how has this affected your state of awareness? Do you feel or sense things you would not normally sense in your usual state?



In Your CREATIVE Dreams

Shaun St. Clair
Time Shop

I was in a town on the south west coast of England, where we go for our family holidays most years. The town was different though; it was in the future at some point and was larger, tropical, more luxurious and had roller-coasters everywhere! This was quite a long dream, with much of it non-lucid. The lucid part of the dream was triggered by walking through a shop front-door and out through the back door, which earlier in the dream had acted as a time portal to take me back in to the town of the present. I exited the shop straight out on to a beach in the future town and immediately knew I was in a dream.

As soon as I became lucid, I thought, “What can I do?” and remembering the short-comings of a previous lucid dream, I thought I will try again to collect some physical data. I was determined this time, not to get excited and not to stare at anything for any length of time. Lest I lose lucidity again, I tried to only casually observe things in the dream.

I sniffed the air but couldn't smell anything, which was disappointing because I love the smell of the sea. I looked at the sand and managed to maintain focus for a bit, it was composed of quite large granules, probably 4-5mm across and off-white in colour with the odd tiny black fleck on a corner. I don't know how I managed to observe the sand in such detail because I didn't pick it up and didn't bend down close to it - I was only trying to observe it casually. I don't recall having any instruments with me either but must have magnified the sand somehow to observe all this.

There were lots of animals and people on the beach. The animals were either rabbits or dogs. The rabbits were grey, very toy-like, fixed in the classic nibbling-grass-pose, about 18 inches high and all moving around as if being played with by unseen hands (they semi-levitated and didn't use their limbs). I

recognised the dogs as lurchers. They were off-white in colour, with short fur and about 30 inches high. They did use their limbs to walk and had normal canine motion.

Even though there were many people on the beach - some of them even walking right up to me as if to invite conversation - I remember thinking that I won't ask them anything because they're not locals and won't know anything (lucidity starting to go?). I do remember thinking that it would be useful to speak to shopkeepers however.

I left the beach and on my way back to the 'time shop', I stared intensely at a rollercoaster and as I walked directly underneath it and craned my neck back to keep watching, I woke up. I only woke briefly, however, and fell straight back in to the same dream, finding myself in the shop and going out of the front door in to the present town. I was no longer lucid.

Richard Haigh **My Casimir Dream**

I began this Wake Initiated Lucid Dream around 9 AM and found myself in a hotel lobby, already with a rather decent amount of awareness. I began in front of an Information desk, and routinely rubbed my hands to stabilize the dream, repeating to myself that "This is a dream."

I then decided to explore what this dream had to teach me, so I asked the receptionist, "So, what do I need to know?" The woman smiled at me and motioned to the entire room. She replied "Well, Dreaming has to do with..." and then she said an odd phrase which was hard to understand with the echoing of the marble walls in this lobby. What it sounded like to me was "the KASHMIR Effect." I wasn't sure what the word actually was, but it reminded me of the Led Zeppelin song title, but when I questioned her further, she began to ignore my questions and suggest I go explore on my own.

After a short time of exploration, I woke up and proceeded to quickly write down my dream. The phrase constantly perplexed me and so I decided to get on the internet and search the phrase. Almost immediately, I got the suggestion of "The CASIMIR Effect," a theory in Quantum Physics predicted by Hendrik Casimir in 1947 and later

measured by Steve K. Lamoreaux in 1996. According to this theory, empty space (within a vacuum) is actually filled with electromagnetic waves that are always present as a mysterious, constant energy field.

This is extremely fascinating to me, in that I have NEVER heard of this theory, and yet my awareness behind the dream presented it to me. Was this used simply as an interesting metaphor of how "our thoughts within the dream behave like the mysterious quantum energy of empty space"? Or perhaps it ALSO meant to convey a literal connection between consciousness and the nature of the universe? I have no idea, but I am extremely fascinated by this message and am most definitely curious enough to explore it further.

Brian Stanton **Inquiring Into The Important: An Unsettling Future**

(WILD reentry into dream.) I arrive in dreamland sitting crosslegged on the floor, fully lucid. Rising, I exclaim, "This is all a dream, it's all in my head!" and marvel at the realism of the dimly lit room I've been transported to. With strong focus, I ghost through the door, emerging outside under a canopy of stars. I gaze upwards and intend to visit the heavens, but my flying abilities sputter after some minor levitation. Time to switch gears.

Remembering my goal to question the inner awareness, I return to the ground and will the scene to become lighter...PRESTO, the sun begins to peak over the horizon and illuminate the setting with an orange glow. I realize I'm now standing in what appears to be an abandoned city, reminiscent of a zombie apocalypse film. Turning my head to the sky, I croak, "Show me something important." My voice sounds weak, cracked. I try again, but the hoarseness persists.

Faraway, on the horizon, I spot a cloud of billowing smoke raging and swirling furiously. As the cloud draws closer, I sense it may be the "important" message, though it seems insidious. Self preservation kicks in. Gesturing purposefully, I attempt to use magic to halt the approaching smoke. No luck. Scrambling, I try to construct a forcefield around myself with more ridiculous hand motions. This effort also fails.

Now the cloud is nearly upon me and I stand my ground, curiosity trumping my desire to turn and flee. Out of the cloud emerges a hovering atom-craft, complete with nucleus and orbiting electrons. The object is roughly half my size and piloted by a type of homunculus figure, whom I barely glimpse. Momentarily, a swarm of identical atom-crafts shoot forth from the cloud and rush by without any form of contact. The dream fades...

Comment - Following Waggoner's guidance, I asked the awareness behind the dream to "show me something important." My unconscious responded in no small manner, producing a swarm of seemingly alien craft against the backdrop of an apocalyptic dreamscape. This setting of an abandoned, dilapidated city seems particularly relevant. Setting aside conventional notions, could this dream represent a glimpse into Earth's future? Were my failed efforts at stopping the cloud symbolic of mankind's failure to stop these beings? (Perhaps my unorganized display of haphazard gestures is more to blame). Were the aliens even to blame for the state of the city? Have I simply watched too many science fiction movies? My rational faculties nod vigorously to this final question, though it wasn't those faculties that produced the dream.

Kurt Daisley Two Dreams At Once?

This was my second ever lucid dream experience. The first one was a couple of years ago, and lasted only a few seconds: I realized I was dreaming, and let myself become very excited; I was overwhelmed by what I might do now that I was lucid (I'd wanted to see the earth from space), and the dream collapsed, leaving only 'fuzz,' like the snow on a non-transmitting television channel. I don't remember what I was dreaming when I became lucid.

This second time, I actually remember a lot more. I'd bought a dreaming app the night before. (Brainwave Dream Inducer; Cost: \$0.99, in case anyone's interested. No, I'm not a compensated spokesperson.) The app plays binaural beats against forest sounds, and I'd set a 6-hour meditation to take me through the night. As I listened, I felt interesting sensations and vibrations in my body, and that night had a very vivid, very

violent dream that was not lucid. In that dream, I was in the middle of a war, during which my mother shot a man to death right in front of me.

When I woke up the following morning, I'd set myself another meditation, this time for 90 minutes. I took a nap after the 90 minutes were up, and that was when the lucid dream occurred. In the dream, I was playing the organ at the church where I work (I'm an organist in waking life). The priest and two women from the church (all of whom I also knew in waking life) were standing at the organ. I was trying to find hymn #460 in the hymnal so that I could begin playing, and I kept flipping through the book, unable to find #460. The numbers didn't seem to make sense.

Then the organ started to move. With all four of us 'on board,' it started to 'drive' itself out of the church onto the driveway. The organ was driving itself! All the while, I'm still trying to find #460 in the hymnal. As the organ started to come onto the street, I thought to myself, 'I hope it remembers to turn right.' It did.

Now, I was either having two dreams at the same time, or had this following dream right before the 'organ' one. It'll become clear in a little while why I'm mentioning it. I was visiting my aunt's home. Her home in the dream was a place I don't remember having visited before. The walls were a deep peach color, and lined with bookshelves. My aunt had a roommate - a younger woman I didn't know at all. The younger woman didn't talk much, and we were very tentative with each other. My aunt's apartment was in a building that was near an elevated train track.



Back to the other dream: I was still flipping through the hymnal, looking for #460. I flipped toward the front of the book, and saw a hymn number in the 700s, then flipped toward the back of the book and saw hymn #150. That's when I said to myself, 'I'm dreaming.' At the moment of lucidity, I found myself back at my aunt's apartment looking at the peach-colored walls. I was elated but not overly excited. I remembered a piece of advice Robert Waggoner mentioned, and looked around and observed my dream surroundings. I smiled to myself in the dream.

Then the dream scene collapsed, and I was in a dark void with shooting lights all around me, and I began moving through the void very rapidly. I kept repeating the word 'Trust' to myself. I was prepared to go wherever I was lead. My lucid state ended there, and I was back in another regular dream that I don't recall.

Gustavo Vieira Girl With Psychic Abilities

I wake up in the middle of the night, I go to the bathroom and go back to bed. While I'm getting back to sleep, I start to feel vibrations. It's another WILD experience I'm having, those OBE-like ones. I start to detach from my body and I get out of bed. Here I am, inside a dream, already perfectly lucid. I do what I always do when this happens: I go to my bedroom window, open it and see what landscape is in front of me.

This time, near my window is a calm street and a girl approaches me. She asks my name and where I'm from. I tell her. Then I ask her name:

Girl: "My name cannot be told like that. I'm gonna show you something. RED IS BLACK."
As she says this, she puts her index finger on my forehead and says:

Girl: "Are you seeing something?"

Me: "Yes. I see a windmill toy." (I see this object, as it was on her index fingertip but inside my head.)

Girl: "Ok. Correct. Now, think of a project. It can be your dream project or a trip."

Me: "Can it be a work project? Something that I want to work on?"

Girl: "Yes."

And I wake up. Right on the most important part. What a strange but curious thing. It was like she had psychic abilities or something and was doing some tests on me. And I wonder, if I didn't wake up, if she would tell me something about my projects.

Laurance Hands of Light

After a fairly long, mostly forgotten dream, fading in and out of lucidity, I woke up in a small, dumpy bed in a shabby, flop-house-like apartment. My first prurient thought was the bed would be too squeaky for sex because it would probably wake up the neighbors.

Then, however, due to the apartment's unfamiliarity, I realized I just had a false awakening and became lucid again.

Lying on my back, I noticed that when I opened my hands, a dim glow illuminated the ceiling, disappearing when I closed my hands. I did this several times, captivated by the on-and-off light emanating from my hands. In spite of my fascination, due to the room's overall bleakness, I wanted to increase the dream's brightness or vividness, perhaps, in turn, sending me to a more desirable dream setting. As such, I yelled out "higher vibration." When I then opened my hands, powerful scintillating, radiant, crystal-like particles shot out with such intensity I woke up for real.

As brief as it was, it was an awe-inspiring experience that words cannot adequately describe. It was as if I was basking in God's radiance, perhaps representing light which is always available to us but rarely accessed due to the perceptual cataracts that cloud our everyday vision. Overall, I was astonished at how such an initially dull dream could be transformed into an experience so transcendent; perhaps a glimpse of what is possible in all of life.



GlideWing Online Workshops

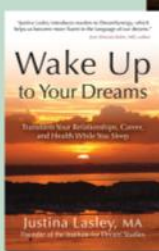
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An Introduction to Dream Interpretation and Lucid Dreaming

with Justina Lasley and Robert Waggoner
September 26 - October 25, 2015

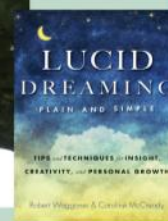
Dreams offer an extraordinary path to uncover our innate gifts, talents, and abilities, and resolve inner conflicts, fears and limiting beliefs. By 'waking up' to this part of ourselves, we naturally become more fulfilled, productive, and happier human beings. Dreamwork is beneficial to people in every area of life—better understanding behavior, emotions, relationships, career choices, and health. In this workshop, you will discover a comprehensive set of practical methods to work with your dreams. Working with methods from Jungian, Gestalt and other approaches, you will see how you can begin to 'wake up' to the unconscious material of your dreams, and bring it to conscious recognition.



Justina Lasley



Robert Waggoner



Part of 'waking up' to our dreams involves lucid dreaming, or the ability to become consciously aware of dreaming, while in the dream state. Once aware within the dream, you have a special platform of awareness from which to access inner creativity, promote psychological growth and even encourage physical healing. This workshop will also introduce you to the key techniques of inducing and stabilizing this unique state of awareness, to help you gain insights about the very nature of your larger awareness.

Justina Lasley, M.A. is the Founder and Director of the Institute for Dream Studies, an internationally recognized program that promotes the understanding and value of dreams to help people claim their uniqueness and full potential. She is the creator of DreamSynergy™, a comprehensive process with proven results for uncovering dream meaning, leading to personal transformation. Justina's newest book, *Wake Up To Your Dreams*, will inspire you to awaken to your authentic Self and greatest potential, by introducing you to the incredible wealth of wisdom available nightly in your dreams. Learn more about Justina and Dream Synergy at www.dreamsynergy.com

IASD Past President and co-editor of the online magazine, *The Lucid Dreaming Experience*, **Robert Waggoner** is author of the acclaimed book, *Lucid Dreaming: Gateway to the Inner Self*, and the recently released, *Lucid Dreaming Plain and Simple*, with co-author Caroline McCready. A lucid dreamer since 1975, Robert also teaches another GlideWing course for those who wish to focus solely on lucid dreaming. He partnered with Justina Lasley in this course, since he realized that many lucid dreamers lack basic skills at dream interpretation, while others who may be interested in dream interpretation had little knowledge about lucid dreaming. Learn more about Robert Waggoner at www.lucidadvice.com



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Awakening the Sacred Arts: Discovering Your Creative Potential with Tenzin Wangyal Rinpoche

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On the Magical Path: Creating the Life of Your Dreams and a World that Works for All, with Marc Allen

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Wake Up To Your Dreams: An Introduction to Dream Interpretation and Lucid Dreaming with Justina Lasley and Robert Waggoner

October 24 - November 22, 2015

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Detailed workshop descriptions and online registration can be found here:

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Lucid Dreaming

Links

The Lucid Dreaming Experience

www.LucidDreamMagazine.com

Robert Waggoner's Book Website

<http://www.lucidadvice.com>

Dr. Keith Hearne - First PhD Thesis on Lucid Dreaming

<http://www.keithhearne.com>

Lucidity Institute

www.lucidity.com

International Association for the Study of Dreams

www.asdreams.org

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

www.dreams.ca

Rebecca Turner - World of Lucid Dreaming

www.World-of-Lucid-Dreaming.com

The Lucid Dreamers Community – by pasQuale

<http://www.ld4all.com>

Ed Kellogg

http://dreamtalk.hypermart.net/member/files/ed_kellogg.html

Beverly D'Urso - Lucid Dream Papers

<http://durso.org/beverly>

Mary Ziemer

www.luciddreamalchemy.com and
<http://www.driccpe.org.uk>

Lucid Dreaming Links

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

Lucid Sage

www.lucidsage.com

Wake Up! Exploring the Potential of Lucid Dreaming

<http://luciddreamingdocumentary.com>

Ryan Hurd

www.dreamstudies.org

Maria Isabel Pita

www.lucidlivingluciddreaming.org

Explorers of the Lucid Dream World

<http://www.LucidDreamExplorers.com>

Christoph Gassmann - Information about lucid dream pioneer Paul Tholey.

<http://www.traumring.info/tholey2.html>

Nick Cumbo - Sea of Life Dreams

<http://sealifedreams.com/>

Al Moniz – The Adventures of Kid Lucid

<http://www.kidlucid.com>

Jayne Gackenbach - Past editor of Lucidity Letter

www.spiritwatch.ca

Matt Jones's Lucid Dreaming and OBE Forum

www.saltcube.com

Janice's Website - With links to lucid dreaming and out of body sites

<http://www.hopkinsfan.net>

Fariba Bogzaran

www.bogzaran.com

Robert Moss

www.mossdreams.com

Electric Dreams

www.dreamgate.com

The Lucid Art Foundation

www.lucidart.org

Lucidipedia

www.lucidipedia.com

Daniel Oldis and Sean Oliver - IASD Presentation

<http://www.youtube.com/watch?v=M1jUENG12Uc>

Awe of Awareness

www.albertlauer.com

Lucidity Now

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