

LDE

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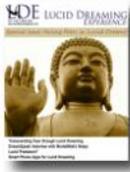
LUCID DREAMING EXPERIENCE



Is an OBE the Same as a Lucid Dream?

Lucid Dreams and OBEs: A Phenomenological Approach

Shifting Focus: How to Move From a Lucid Dream to an OBE



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For fourteen years, Lucy and Robert have volunteered their time and resources to creating and publishing a magazine for lucid dreamers. We receive numerous letters of appreciation and amazement by lucid dreamers from around the globe, along with occasional requests to publish articles in foreign languages to help lucid dreamers all over the world. The Lucid Dreaming Experience serves as the only magazine for the lucid dreaming community and continues to grow in popularity and readership.

However, the growth in readership brings more expenses and needs, like an updated website. Since the beginning, Robert has simply paid for the majority of the expenses (website work, contact mail service, magazine layout, complimentary issues, etc.), yet as the magazine grows, so do the expenses and needs.

Here in 2014, we would like to improve and update our website; to provide more features and resources for our readers. We estimate that this will cost around \$2,500 to have the basic work done (even with preferential rates from the web designer and free time by Robert, Lucy, and others).

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In coming issues, we will keep you informed of the progress.

Many thanks for your support, and thanks to all of the writers, lucid dreamers, and others who help to make the LDE an interesting, exciting, and educational magazine.

*In gratitude,
Lucy and Robert*

"THANKS to LDE Friends in the USA, Canada, Germany, Switzerland, and Czech Republic who have pledged \$1,500 to our goal of \$2,500."

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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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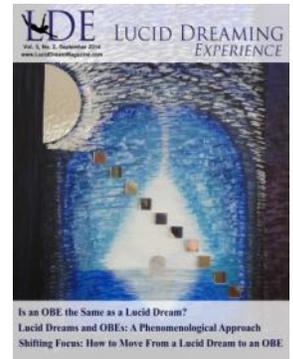
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dream speak

**DREAMSPEAK INTERVIEW
WITH CHERYLEE BLACK
BY ROBERT WAGGONER © 2014**

Lucid dreamer, Cherylee Black, holds the distinction of having three NDEs or near-death experiences, along with many interesting lucid dreams, lucid nightmares and OBEs. A musician and artist in the first half of her life, she switched to science and research in the second half after waking with a new set of interests from her third NDE. The LDE welcomes Cherylee Black!

As a young child of two years, you had your first Near Death Experience (NDE), after cracking your head at the bottom of a staircase. Briefly, what happened in that NDE?

I was a toddler when I had my first NDE. I had opened the door to the basement to let out the family dog who had been put downstairs because company was over. I guess I wasn't supposed to be old enough to unlock doors yet, so no one noticed that there was an open door and a small child playing on the stairs with a very big dog. I fell down the stairs and cracked open my head right above my nose (I still have a cute little scar).

I remember this lady picking me up and comforting me. She made the pain go away and I felt so loved. I remember there were pretty lights everywhere. Really happy lights. Those lights were different than what I remember from my adult experience. Instead of bright white, they were beautiful dark purples and indigo blues. They felt safe and warm. Like a special hug. The lady and the lights were good, but what I wanted most was my Dad. The next thing I remember was coming out of that experience and seeing Dad.

Years later I saw a picture of my maternal grandmother, and I realized that she was the lady who picked me up. She had passed away not very long before I had been born. There weren't any pictures of her displayed around our home when I was little because she died quite young and unexpectedly. My grandfather couldn't bear to be reminded of that.

From that point, you seemed to have a pretty normal childhood, except for a lot of imaginary friends and occasional odd events. But do you recall much of your early dream life? What was that like?

I don't remember much about my dream life from those early years. I'm not sure that I really differentiated all that much between what happened in sleep and what happened during waking hours. It was all just a bunch of continuous experiences when I was little.

I assume at some point, you began to realize that in some dreams you were consciously aware of dreaming, or lucid. When did you first learn about lucid dreaming? Did lucid dreaming interest you at all? What prompted your lucid awareness?

I knew that I had an awareness of dreaming in some dreams long before I knew that there was a name for that experience. It came up as an 11-year-old when I had been having nightmares and my father had asked me if I knew whether or not I was asleep when the bad dreams occurred. I told him that of course I knew I was asleep, but that didn't make them any less scary.

You have to understand that I had gone through two NDEs by that point, and those experiences are "realer than real" and much more vivid than normal life is. When you are a kid, the adults will call those experiences "dreams". It makes it difficult to understand what actually qualifies as dreams.

Now as a young person, you had another incident when your appendix suddenly burst. At this point, did you have a spontaneous Out of Body Experience (OBE)? What happened to make you feel that your awareness had left your physical body?

I was 10-years-old when I had the second NDE. Our family doctor had me sent by ambulance to a nearby hospital for immediate surgery. My parents kind of got pushed out of the way when we got to the hospital, despite the fact I kept crying for them. I remember the pain was unbearable. I'd retreat from it and find myself outside my body where things seemed much clearer and there was no pain. But then I'd be back inside myself and things hurt terribly and everything seemed blurry. It was sort of like being sucked in and out of a straw. I went back and forth a few times, going in and out of my body until I finally stayed out.

'I WENT BACK AND FORTH A FEW TIMES, GOING IN AND OUT OF MY BODY UNTIL I FINALLY STAYED OUT. . . . I COULD SEE THE DOCTORS WORKING ON MY BODY BELOW ME.'

There were these lights/people around me when I was outside my body. I recognized two of them as imaginary friends who had kept me company as a child. I could see the doctors working on my body below me, and I was pretty upset by what I saw.

While OBE, did you notice anything that you could later collaborate as an actual occurrence?

I found my parents in the hospital, and I tried to get their attention, but they couldn't see me at all. And I tried really hard to let them know I was there. They were having a fight about me. Dad kept saying everything would be OK, that I would be OK. Mom was so upset that they hadn't rushed me straight to the emergency room rather than going to the family doctor first.

She kept thinking the worst would happen and that it was all her fault for not doing the right thing at the right time. They took out their frustrations on each other and they were so scared. I had never seen my

parents fight like that before. It was horrible. The fact that they couldn't see me and comfort me made it even worse. I thought everything was my fault.

I've never asked my parents about that fight. They probably wouldn't admit to having had it, although having known them all these years, such an argument would not be out of character under the circumstances. As a kid, I found it quite a shock, but as a grown woman it seems completely within reason.

Since your physical body was in intense pain, what made you want to come back to it? It would seem the peace and sense of love and support that people often feel in the OBE realm would make staying there very enticing.

My experience was more distressing than peaceful. Part of the problem was that I was exposed to a lot of adult knowledge that I wasn't mature enough to handle. There was "me" (10-year-old me), but there was also this much bigger me that I was aware of. The bigger me, that sort of ageless me, had knowledge that 10-year-old me found pretty disturbing. I saw what seemed to be the future, but there were two different versions of the future.

There was one in which I died in the operating room. In that future, my parents divorced and my whole family just seemed to fall apart. My brothers both died before my parents, my dad died alone and heartbroken, and mom went through a series of failed relationships. It was a pretty bleak future.

In the other future, I didn't die. Mom and Dad stayed together. My brothers were OK. (My parents have been married over 50 years now, and my brothers have both survived close calls that could have gone either way.)

I actually saw details of my first marriage, stuff that my 10-year-old self really didn't want to know about (I was convinced that boys were kootie-infested scum at that age and thought that puberty meant losing one's ability to think rationally). I even saw the car accident that caused an NDE when I was 29. (I didn't get a driver's license until I was 25 and living in an area too isolated to get around in without a vehicle because I grew up afraid of driving).

I was pretty freaked out by that kind of adult knowledge and the choice it seemed to be giving me. There was no way I wanted to die if it was going to hurt Mom and Dad so I was very determined to return to my body.

After that second NDE experience, did you notice any changes in your dream life or lucid dreams? How about changes in your waking life?

I suffered from terrible nightmares after my second NDE. I had encountered frightening beings during that experience. Not evil beings, but they were not made of light the way my imaginary friends were. They seemed soulless somehow. I was afraid of them. At the time they reminded me of the aliens in my older brother's comic books. I was terrified that they would come to pull me out of my body and take me away from my family.

I had been having spontaneous OBEs after my second NDE. I didn't really know what to make of them. They typically occurred when I was in bed, either asleep or trying to sleep. Sometimes it was OK, I'd be in control and just checking out things of interest in various parts of the world. But then I started having nightmares about those entities from my distressing NDE.

The nightmares were terrible. Looking back, I was probably already in the OBE state when many of them started. I'd run from room to room and try my best to get someone to help me, but they wouldn't hear my screams.

I couldn't wake up my parents or my brothers, or even the family dog. I felt absolutely hopeless and abandoned because no one would come to my aid. It never occurred to me that I might not have been in my body, and this was just like in the hospital where my parents couldn't see me or hear me.

Those alien things would show up and I hated them. I knew I was having nightmares, but it seemed very real. I tried to stay awake to avoid the nightmares. After my parents sent me to bed, I'd wait for the adults to go to sleep, then I'd go hide in the closet for the duration of the night. I'd often fall asleep in school the next day. It got me into trouble as a kid.

When I couldn't stay awake, I tried various strategies in my sleep to stop the nightmares.

My paternal grandmother, who was trying to talk me out of needing a night light, gave me the solution to the problem. She said I didn't need an electric light on because I could just create my own light to keep away anything bad. She told me to just concentrate on making light, lots of light, and nothing could hurt me.

I really took that suggestion to heart, and enthusiastically practiced making light. The turning point for me came during a lucid dream when I blasted the scary beings away with that light. Interestingly, that was around the time when I first witnessed poltergeist phenomenon in my waking life.

Tell us more about this turning point, when you blasted the scary beings away with light. What happened?

I had been practicing making light. My grandmother told me to "imagine" creating light, but because I could see things that other people didn't, such as lights around people, I wasn't exactly clear on what the words "imagine" or "imaginary" meant to her. To me, at the age of 11, those words had something to do with whatever I could see that other people refused to acknowledge. So I was very determined to create something that seemed quite real to me. It got to the point that whenever I was frightened, I would just automatically start producing this energy.

On the night that I first used the light, I had been hiding in the closet while trying to stay awake. I don't remember falling asleep, but I knew that I was sleeping even before the nightmare started. I tried to wake myself up, but couldn't do so, and I started to panic. I guess that set off the light.

When the alien things found me in that nightmare, I didn't have to think about what to do next, it just happened. They were bombarded with light. It seemed to hurt them a great deal and they went away. I didn't have to go with them that time. They couldn't take me away. I actually felt safe enough to wake up and leave the closet so I could sleep in my own bed.

Whatever that light is, it has stayed with me all these years. When I have nightmares, it isn't unusual for electronic devices to turn on by themselves. When I'm under a lot of stress in my waking life, sometimes poltergeist activity will occur. But even under normal conditions it isn't unusual for small effects to occur. Things sometimes move, but it's something you get used to. There is nothing sinister about it.

A lot of lucid dreamers have a hard time with the term 'lucid nightmare,' since their lucid dreams routinely feel fun, joyful and amazing. So help us understand what you mean by a lucid nightmare. Can you give an example of one?

I think of lucid nightmares as lucid dreams in which I witness something terrible that I'm not able to do anything about. One such nightmare occurred when I was 21. A close friend of mine was brutally raped in that nightmare. I knew I was dreaming, but I couldn't do anything to change what was happening. It wasn't my reality, it was hers. All I could do was experience it and pray that it wasn't real. But the next morning I found out that my friend had been viciously assaulted by a man we both knew.

So sorry to hear that, and I can see why you call that a lucid nightmare. But did you also have numinous, powerful or ecstatic lucid dreams? If you can, please tell us about one of those.

Yes, I have had many positive experiences too.

I had a very significant dream just before waking up on the morning that my friend Bill Roll passed away. Bill was a parapsychological researcher who I had been working with and had become rather fond of. We met in person in April 2010 at Laurentian University in Sudbury, Ontario.

I had had experiences on that visit to Sudbury of what appeared to be Bill OBEing. The first one scared the hell out of me because we were supposed to meet for breakfast and he didn't show up. I saw what I thought was Bill, who then disappeared into thin air. So I went and knocked on the door of his hotel room, but there was no answer. It took a number of calls to his room (I was

very close to calling hotel security) to finally wake him up. I was very relieved to find out that I did not see his ghost that day.

Sadly, Bill's health declined in the year after we met, and he became unable to maintain any kind of correspondence. After our correspondence ended, I started seeing what appeared to be Bill, just showing up out of nowhere. Bill's "OBE self" typically smelled of cigarettes, which bothered me. He teased me that second hand smoke from ghost cigarettes wouldn't hurt me, even if I didn't like the smell.

During the lucid dream I had on the morning he passed, Bill smelled of roses. I took that to be an attempt at humor on his part, but I was still very sad. I knew it meant he wasn't just OBEing this time. I knew I was asleep and he wasn't. I knew he had passed away.

Bill looked very happy in the dream. He said that he had done what he was supposed to do and that he was quite satisfied. Bill talked about the paper written about the work done on our visit to Laurentian University. He told me that it had finally been published. When I woke up, I checked to see if this was true. It had been published online by the journal that very morning.

At the age of 29, you had your third NDE after hitting black ice and colliding with a semi-truck. I can barely imagine the horrible scene. But briefly, what happened in that NDE?

In that NDE, I saw my paternal grandmother, who had passed away just a few years before the accident. I also saw my dog, Cassie, who was in the car and died in the accident with me. It was your typical, blissful, Near-Death Experience.

I remember standing on a balcony with my deceased Grandma watching Cassie playing on the grass just below us. I wanted to go down and join Cassie, but I couldn't figure out how to get down to where she was. It seemed strange that there was this building in what looked like a wilderness area to me. I thought it was raining, but I remember being surprised that I wasn't getting wet. There was this really soft beautiful light that kind of rained down on everything. It seemed so real to me, more real than anything here.

One of the things that really struck me about that NDE was that I seemed to have these two very distinct lines of conscious experience. I have no memory of the accident itself, but I was obviously awake and conscious while driving down that road. But it's not unusual for head injuries to wipe out any memories formed about 20-30 minutes prior to the impact.

Some of the initial news reports of the accident seemed to indicate that I may have been awake at the time when the first responders were extricating me from the wreckage. I have no memory of that either, but it's perfectly normal for an injured brain to be unable to hold onto new memories. I succumbed to the injuries and lost consciousness for the next few days. At least I lost the sort of consciousness that would have been apparent to anyone seeing me in the hospital at that point in time.

My NDE was so much more vivid than normal consciousness. The memories from my NDE formed at a time when I wasn't able to hold onto memories in my waking consciousness. I know that there are people out there who will say that there is no way to know when the actual memories were formed, and suggest that my mind created these memories after the fact. There are reasons why I don't believe this is the case.

When I was in the hospital, I went in and out of the NDE state of consciousness. I have vivid memories of when I was in the NDE state, but my memories of normal consciousness were different. Apparently every time I woke up, I had to be told what happened to me, and by the next time I had woken up I would need to have things explained to me all over again. I wasn't able to form memories and retain what I had been told. Everything seemed so blurry and it took days to get to the point where I could remember what they had been explaining to me over and over again. But there was one exception to that memory loss.

The volunteer firemen who rescued me from the accident came to see me in the hospital. There had been concerns that I might lose the sight in one eye because of all the glass that had been imbedded in my face. My eyes were swollen shut from all of the bruising, and there was no way to know if the eye was going to be OK until the

swelling had gone down. The firemen had brought me a white teddy bear. They were using it to try to wake me up and get me to open my eyes for the first time.

I remember going from the NDE place to that hospital bed where the firemen were making the teddy bear dance and talk to me in an effort to elicit my attention. The NDE state was so vivid, and being in my body in that hospital bed was blurry and painful. I thought normal consciousness was the dream, because it lacked the clarity I had gotten used to in the NDE place. Not to mention that the sight of grown men playing with a toy bear seemed a little absurd. When I opened my eyes to look at them, they were so excited. I wasn't sure why.

That was very early on in my hospital stay, before I was able to form memories in normal consciousness. I've wondered if that memory may have formed at the boundary between NDE consciousness and normal waking consciousness. I kept that memory because every time I woke up, I saw the teddy bear in bed with me. It reminded me of seeing those firemen when they came to visit. That's how I knew it hadn't been a dream. And that's why I'm certain that I had formed memories of my NDE before I could form memories in normal consciousness.

How did these NDEs change your view of your life and the nature of this experience we call physical life?

I don't ever remember being afraid of death. I've been afraid of lots of other things in life, but I've always felt that dying wasn't the end. Having had the first NDE at such a young age, I've just grown up without that particular fear. It seems like we are so much bigger than this one life.

That being said, I still live a very normal life. I'm not a particularly enlightened soul. I stress out over the normal stuff. I'm not always as nice as I should be.

Because you have had lucid dreams, OBEs and three NDEs (plus an array of psychic experiences), how are these three states similar?

I think they are all part of a continuous spectrum of experiences that consciousness allows for. I think sleep is a state that may make it easier to access some of that "bigger consciousness" which I experienced with such vividness in my NDEs. Of course, sleep isn't a requirement to have an OBE or NDE. And a lucid dream just doesn't have that intense, pure experience of knowledge and love that characterizes an NDE.

I've had a number of OBEs and lucid dreams that didn't include any sense of that larger self, but there have been others that were much closer to what I experienced in my NDEs. I sometimes have what I'd call "experiences of light", where I can see/feel/hear that NDE light. That is often associated with feeling "bigger than myself", which is often the precursor to a full-blown OBE. I don't have to OBE to have the

I DON'T EVER REMEMBER BEING AFRAID OF DEATH. I'VE BEEN AFRAID OF LOTS OF OTHER THINGS IN LIFE, BUT I'VE ALWAYS FELT THAT DYING WASN'T THE END. HAVING HAD THE FIRST NDE AT SUCH A YOUNG AGE, I'VE JUST GROWN UP WITHOUT THAT PARTICULAR FEAR. IT SEEMS LIKE WE ARE SO MUCH BIGGER THAN THIS ONE LIFE.'

experiences of light though. I've had such experiences in lucid dreams as well as when I'm awake. But I think the boundary between sleep and awake might be a little less obvious for many NDErs, which could explain why we seem to be more open to unusual experiences.

What has been your strangest experience with lucid dreaming?

That's a tough one, since there is a lot to choose from.

If you had asked that about OBEs the answer would have been obvious. The strangest OBE was the night my husband saw both my OBE self, and my body seemingly asleep in bed, at the same time.

I guess the oddest lucid dream was one I had when I was 12-years-old. I was not one of the popular kids at that age. I thought I was always going to be unpopular, and ugly, without many friends (and certainly without a boyfriend, which was probably my big concern at that age). Then I had this lucid dream in which I talked to my future self. My very popular, 19-year-old self. At 19, life was pretty good. I was in university studying Fine Arts. I had been playing drums in a punk band for fun while going to school. I was doing all the things that I loved. And there was no shortage of guys asking me out. That dream was a real turning point for me. I knew everything was going to be OK.

Interestingly enough, I had the second part of that dream when I was 19. That time I dreamed about talking to my younger self to let her know how well things were going.

As someone with a deep interest in science, do you feel that science doesn't get it, or science ignores the potentially revolutionary aspects of lucid dreaming, OBEs and NDEs? It would seem that examining these experiences closely would lead to a better understanding of consciousness and the nature of reality.

It's the lack of curiosity that really gets to me. Scientists should be curious, but as someone who went through the indoctrination of a

graduate level education in science, I can tell you that in my experience, academia does not reward curiosity.

I think there are scientists who would like permission to be openly curious and explore these kinds of topics, but right now that is very difficult to do.

Final thoughts, suggestions, tips or techniques?

I find it strange to be asked for tips and techniques. You should understand that I've never tried to have these experiences on purpose. There have been times in my life when I tried very hard to find a cure for these experiences. It's taken me a long time to start accepting them as being normal human experiences.

I guess I can point out that one thing that has seemed to facilitate OBEs lately has been listening to binaural beat recordings. I've been testing such recordings for a company called Sacred Acoustics.

Thank you Cherylee for sharing your incredible experiences with us!



LUCID DREAMS AND OBEs: A PHENOMENOLOGICAL APPROACH

by E. W. Kellogg III, Ph.D. ©2014

Given the theme of this issue of **LDE**, "Lucid Dreams or **OBEs**," I'd like to share some of my comparative observations, based on my own experiences. I've had well over a thousand fully lucid dreams, and around a hundred **OBEs**, many of them intentionally.

Some controversy has arisen on the nature of lucid dreams (**LDs**) as compared to **Out-of-the-Body** (physical) **Experiences (OBEs)**. I do not consider **OBEs** as simply a kind of lucid dream. Of course differentiating **OBEs** and lucid dreams depends very much on how one defines them in the first place. I differentiate them based on my own experiences, and reasonably careful personal observations. For the most part, in discussing **OBEs** and lucid dreams with other people who've experienced them both, I've found good agreement with the phenomenology I'll describe.

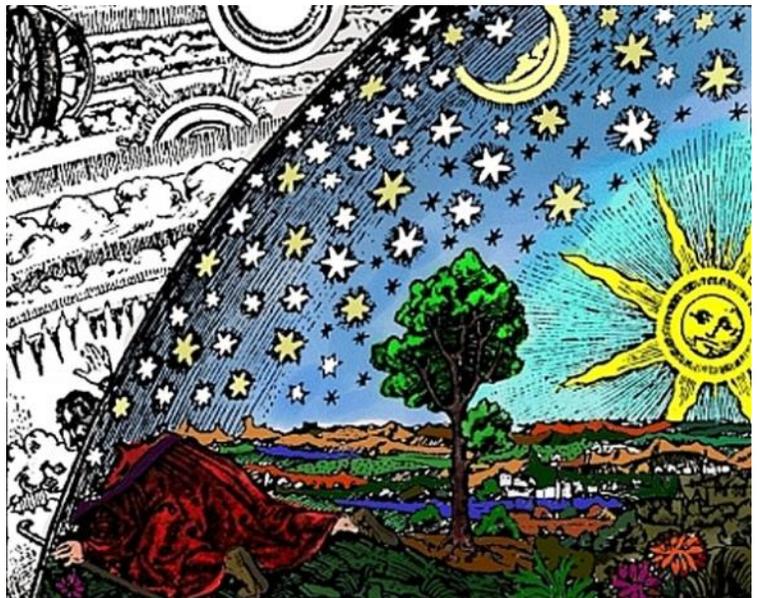
So how do **OBEs** differ from lucid dreams? For one, most people who've had **OBEs** vehemently deny not only that they had a dream, but also claim to have actually left their physical bodies. By this criterion alone **OBEs** fail to meet the most basic definition of lucid dreaming, that individuals realize *that* they dream *while* they dream. Do **OBEs** really leave their physical bodies? From a phenomenological point of view (see **Note 1**), the question of "what really happens" in a hypothetical "objective reality" seems beside the point. Do **Out-of-Body Experiences** exist? Of course, and so do **In-the-Body Experiences (IBE)**s! But do **OBEs** constitute a category of experience distinct from lucid dreaming or not? In my experience, **OBEs** differ from lucid dreams in other important ways. Let's take a look at a few.

Environmental Stability

First, in my experience environmental stability in **Out-of-Body Reality (OBR)** seems much more like waking physical reality (**WPR**) than lucid dream reality (**LDR**). When I take a second and even a third look at objects in **OBR**, the objects stay very much the same. I generally find myself in a close counterpart to my physical body, but sort of a semitransparent white color, that can feel very light, or very dense, depending upon my "vibrational rate." I feel a very strong and defined sense of embodiment, directly comparable to that felt in my "physical" body. Unlike in **LDR**, "magic" does not work very well in **OBR**. My body shape seems relatively immutable, and although I can fly (and go through walls) if I speed up my vibrational rate sufficiently, I've had very poor success with psychokinesis, transformations, materializations, etc., tasks which I can usually perform with ease in lucid dreams. In **OBEs** I generally go about naked and have had little success in generating clothes, which appear automatically in **LDR**.

"Waking up," and Memory

Although my state of consciousness during an **OBE** feels very similar to that in a *fully* lucid dream, my memory of the experience after the fact has an exceptionally vivid and enduring quality. This stands in marked contrast to my memory of even fully lucid dreams, which tend to fade unless I make a strong intentional effort to remember them after waking up. Furthermore, I actually don't experience "waking up" as such after an **OBE**, just a return of my consciousness to my physical body. The lack of the transitional sensation of "waking up", and the clear and unforgettable aspect of my memory of an experience acts as a kind of litmus test for me, verifying that I've had an **OBE** and not a dream.



The Pre-OBE State/Sleep Paralysis

First, in between the physical reality waking state and the **OBE** state, in what I call the **pre-OBE** state, a kind of experience occurs that seems relatively common - usually described under the heading "sleep paralysis." During such experiences, although I feel fully awake, I cannot move - I feel physically paralyzed.

In my early experiences of **OBEs**, I often felt waves of energy rushing up and down my body, and heard a buzzing vibration sound. My consciousness felt dissociated from my physical body and associated with a second non-physical body, but this second body still seemed attached to the physical. I can see and hear, but although it seems like I do this physically, I often see and hear things not physically present. And although I can see, my physical eyelids remain shut. I see a room that looks like my physical bedroom, but I may also see other entities in it - from "ghosts" to "angels" to "aliens". Many others have reported experiences like this during sleep paralysis - most find these experiences quite unsettling.

If I intentionally speed up the vibration/wave moving up the body, I experience this second non-physical body becoming "unstuck," and I can move away from my physical body, which remains in place. During all of this I feel fully awake in a similar way that I do when physically awake.

Partial OBEs

Sometimes I become incompletely unstuck, and have a sort of "partial **OBE**," where for example, only my non-physical legs have detached, and they float above my physical legs. I can sense both pairs of legs, but can only intentionally move the non-physical pair. I find these experiences amusing rather than harmful. Again, if by speeding up my vibrations I can usually unstick the rest of this second body, roll out, and have a full blown out-of-the-body (physical) experience. I've probably had this experience dozens of times. I've also talked with other people who have reported similar experiences in the pre-**OBE** state.

Three Bodies

On rare occasions I've experienced myself in three phenomenologically different bodies in sequence. For example, I start in a dream, lucid and aware of myself flying in my dream body. I then "wake up," to find myself not in my physical body, but in a non-physical body, floating above my physical body in my bedroom. And finally, I get pulled back into my physical body, lying in bed. To my embodied consciousness, from the inside-out, each of these three bodies feels different, the dream body the most subtle and

changeable, the physical body as the most dense and stable, and the **OBE** body as somewhere in between.

An Unusual After Effect: Losing the Fear of Death

Finally **OBEs** - but not dreams - often absolutely convince the experiencer, as they did in my case, that they can exist without a physical body. They often lose their fear of death. Those who've had **OBEs** quite often find that they enjoy life much more, with a different core attitude towards it - an effect that will last a lifetime. An even more pronounced effect happens after an **NDE**, which usually include an **OBE** as well.

Dreams of OBEs?

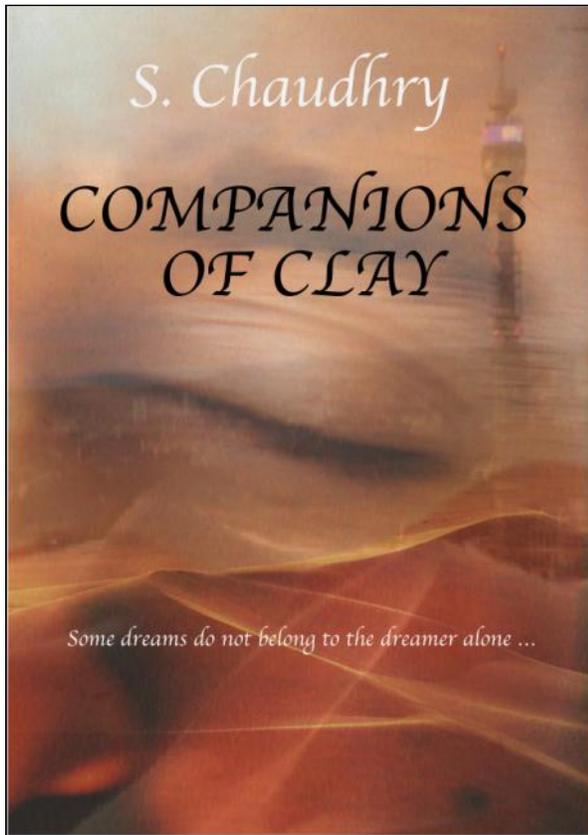
So, if **OBEs** and lucid dreams have such distinct characteristics, how does it come about that people - even research scientists - somehow conflate the two?

Well first off, although I've focused in this short article on differences, **LDs** and **OBEs** obviously also have a number of strong similarities. Second, once someone has had enough **OBEs**, they may begin to have dreams of **OBEs**, just as they have dreams that can convincingly counterfeit **WPR** experiences. Often times I find that paranormal researchers (especially those who have little or no personal experience of **OBEs** themselves) include 'dreams of **OBEs**' in their data pool, which often leads them to the mistaken conclusion that **OBEs** just seem a kind of dream.

As for me, until I gained a greater understanding of the phenomenology, I initially only considered an **OBE** genuine if I maintained a continuity of consciousness from lying down in bed to experiencing myself leaving my physical body, while maintaining full conscious awareness throughout the process. Whatever "really" happens in **OBEs**, for me they belong to a distinct category of experience easily differentiated from lucid dreams. Neither "fish nor fowl" **OBR** has similarities to both **WPR** and **LDR**, while having characteristics different from both. If you've had lucid dreams and out-of-body experiences yourself, I invite you to do your own phenomenological research, and to let us know what you find!

Note 1 For more information about the phenomenological method, and what this involves with respect to dreamwork, see my paper "[Mapping Territories: A Phenomenology of Lucid Dream Reality.](#)" *Lucidity Letter*, 8(2), 81-97 (1989), available online at [academia.edu](#).

NEW BOOKS OF INTEREST

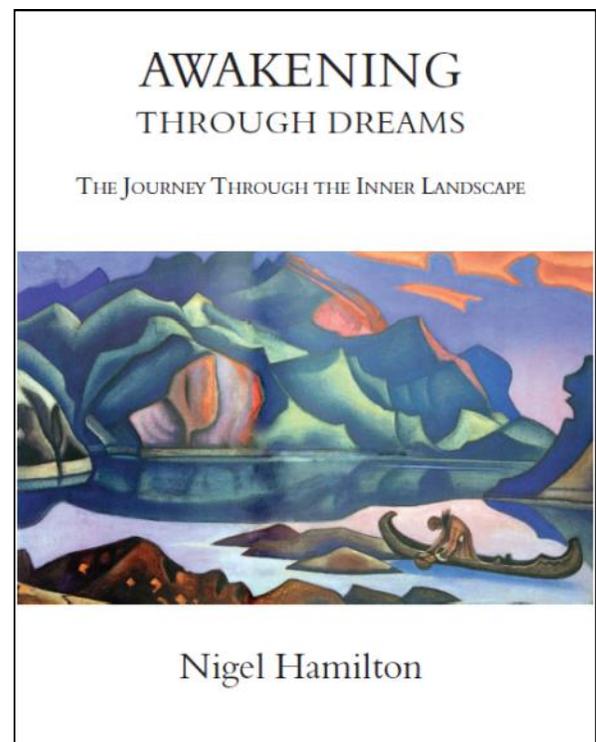


"I always enjoy a good novel on long flights, but was really pleased by this first novel, Companions of Clay, by author, S. Chaudhry. Weaving lucid dreams into some tight dialogue, realistic lives, thoughtful struggles and believable settings gave me hope that some Hollywood type would find this novel, and realize how lucid dreaming works. You can find it at Amazon in the Kindle edition. I give it 5 stars."

- Robert Waggoner

"Nigel Hamilton offers valuable insights for those using dreams and dreamwork for personal and spiritual transformation. Through working thoughtfully with dream symbols, settings, plots and movements, Hamilton shows how you can benefit from attending to the inner realm of dreams."

- Robert Waggoner



Voluntary Astral Projection: A New Study Reveals Some Answers

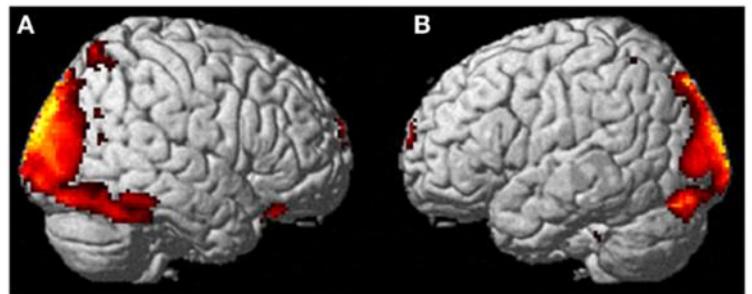
By Bill Murphy, LDE Science Correspondent

In a paper published February 10, 2014 in the journal *Frontiers in Human Neuroscience*, brain function of a healthy volunteer experiencing the sensation of being out of her body was analyzed. The 24 year old graduate student reported she had developed the ability for astral projection as a child and continued the practice into adulthood. In a number of articles I have prepared for the *Lucid Dreaming Experience* magazine, I have reported on the use fMRI (functional Magnetic Resonance Imaging) devices that reveal which areas of the brain are active during various states of consciousness. Please see the December 2012 issue for additional information on how this neuroimaging device works. Understanding how these instruments perform may help with comprehending how brain function of the volunteer was examined during her moments of astral projection.

In a typical out-of-body experience, individuals report they are aware of their consciousness being separated from their physical body. Some people state they can see themselves, which suggests their perception is not originating from their sensory organs, but rather from what some may call their “spirit” or “discarnate awareness”. Without exception, the sensation is described as exhilarating by those fortunate enough to experience it. It doesn’t take much imagination to become excited at the idea of being able to mentally leave your physical body, while remaining safe knowing your vessel is there awaiting to be reunited with your mind after it completes its journey.

In the single study that was published, there is now a better understanding of how this one volunteer is able to experience astral projection. In an interview prior to the fMRI analysis, the graduate student revealed some interesting details of her “projections”. I found her descriptions to be unusual as many people who “go astral” see their physical body from a perspective that is usually above their own body, while the student who volunteered from this study “sees” her astral body floating over her physical self. She would also sometimes see her physical body instead of the projected image, but in both cases she had an awareness of two bodies, one physical, and one astral. So, just what did the fMRI reveal?

Amazingly, her brain scans indicated a strong deactivation of the visual cortex, while areas of the brain associated with kinesthetic imagery became active. Kinesthetic sense is how people detect their placement in a physical space. The stimulus comes from all the senses, and the brain interprets the information to feel where they think they are. Although it would be easy to assume that what we feel and think are always connected, the fact is that brain function can be compromised by various factors, and sometimes the association of where a person actually is, is different from where they think they are. In this case, our volunteer is able to exploit this phenomenon and sense her body is located away from where she is physically. This ability to “split” and be in two places simultaneously is considered by the researchers to be a hallucination, one that allows the volunteer to in effect create and manipulate another body. The fMRI image below was used to compare the reduced activity of the visual cortex while astral compared to when the subject was at rest.

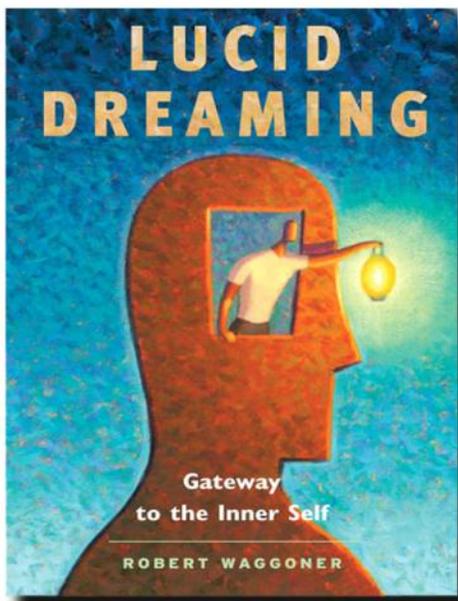


This study suggests the experience of astral projection is different from lucid dreaming since the reliance of the subjects feeling of physical placement is dependent more on kinesthetic sense than

visual imagery. Previous research has indicated a link between what we see in our mind during lucid dreams and activity in the visual cortex.

Since this groundbreaking study of astral projection conducted by Claude Messier and Andra M. Smith at the School of Psychology at the University of Ottawa, Canada involves a single volunteer, more research would be welcome. It is possible that other individuals may employ different brain functions and have a comparable experience. It is well established that different senses sometimes trigger unexpected results such as “hearing” colors so perhaps some people may become astral through another mechanism not yet understood. But the lucid dreaming community may now be one step closer to understanding how we experience the breathtaking experience of being freed from the constraints of our physical body whether it is in the dreamscape or the astral realm.

Available on Amazon.com in Paperback or Kindle!
Lucid Dreaming: Gateway to the Inner Self
by Robert Waggoner



Customer Reviews

★★★★★ (89)
4.7 out of 5 stars

I wholeheartedly recommend this book to anyone with an interest in lucid dreams.

K. C.

I noticed that every single review is 5-stars, and after reading them I couldn't wait to get my hands on this.

Gary S.

No other book on lucid dreaming has fascinated and inspired me as much as this one.

Daniel W.

My Top 10 Lucid Dreaming Experiences

What are the “Top Ten” things you’ve done in 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!)

Shifting Focus: How to Move From a Lucid Dream to an OBE

By Robert Waggoner © 2014

Intentionally and unintentionally throughout the day, you shift the focus of your awareness. Moving from waking to sleeping and back again provides powerful evidence for a significant shift in awareness. Similarly, transitioning from waking to deep meditating offers an intentional shift in focus and awareness. Even during a boring conversation, you may notice your awareness unintentionally moving away to an inner memory that suddenly seems more captivating.

Profound shifts in focus and awareness also occur in moving from regular dreaming to lucid dreaming. Upon seeing a dinosaur and wondering how to respond, you suddenly realize, 'Wait a second. This is a dream!' At that moment, according to neurophysiological research, you move to a 'hybrid state of consciousness' in which the ancient dreaming portion of the brain simultaneously engages portions of the cerebral cortex involved in self-reflection, awareness and decision-making.

However, did you know that from within a lucid dream, you can shift your awareness again, and enter an OBE state?

Rarely discussed, except by experienced lucid dreamers, the concept of shifting states of awareness from lucid dreaming to an OBE seems not only possible, but can easily show the distinctive qualities of lucid dreams and the OBE state. Equally plausible is the idea of shifting from an OBE to a lucid dream, if you know how to do it. Essentially, awareness appears infinitely malleable.

I first became aware of this concept of shifting awareness while reading Jane Roberts' book, *Seth, Dreams & Projections of Consciousness* (1986). There, the issue of lucid dreams (or "awake seeming dreams") and OBEs

become placed under the broader umbrella of "projections of consciousness" with lucid dreams and OBEs being singled out as two distinct forms, each having unique characteristics.

Significantly, the book suggests that a lucid dreamer may slip from the lucid dreaming form into (or out of) an OBE form without realizing it. For this reason, an explorer of consciousness has to be particularly observant and discriminating.

As I read this, I began to think about certain special lucid dreams. Somehow, the lucid dream shifted to one of considerable agility, stability and length, instead of my normal concern about maintaining my awareness and not getting re-entranced by the dream. Looking back, I realized *I may have shifted* from a lucid dream to the relative stability of the OBE form, and simply considered it at incredibly stable lucid dream.

Concurrent with this new idea, in a lucid dream in 1985 I discovered the "awareness behind the

'RARELY DISCUSSED, EXCEPT BY EXPERIENCED LUCID DREAMERS, THE CONCEPT OF SHIFTING STATES OF AWARENESS FROM LUCID DREAMING TO AN OBE SEEMS NOT ONLY POSSIBLE, BUT CAN EASILY SHOW THE DISTINCTIVE QUALITIES OF LUCID DREAMS AND THE OBE STATE.'

dream” or a non-visible awareness which lucid dreamers could ask questions of and make requests. As I repeatedly noticed the responsive nature of this layer of Self (something which Castaneda mentions much later in his 1993 book, *The Art of Dreaming*, as the “dream emissary”), I managed to shift from a lucid dream to an OBE by simply requesting my intent to this larger awareness: “I want to move to the next form!”

Suddenly at that moment, my lucid dream perception ended, and I found myself consciously aware in the kitchen of our house (about 10 feet below my sleeping body), aware within an OBE. I felt stunned at this amazing shift – from lucid dream to local environment OBE – especially to see my own house (or a seemingly perfect replica) with the dawn light, infusing the outdoors.

Taking advantage of this amazing opportunity, I flew out the window with extraordinary ease and agility, through various houses and around the neighborhood. I even managed, I believe, to frighten one of the neighbors as she lay in bed. Her husband had recently passed over, and though she seemed a bit frightened to see me in the doorway, I assured her that the spirit survives physical death and my presence there showed proof. (Interestingly, later when her home was sold, I visited it during an open house and confirmed interior structural details that I noticed in this OBE.)

As a technique, this ‘requesting the assistance of the larger awareness’ seemed quite astounding. Perhaps it helped that I already felt comfortable engaging the larger awareness in lucid dreams before I tried this, and that I had a fair number of OBEs too. With that level of past experience, this specific technique seemed simple, quick, direct and most importantly, successful.

Later, when reading Carlos Castaneda’s book, *The Art of Dreaming*, I learned of other approaches to making this or similar transitions. The shaman don Juan suggests to Carlos that various “gates” of dreaming exist. To access the second gate, he suggests “One [way] is to wake up in another dream, that is to say, to dream that one is having a dream and then dream that one wakes up from it. The alternative is to use the items of a dream to trigger another dream....” (p 44)

Additionally, Castaneda reports that in an altered state, he receives more advice from a mysterious woman, “Then in dreaming the exercise was to dream of falling asleep a second time in the same [body] position as the dreaming had been started. She promised me extraordinary results, which she said were not possible to foretell.” (p 230) Basically, I took this to mean that I should use lucid dreaming to find myself sleeping in bed, and then adopt that same position, as I then fell asleep in the lucid dream.

As I recall, when I did this latter approach in a lucid dream, I instantly shifted awareness to another level (most similar to an OBE because of its stability and seeming objectivity) and had some interesting conversations there. Doing the former approach, I had an equally profound experience, which resulted in apparent minutes of moving through, or falling through, ‘darkness’ until finally, fascinating light and profound images were shown to me.

Aware within a dream, you have an extraordinary platform from which to explore the infinity of awareness, particularly, if you have techniques and the ability to let go of any fears or concerns. Shifting awareness can be as easy (and profound) as ‘Waking up!’

References:

- Carlos Castaneda, *The Art of Dreaming*, (New York: Harper Collins), 1993
- Jane Roberts, *Seth, Dreams & Projections of Consciousness*, (Walpole, NH: Stillpoint Publishing), 1986
- Robert Waggoner, *Lucid Dreaming: Gateway to the Inner Self*, (Needham, MA: Moment Point Press) 2009.

The Three Me's

By Maria Carla Cernuto © 2014

This is an account of an OOBELucid dream taken from a blog I wrote for DreamsCloud.com titled, "Another Look at Out of Body Experiences: Astral Projection Versus Lucid Dreaming." It illustrates how getting lucid can lead to an OOBELucid. Lucidity began in sleep paralysis, was followed by a false awakening, and later progressed into an OOBELucid most sublime. Here's a link to the full blog:

<http://www.dreamscloud.com/en/blog/lucid-dreams/another-look-at-out-of-body-experiences-astral-projection-versus-lucid-dreaming-294>

I hear sounds downstairs like a dog's nails clicking across the tile, and the jingling sounds of dog tags. I muse on the fact I don't have dogs anymore. I hear the sound like a ting-ting repeatedly, and wonder if it's the ceiling fan, and soon recall that I didn't turn it on before bed because it's cold outside. I feel the sensation of separating from my body and hear rushing/whooshing sounds. I hear whispering voices calling my name; it seems as if they are at my ear. I can't move. I say to myself, "I'm in sleep paralysis, go back into sleeping-dreaming mode." I wake up (FALSE AWAKENING). I feel a weight on the bed as if a dog jumped onto the mattress, or a person sat down. I think, "Wait, I'm dreaming and in sleep paralysis again."

I see my physical body in bed lying motionless, I see a Shadowy Me (My Etheric Body perhaps) guarding the Physical Me, not going more than a few feet from my corporeal body. I see this all from a prone position at ceiling level. My bedroom looks exactly as it does in waking reality. I can see my Light Body (Astral/Dream Body) at ceiling level in the mirrored dresser. I am light, a brilliant white radiance with a bluish hue.

A female shadowy figure with elfin ears enters the room from out of the floor and leaps onto the bed. I feel a weight shift upon the mattress again. The elfin-eared being is trying to get to the Physical Me; but the Shadowy Me is aggressively protecting my sleeping body – even hissing at the creature. Shadowy Me sits at the foot of the bed facing the floor in the Celtic Sheela na Gig posture, and eventually,

Shadowy Me jumps onto the elfin/impish being as she vanishes back into the floor (the foot of the bed area, into the carpet).

The Light Me is observing all of this impersonally, yet marveling (a feeling of both joy and wonder) at the sight of The Three Me's, and I wake up during sleep paralysis, sort of peering through a fleshy sarcophagus. Finally, I am able to move, and I awaken feeling invigorated.

At the beginning of "The Three Me's," I had the awareness typically found in a lucid dream, yet I no longer viewed what I was witnessing as a dream as the experience progressed, despite having initially identified it as such; however, while in my Light Body I was simply Being and observing, cognizant of the multi-layers of Self, each having their own level of existence.



LUCID DREAM OR OBE: MAPPING THE DIFFERENCES

By Josh Langley © 2014

In the early days of my consciousness exploration, my first OBEs were instigated from dreams. Now that I've had over 40 lucid dreams and 15 or so Out of Body Experiences, I can say that initially they felt completely different, but now the nature of both kinds of experience has changed to the point where I can't tell one from the other.

Even though my first few OBE's were instigated from dreams, I wasn't lucid at the time. The dreams contained some strong kinetic movements, like driving a car really fast, spinning around, or jumping off something. That would lead to a physical 'turning inside out' sensation and my awareness popped out of my sleeping self and I was in my bedroom at some point above my bed. Other times I'd fall through the bed or roll out of it. My vision was often blurred in one eye and I had to ask for "clarity now" to bring things into focus.



OBE indicators were:

- Dreaming of kinetic movement.
- A physical turning inside out sensation.
- A strong sense of 'I' awareness outside of my physical body. Just a point of awareness floating and/or astral body movements (i.e: feeling my arm or leg moving).
- Being very excited.
- Blurred vision.
- The experience not lasting very long.
- Not waking up, just opening my eyes.

As time went on, I could go lucid in the dream and consciously create the kinetic sensation that triggered the turning inside out experience. Usually, I achieved this by jumping up and down on the spot. Strangely, I learned to fear the sensation and would automatically pull out of any exit attempt. It seemed that I was definitely crossing over into some new territory and that frightened me.

Since then, I've mainly focussed on lucid dreaming to achieve my goals, but after a while I'd have the OBE 'separate point of floating awareness' feeling occur in the lucid dream, where I was like a ball of consciousness floating instead of exhibiting human characteristics, or I felt astral body movements without having any of the vibrations or turning inside out sensations. Sometimes I could put my hand through a wall and sometimes I couldn't.

At times I'd 'wake up' with the awareness of astral movements, like the classic teeth falling out, and from there I could move into a lucid dream. When I successfully attempted the WILD technique on a couple of occasions, I found that I could have multiple experiences going on simultaneously.

One of the creepiest aspects of the blurred lines between OBEs and lucid dreams was the couple of occasions I held out my astral arm while in a black, void-like space and asked for someone to pull it to instigate an OBE. I felt a definite sensation of someone else grabbing my arm and pulling it. I obviously freaked out, aborted the attempt and woke up in a cold sweat!

In hindsight, I feel that the early strong OBE sensations indicated entry into a plane or astral field relatively close to the physical earth plane, hence the strong physical sensations. A lucid dream could be more in the higher mental plane where it's easy to transition into without any physical symptoms. This is just a theory and needs a lot more fun investigation.

Dreaming with Polar Bears

By Dawn Baumann Brunke © 2014

Imagine yourself in your private dream world, walking through an Arctic landscape, shoulder to shoulder beside a polar bear. You wake up inside the dream and realize: I am dreaming! You turn to the bear, look into his eyes, and realize that he, too, is awake within the dream. He is sleeping in his world, you are sleeping in yours, and yet you have woken together in the very same dream.

This is what happened to me several years ago. I was fascinated by the idea of meeting another lucid dreamer — and a polar bear, no less! — in a shared dreamscape. The awareness that I was dreaming, that the bear was dreaming, and that we were both lucid and seeing each other inside a joined dream was a turning point for me, and the beginning of a remarkable collaboration. It led to more dreams, many filled with dialogues and adventures, not only with that unique polar bear dreamer, but with groups of bears involved with specialized dream teachings that, they said, were part of planetary evolution.

Wild stuff, huh? It's what I love about dreams, for here we are free to explore far beyond the range of consensus reality. We may also be surprised to discover that others are doing the same.

I had been dreaming of walking beside that polar bear in the high Arctic for about a year. The dreams were short, simple and sporadic — from a few times a week to once a month. Always we were moving: one foot, one paw, in front of the other. Calm, deliberate, steady.

Unlike my other dreams that sprawled with action and events and colorful characters, the polar bear dreams felt like hard little seeds. They held a unique quality, though what this quality was I could not exactly say. I was not lucid inside the dreams, but I sensed a growing awareness within.

In waking life, I worked with the dreams. I wrote them down; I drew sketches; I retold the dreams as if I were the bear, the landscape, a disinterested observer. I tried to re-enter the dreams in meditation, to question the dream bear, to engage the help of a dream guide, or to find some symbolic clue or pattern as to why this particular dream was recurring. But it was as if the dreams were encased by a protective coating, a barrier not easily yielding to any of my preferred dream techniques, nor any I found in books.

Clearly, there are times to persist and times to yield. I felt it best to leave the dreams be, to simply experience them, allowing them to unfold naturally. What else could be done? Then, a moment of lucid awareness changed everything. From my dream journal:

As usual, I walk beside the polar bear. It is night and we are traveling across a wide, flat, silvery expanse of snow. The air is crystalline, sharp and clear. I notice a rhythm in our walk, something distinct and familiar. Slowly, realizations come to me, one by one: I have been here before. This is a dream. I have dreamed this dream before. I am dreaming now. The recognition is both obvious and amusing. With a laugh, I reach out to touch the bear's shoulder and he turns his great white head to me. I realize I am quite calm, not overly excited as I usually am in lucid dreams. For a moment I want to question the bear — Why are we here? What are we doing? — but my awareness is now also within the bear. He is looking at me, into me, and I see myself through his eyes. He remembers me; he has seen me before, in his dreams. Then I realize: not only am I dreaming, he is dreaming, too. We are both awake — lucid and aware — within each other's dream.

How does it happen that two dreamscapes touch and merge together into one space, in shared awareness? Initially, I mused that the bear and I had wandered to the far reaches of our respective dream

territories, found a secret doorway, and opened it to find each other — and a larger way of dreaming. Later, however, I encountered gatherings of lucid dreamers. Several dreams featured a meeting place where visitors came together to converse, share information, and plan adventures. I would come to learn that there are many such shared dream locales where lucid dreamers of different species, from all over the world, meet 'under cover' to connect and create.

My dreams of walking beside the polar bear continued, but things were different now. I was almost always lucid within the dreams and so, said the bear, was he. Our shared thoughts flowed through the dreams, night to night, in seamless conversation. The polar bear claimed he was a specialized dreamer, a real bear living in the Arctic who had the ability to share dreams with other dreamers. I claimed to be a real human living in Alaska who was relatively new to this way of dream connecting.

Dreaming the dreams was like living inside a fantastic novel. The bear told me what it was like to live as a polar bear, describing his den, his mother, his life as a cub. He showed me how he learned to hunt, how to smell the snow and wind to know where seals were sleeping or when storms were coming.

I also met the Polar Bear Council, a group of spirit bears who spoke of special teachings that polar bears hold for the Earth: the ability to consciously dream. They said they had important reasons to arrange for a human and polar bear dreamer to meet. It was not only to share their story with humans but also to reveal what is possible and inspire us all to dream large.

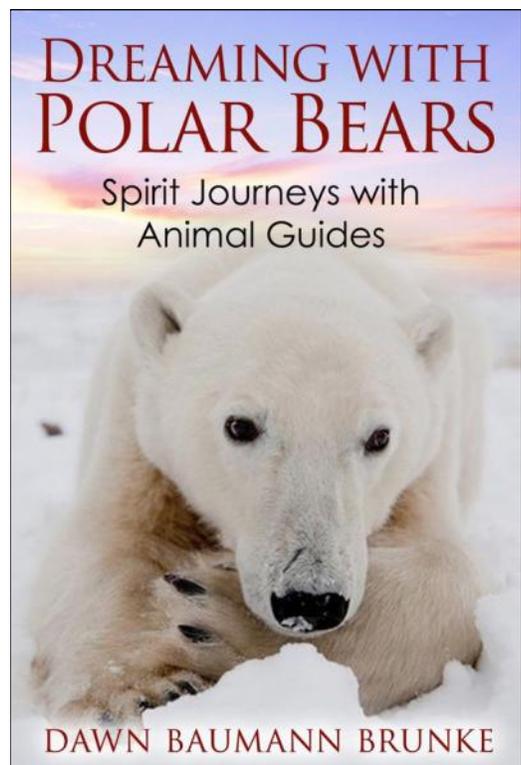
Like I said: Wild stuff, huh?

Dreams are an impressive pathway to remembering ourselves home. In the reality of the dreamworld, we live and love and learn. We may encounter meeting places between realities, collaborate with dream partners, and begin to explore unique dreamscape environments both created and discovered when two dreamers meet. The dreamworld speaks to us — personally, and profoundly. Is this not an incredibly ingenious way of learning more about who we are?!

The polar bears do not consider dreaming separate from their lives. Think of it as fluid dreaming, they suggested, for it moves with us as we move throughout our life, day and night. Humans can also become fluid dreamers, conscious dreamers who glide elegantly through layers of reality, dream ambassadors who carry the energy and insight and wisdom of our unique experiences into the waking world.

It seems so simple, walking beside a polar bear in your dreams. Yet all the while the dream is deepening you. As we open ourselves to the power of dreaming, we begin to expand our perceptions of reality, embrace our connection with all life, and rediscover the dream songs that encircle the earth and unite us as the fellow beings in awakening that we are.

Dawn Baumann Brunke is the author of five books, including *Animal Voices* and *Shapeshifting with our Animal Companions*. Her latest book, *Dreaming with Polar Bears* (from which this article was partially excerpted), will be available in October 2014. For more, see www.animalvoices.net



What's in a Label?

By Hayden Ebert © 2014

Lucid dreams, Out of Body Experiences (OBEs), Astral Projection... as if the subject of consciousness were not complicated enough, we have all this terminology to decipher. There are hugely varying opinions on the subject of what defines one experience versus another and, as a result, many people remain confused. Ultimately, our own experience will be the best way to answer the questions we may have regarding the varying states of consciousness. However, there are certain characteristics that can perhaps define some of the notable distinctive traits of each type of experience.

But first, rather than looking at the differences, it may be more helpful for us to look at the similarities of the states:

The characteristics listed below are common to both OBEs and lucid dreams:

- The full waking awareness of the practitioner is present.
- A very definite sense of the solidity of the surroundings.
- The environment feels real and separate from ourselves, but it can be affected and influenced by our thoughts.
- Expectation plays a heavy role in the experiences we have.
- Our sense of body is usually present.
- We are able to navigate in ways not possible in physical reality, such as flying and walking through walls.
- We are able to communicate with the larger awareness directly.
- We have full cognitive function.
- We have full use of our 5 senses.
- We know the experience is not happening in physical reality.
- Induction methods for both experiences work equally well for each other.
- Increases in the frequency of lucid dreams will also naturally increase the frequency of OBEs and vice versa.
- Techniques for prolonging the non-physical state are the same for both experiences. These include using tactile sensations, commanding more awareness, etc...

As we can see, the similarities are fairly extensive. So what are the differences? In my experience, the list below defines the differences between an OBE and a Lucid Dream:

- An OBE is entered directly from the waking state, either while going to sleep or after a period of sleep and a short awakening.
- OBEs can sometimes begin by entry into a void space with no imagery but only tactile awareness.
- A lucid dream is entered after a period of unconscious sleep and a trigger within the dream alerting the dreamer that they are dreaming.
- An OBE contains definite sensations of 'leaving the body', which are often accompanied by vibrations, buzzing feelings and audible phenomena. A lucid dream, on the other hand, has none of these sensations, as the practitioner is already asleep when it happens.
- Generally in an OBE, the practitioner will find his or herself within a reflection of the immediate surroundings in which he or she fell asleep, (i.e. the bedroom) and will then navigate deeper into the dream/astral space.
- OBEs can sometimes begin by entry into a void space with tactile awareness, but no imagery.

After the entry point phenomena and navigation away from the immediate surroundings which reflect the physical world while in an OBE, the experience becomes very much the same as a lucid dream. The lines between the two become blurrier by the fact that certain phenomena we would perhaps usually categorize as unique to one experience or the other become present during both experiences. Examples of this include:

- The re-entry point: Many experienced practitioners will have multiple experiences during one session. When we have a lucid dream we can often re-enter it after a short awakening by staying completely still and focusing our intent. When we do this our re-entry is often accompanied by the sensation of leaving our body, but usually without any vibratory phenomena. Does this then make it an OBE or simply a continuation of the initial lucid dream?
- The Void: this is often experienced during OBEs immediately upon separation from the body, however it is also sometimes experienced between the collapse of lucid dream imagery and awakening.

This sharing of characteristics further bolsters the argument that they are largely the same state of awareness differentiated mainly by the entry point.

Trauma Induced Projections

What would at first appear to be a unique characteristic of the OBE is that they can occur during physical trauma such as a car accident, heart attack, drowning or an operation. However these OBEs are usually categorized as NDEs or Near Death Experiences.

Is whether we define the NDE as a form of OBE versus a lucid dream simply based on the manner of entry (i.e. entered directly from the waking state, a definite sense of leaving the body and the experience of being within the reflection of our immediate surroundings)? At first, this would seem to be the case. However, from reports of people who have had NDEs, the longer they are clinically dead, the more 'dreamlike' the experiences becomes. Once they move away from the reflection of their immediate surroundings they often report seeing light, having tunnel experiences, being within beautiful surroundings, meeting relatives and spiritual beings (dream characters?), having heavenly experiences, and more. All of which could also fall into the category of lucid dreaming.

So again, this draws us back to the same conclusion that the only definable differences between the NDE, OBE and lucid dream are:

- The entry point (whether we enter a non-physical reality directly from waking or after a period of unconsciousness).
- Whether the sensation of leaving the body is present or not.
- Whether or not we find ourselves within the reflection of our immediate physical surroundings.

Whether these differences are sufficient to require labeling the projections of our consciousness as separate experiences is questionable, and placing them in different categories can confuse people just as much as it can help them understand.

That said, there are also benefits to the confusion of terminology. The concept of consciousness projection can be communicated to various audiences based on what is more palatable to the listener. For instance, the more modern term lucid dreaming is often better received by those with limited knowledge of spiritual concepts, as it is a term people can more readily relate to. After all, it is an accepted norm that we ALL dream. Therefore, explaining to someone that we can dream consciously,

and backing this explanation up with scientific proof of lucid dreaming, is more relatable for many people than the concepts of Out of Body Experiences or Astral Projection.

Similarly, terms like 'Dream Characters' tend to be better received by the general population than terms like 'Beings,' 'Entities' or 'Spirits.' The same goes for referring to our non-physical environment as the 'Dreamworld' instead of the 'Astral.' This is all just semantics, but it can be useful to consider how we communicate depending on whom we are speaking with. Yet, all these terms refer to the same type of experiences: the projection of our consciousness into a non-physical environment beyond the body. The fact that we can all enjoy these amazing experiences is a fantastic gift, so let's not get bogged down by the need for a label.

Hayden Ebert has been exploring consciousness through the practice of Lucid Dreaming and the Out of Body Experience for over 20 years. He had his first experience at the age of 16. Through his practice he has developed a number of methods which allow reliable access to these states. He enjoys coaching people to have their own experiences and is happy to assist with any questions via mail. Outofbodystudies@gmail.com

UPCOMING LUCID DREAM THEMES

Winter Issue

(Deadline November 15, 2014)

Lessons in Lucidity

What lessons have you learned, or been taught, in your lucid dreams?

Your lesson may have come from the lucid dream experience, a dream figure, the awareness behind the dream or even a dream symbol. Tell us your lucid dream, and the "Lesson in Lucidity" that you learned from it.

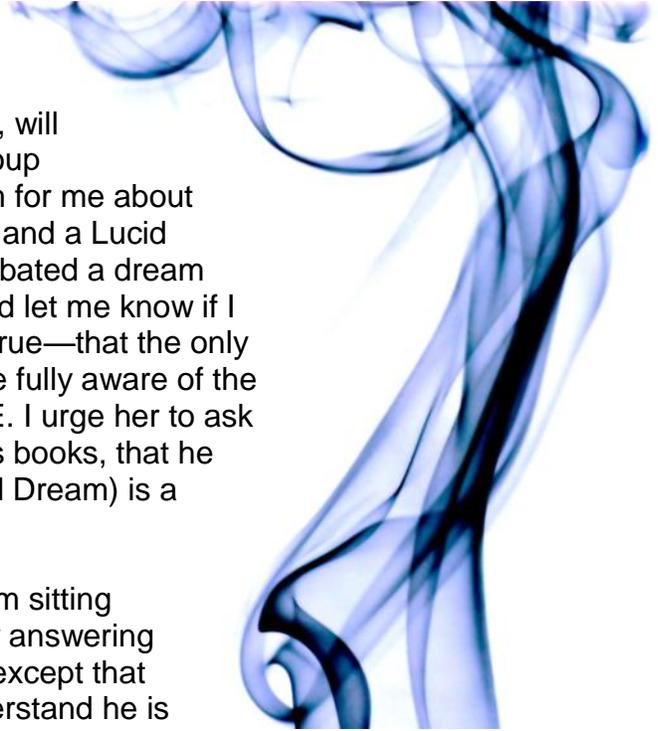
Please send your submissions to the *Lucid Dreaming Experience* via our website www.luciddreammagazine.com or send to submissions@dreaminglucid.com

Is an OBE the Same as a Lucid Dream?

By Maria Isabel Pita © 2014

I look out a window of my house and am surprised to see my sister, who lives several States away, approaching along a sidewalk. I gladly welcome her surprise visit, and let her in. She tells me she's on her way to a concert, and will only be staying for the night. This seems nice and normal to me in the dream, as if she regularly shows up like this unexpectedly. We sit down together, and she pulls out two bright-blue hand-rolled "cigars".

As we talk, she opens them up, and rolls the contents into one lovely sky-blue smoke. I'm excited, because somehow I know that William Buhlman, an authority on Out of Body Experiences, will be at the concert she's going to, where the rock group Queen will be playing. I ask her to interview William for me about the difference between an Out of Body Experience and a Lucid Dream. I become semi-lucid then as I tell her I incubated a dream yesterday about this debate, a dream I hoped would let me know if I was right or wrong about what I already believe is true—that the only difference between an OBE and a LD is that we are fully aware of the transition into another state of being during an OBE. I urge her to ask William if I'm not only imagining I read, in one of his books, that he believes as I do, that a DILD (Dream Induced Lucid Dream) is a less dramatically obvious OBE.



As I encourage her to do me this favor, I see William sitting before me as though on a vision-screen, ostensibly answering my questions in the near future through my sister, except that I'm already receiving the answers. I somehow understand he is not merely attending the concert, but is in "conference" with the band members, and this is an essential part of the answer to my question. He seems to be in accord with me that an OBE and a LD are essentially the same thing.

My sister gets up, and I follow her into my dark living room, where she indicates she will sit on the couch while smoking, and fall asleep in the process. The couch is comfortable enough, but I assure her it won't be any trouble to pull down the guest bed in the rec room (which for a long time in waking reality served as my lucid dreaming bed, and probably will do so again in the future). I tell her she will be more comfortable in the guest bed; she will sleep more deeply there. I head into the rec room, and I'm surprised to see the guest bed is not only already down, it is comfortably made with dark-blue sheets and pillows. My sister's possessions, the select few she brought with her, are strewn across it. I wonder how the bed got down of its own accord, because it's very heavy, and safely secured against the wall, but there it clearly is down and ready.

Dream Notes:

When I woke, I had a strong feeling this dream was an answer to what I went to bed thinking about—is there a difference between an Out of Body Experience and a Lucid Dream? In my personal dream symbol dictionary, my sister often represents my relationship with my physical body. I was pleased by her surprise visit, even if it was only for one night, and I knew that she often showed up unexpectedly—like an OBE or a Lucid Dream, symbolized by her two hand-rolled

smokes. The fact they both contained the same substance, and that she unwrapped them before rolling them up into one mind-altering experience, strikes me as a clear answer to my question: **An OBE and a LD are essentially the same phenomena.**

The answer to my query was further developed when the dream highlighted the difference between sleeping more shallowly on the couch, and sleeping more deeply in my lucid dreaming bed. I knew my sister (my body) would not fall asleep as easily, which can happen when we're not completely comfortable. It has been my experience that what feels like an OBE vs. a LD occurs when we manage to catch that elusive wave between waking and sleeping, during which we hear the metaphorical roar of our blood-red ocean as our consciousness rises out of our physical body, and soars like a seagull over the rhythmic tide of our deep breathing.

Traditionally, an OBE is accompanied by certain physical sensations, loud sounds, and other auditory hallucinations, very much like a WILD—a Wake Induced Lucid Dream. Personally, I can't tell the difference between an OBE and a WILD. In both cases, I'm conscious of the transition. Sometimes, I find myself already in the dream state while believing I'm still awake in bed, and yet this is also a transitional phase because I'm aware of the desire and need to sit up, to rise out of my physical body, a tricky business since I don't actually want to move and wake myself up. But whether or not my eyes are closed in my waking reality bed, or whether my dream eyes are open in a dream bed, in both cases I consciously experience the separation of my Mind from my physical body. The main difference I have found between a traditional OBE and a WILD is that the latter is less noisy, and sometimes completely silent as I slip seamlessly into my dream body and a dream scene.

I encouraged my sister to sleep in my lucid dreaming bed, where I knew she would sleep more comfortably and deeply. I believe a DILD is essentially the same as an OBE, only we are not aware of, or don't remember, the experience of take-off. Instead, we suddenly “wake up” already deep in the dream space.

I had a very enjoyable time reading the “hieroglyphs” of this dream, in which I truly felt the answer to my question—is there a difference between an OBE and a LD?—had been thoroughly answered. In such dreams, every detail is significant.

Less obvious and easy to understand than the two sky-blue smokes—which were the same substance only apparently divided into two separate experiences—was the concert my sister and William Buhlman were attending. The musical group *Queen* is a classic rock opera band, and I for one remember how their quiet and sometimes ethereal voices abruptly crested into loud, exhilarating drums and guitars. The striking sensory and auditory qualities of an OBE are not experienced in a DILD, which is far more common than a WILD, and this may be one crucial reason why they appear to be two different phenomena.



Where Dreaming Meets Waking

By Albert Lauer © 2014

I was fourteen when a series of sleep paralysis incidents left me distraught. The first time it happened, I was sure I was dying. I had no control and even my breath seemed to stop. Apart from not being able to move, most notable were the vibrations, paired with loud noises. Each time it would occur, I always tried to wrestle myself back to waking.

That first time, after I had finally regained control over my body, I hurried to my father, who measured my heart rate at 45 beats per minute, while I was still rather upset. By the time I was nineteen, I had only had a few of these experiences, but then they started up again.

After I had learned not to panic, my usual response became to try to shock, or force, my body out of the grip of the paralysis. One particular time, I tried to shock my body but had no success and I needed to reload my energy several times by calmly waiting. But then I managed to influence the situation. I shocked/forced myself in an upright position, but was still surrounded by the loud tremors. I didn't understand how I got upright at the time but proceeded with a plan to throw myself onto the sofa lined up with my bed in the small room that I rented. Well, that worked, but differently than I had planned. Instead of falling onto the sofa, I drifted slowly down, like a feather. I even bounced a few times lightly, while in the moonlight I saw the fabric of the sofa. In awe, I recognized that I was out of my body. Instantly I was back in my body and woke up, as if I had not been paralyzed moments before.

My first lucid dream experiences were all of the out of body variety. As soon as the vibrations started, I tried to get out of my body and undertake a little traveling adventure. Sometimes the vibrations were as strong as a storm and I could get nowhere. In the beginning these states of sleep paralysis came most often when I had been in a big city during the day. I was very sensitive to the energy of the city and the agitation seemed to keep my mind awake while my body fell asleep. After meeting the storm (intense vibrations) a few times, I once tried to go forcefully against it, exhausting myself quickly and I happened to get ill the day after.

Later, I found some good advice in a book by the Dutch psychic Van der Zeeuw, *Helder Weten*. He would just let himself be blown away by these vibration storms and never worried where he would end up. Several times I just let myself go with the wind and the storms didn't bother me anymore. From these experiences I learned to go with the vibrations themselves, of which the storms seemed to be just a stronger variation.

One time I noticed that I could also go into higher frequencies when going along with the vibrations. After doing that I would end up in a lucid dream and not out of body. So, I learned to choose when the vibrations and noises were around me, to either go dreaming or go travel out of body. The initial lower, more coarse vibrations ended me up in the seemingly physical world and the higher ones belonged to the dream. Many times my out of body travels were in neither realm but somewhere in a vast black expanse of virtually nothing. However, as the years passed, I no longer heard the noises or sensed the vibrations when I experienced sleep paralysis.

In the beginning, my lucidity during sleep always started the same way. I noted many different ways of falling asleep while maintaining clarity of mind. For me, usually the start of a lucid dream, immediately after falling asleep, is marked by a slow drifting down out of my body to some depth before I can see anything at all. Sometimes I feel some kind of floor beneath my feet even before I can see anything. Although it may happen that I float just a little upwards out of my body, before I can distinguish anything with effort, in the dream state. If I float up a bit, I have an out of body experience and if I drift down, I find myself in a dream.

Later it became my practice whenever I found myself in a dream to always first check back with my body to gain a clear reference. That by itself has generated many beautiful dream episodes and interesting control over waking and dreaming. I have learned always to find my body from the center of my dream body. I don't see a 'silver cord' or anything like that, but can feel the connection and then simply reel myself in by intent. Always when I do that from a lucid dream I seem to be deep inside of the earth and I have to travel quiet a distance before I can enter my body.

One time when I woke up in the middle of the night. I sat up in my bed and started meditating while almost still asleep. While I did, I could see my dream hands, but only if I looked out of my body from below my ribs, I was playing with my blue-ish smoky dream hands when I really fell asleep. Interestingly, dream awareness immediately took over and created meaningful imagery for the basically meaningless movements I was making. Suddenly I was making choices on the touch screen of a smartphone in an otherwise black environment. Within seconds I caught myself and managed to get back to the same waking perspective as moments before and again saw my dream hands.

Upon waking, most of my dream body stays outside and is responsible for picking up many sensations, ideas and psychic impressions from all around the place. A smaller portion tunnels into the waking body. One of the most impressive experiences occurs when I am fully aware while waking up. Sometimes I can feel that I am approaching my nerves and entering my nervous system, getting sucked into my brain and instantly feeling much less lucid, or rather, instantly missing the genius of the heightened awareness of the dream. My awareness seems to be held apart from itself, drastically limiting my experience of . . . well, waking life. Consequently, every morning after I wake up, the first thing I do, is to go out of the back of my head a little, and sit on that ledge where dreaming meets waking.

Read more of Albert Lauer's experiences in his blog, The Awe of Awareness at www.albertlauer.com

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WILDs Like OBEs

By Gustavo Vieira © 2014

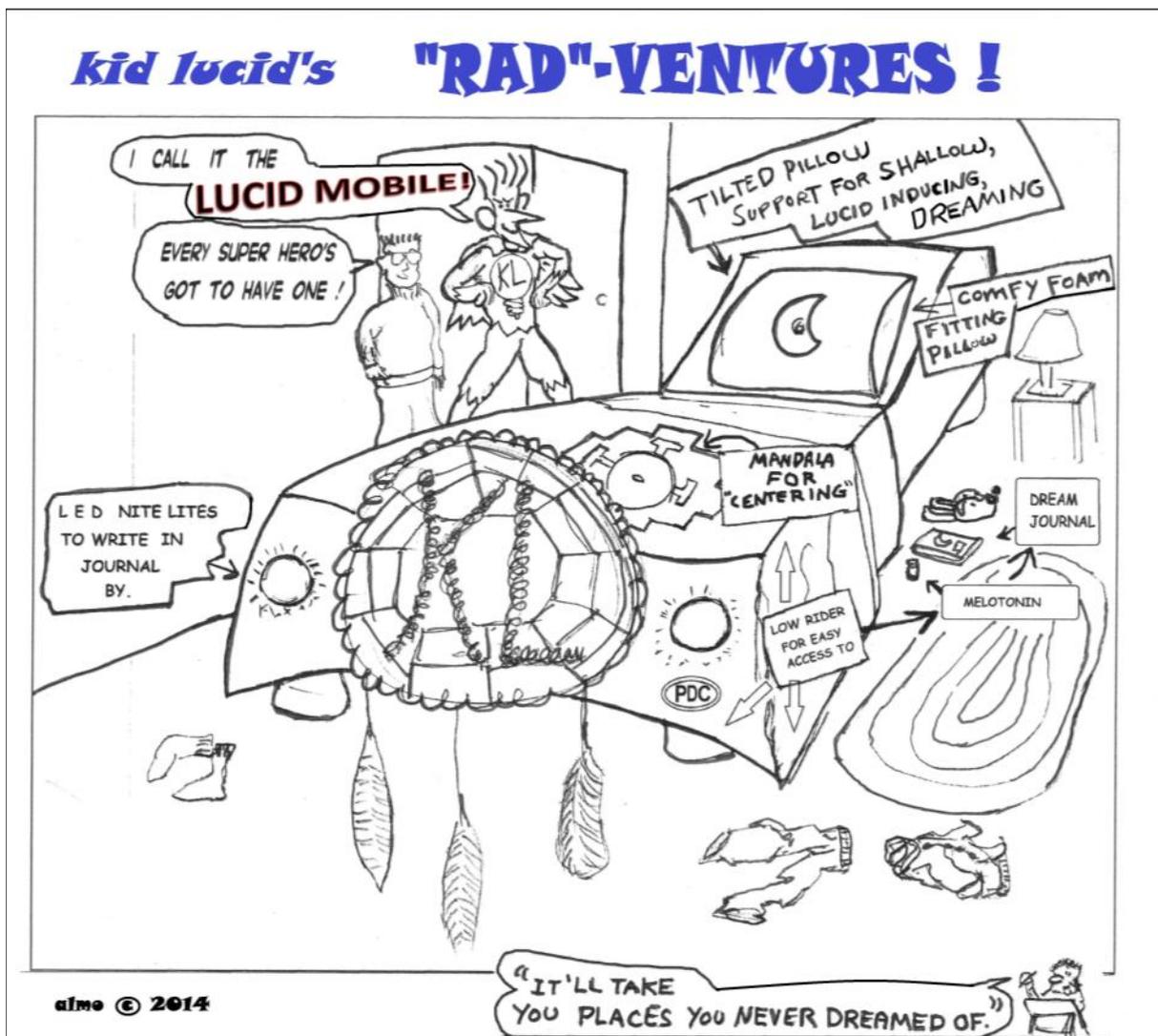
Usually, my WILDs tend to be like OBEs. I say this because those dreams always start with me on my bed in the position I fell asleep in. Here's what usually happens: Around 6:00 AM - 7:00 AM when I wake up, after a little WBTB, I lay down on my side (either side) and I stay still thinking of nothing.

After 40-60 minutes, if I'm successful at this kind of relaxation, I start to feel vibrations, hear my heart pounding, and feel my breath. After a period of blackness, with my eyes closed I start to see the parts of my room that I would be seeing if my eyes were open. Now I know that I'm dreaming.

Now I have to move my body. I start to raise one dream arm very slowly so I don't wake up. Then, I start to get out from under the covers and make the same motions I would make to get out of bed while awake, but I make them slowly and cautiously. Then, I'm up.

I say that this is like an OBE because, like OBEs, my dream body detaches from my physical body. However, I know that I'm not seeing the real world through the eyes of a dream body, because my room looks different, and there were a few times I saw myself on the bed but in a different position than the one I was sleeping in.

But it's still pretty cool. It's my favorite experience in dreams. Then, I often explore my house, and the world outside my house. But that's another story (and a pretty wonderful one).



Dreaming with the Other

PsiberDreaming 2014

Sunday, September 28 - Sunday, October 12



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In Your Dreams!

Lily Nagy Self-Healing in a Lucid Dream

Before going to bed, I set the alarm for 5:20 AM to practice "Wake Back to Bed" and set the intention for lucid dreaming and healing. I woke up at 4:17 AM having just had a healing lucid dream:

There are mountains/cliffs with a ravine between them. In that ravine, three bridges made out of what seems to be white cloth are suspended parallel to each other. The middle bridge has a top cover, a white cloth cabana that makes it look like a tent. There are two roads/paths perpendicular to the bridges, running alongside the mountains. The rocky mountain walls rise steeply at the road's edge so that the roads and bridges are not at the top of the mountains but on the sides of them.

I run on one of the bridges and realize, "I'm dreaming. Was I just falling asleep? How did I get to know that this is a dream?" I rub the palms of my hands together and say "Greater Clarity. Greater Awareness." It's as though the bridge under me becomes more solid and I can see red-yellowish dust around my feet. I remember to keep saying "This is a dream" to stabilize lucidity and then I ask myself what it was I wanted to do and remember it was to meditate and to heal.

I wonder how I wanted to meditate and can't seem to remember (in that dreamy hard to focus state) so I decide to heal instead. I repeat again, "This is a dream." At this point, having crossed the bridge and being on the road, I see a door and enter into a room. I sit on the couch and say my intention: "I now heal myself mentally and emotionally." I raise my hands in front and slightly above my face. I wonder at that moment what kind of light might come out of my hands and I say, "From my hands now does shine the power to heal divine." I've been practicing that chant in waking life, preparing. A warm energy that feels like wind swirls around my face and head... I realize the healing is done.

I ask myself what else did I want to do and I think it was to have more awareness. So I say "Greater awareness now." As I say it, I hear a sound right outside the door that sounds like a soothing rattle or maybe a water fountain. Then, it's quiet. I say, "Greater awareness" again and hear the sound again. I repeat "Greater awareness" and hear the sound for the third time. Then I wake up.

Anders Auke Fighting Death

I had five to six lucid dreams in a row [*ed.'s note: we have published Anders' final two dreams*]. In waking reality I was sleeping in a hotel, and was doing a lot of relaxing, meditation and energy exercises. These dreams felt like peeling layers of myself back like an onion. I was lucid in between the dreams and felt that dream characters were helping me attaining my awareness.

5. This dream is set on the inside (inside the body?). I feel like I'm inside an organic cave with a laboratory in it. I get a hospital vibe. It is a mixture of stone walls, not built, but more like mountain walls. In addition, there are some tech installations. I immediately get the feeling that something is wrong. I became fully lucid in the last dream, and I remain that way here.

A dream character in a white coat is with me at once and expresses that something has gone horribly wrong with my son. I am on a sunken floor in a small waiting room. The dream character looks sad and somewhat powerless over the situation. He gives me the feeling that he and some other helpers tried as best as they could. On my way into a mountain hall I meet another white-coated dream character. He is probably the doctor. By now, my feelings are unbearable. I can see a boy sitting in a chair connected to wires. He's head/face look like a broken white plate, and more like a pancake than a head. I am now panicking.

My first response, as I enter the scene is. "He is alive! I thought you said that he was..." The first health worker looks down. I turn to the doctor and ask, "What has happened here?"

The doctor says, "Double bypass gone wrong."

I take a second and consider my options. I am fully lucid, which means I can do what I like. However, I am no longer in contact with the "this is JUST a dream" feeling I had in the last few dreams. I scream, "Can't you see what you have done! You have given me this unbearable sensation in my stomach. I can't stand staying here any longer!" I fly through the ceiling while the dream characters look at me in disbelief.

"You can't leave," they say, looking restless. I also have a strong feeling that it is wrong of me to escape, but I cannot bear to stay there. Never, in my whole life, have I felt such a powerful feeling of despair, loss and anger. I cannot describe it, but it was a horrible feeling. I would have gladly exchanged it for severe physical pain anytime. The rage drove me into my last lucid dream. I now demanded to meet Death! I went through a grey kind of swirling mist.

6. I met Death and had a quick look at my hands to stabilize the dream before I attacked. Death was as one would expect, cloaked in black, standing in some sort of fire on a stage. Death had a whip or a tail that turned in to an oven-like black thing at the end with a gate that opened that was made of black bars. I dived in to it.

First, the dream was all black, I did not know what to expect. Then it shifted into vague contours on the walls of organic forms that looked a bit like faces. Death's black tail was in front of me. It was long and slim and had a triangle on the end. I started to pull it, still angry and upset. It was just more tail. I felt extremely angry. My actions felt desperate and useless. Then, as a last ditch effort, I screamed in a deep, angry, almost God-like tone, "COME HERE NOW!" Then I woke up.

Payne The Underground Cave

There was a large, balding man trying to break into my house. I pulled out a handgun and yelled at the burglar to leave, but he was insistent, continuing to rattle on the doors and attempting to climb through windows, despite my angry threats. I pulled the trigger, shooting him in the arm. As the burglar held his arm in pain, I ran upstairs and called the police. Two cops arrived on the scene, and I watched from a second floor window as they bumbled their way through the arrest, dropping the handcuffs, forgetting what to say, and letting the balding man repeatedly escape from their grasp. Watching this happen, I thought, "There is no way that real cops could possibly be this bad." The fact that this was a dream clicked.

In waking life, I'd recently been doing a lot of meditating, energy work, and setting lucid dream objectives. Whenever a dream became lucid, I'd fallen into the habit of either flying, or immediately having sex with the next girl I saw in the dream (two things I can hardly complain about, but I wanted to expand my lucid experiences). I was reading a book by Robert Bruce and Brian Mercer about out-of-body experiences, and the authors often reference the 'astral plane' or 'astral realms'. I wasn't sure I even believed that such a dimension existed, but the idea intrigued me, and I decided that visiting the astral realm was to be my new lucid dream objective.

Right after becoming lucid, I jumped out of the top floor window and toward the driveway of the house. Jumping off of tall buildings is another dream habit I've gotten into, knowing that as long as I'm really dreaming, I can't be hurt by the fall. This time, however, I was hoping to somehow catapult myself into this mysterious astral plane that I'd read about. Instead of landing on the driveway, I slid right through the cement, where a breathtaking scene materialized below.

Rather than dissipate into astral space, I ended up in a moonlit underground cave, complete with a shimmering lake, surrounded by cliffs and arches formed by grainy black rocks. Despite being a layer below the earth, a full moon sent a golden glow through the cavernous lake. I began to swim, easily gliding through the water. I swam to the middle and approached a large flat rock sticking up at the center, a miniature island.

Pulling myself out of the water and onto the rock, I found myself surrounded by 4 to 6 gorgeous real life versions of Disney princesses, all completely nude and carelessly lounging in the moonlight. I



undressed as well, and the demi-goddesses advanced on me, taking turns pleasuring me on the rock, including a vivid encounter with a Mulan lookalike. However, regaining my wits, I reminded myself that this wasn't the goal of the lucid dream. Like Odysseus and the sirens, it was as if these women were specifically placed before me to try and prevent me from reaching the true destination. As much as I wanted to stay on that rock forever, I pulled myself away from them and escaped.

Running off the rock, my feet became webbed and allowed me to sprint along the top of the water, as I've seen basilisk lizards do on National Geographic. I returned back to shore and climbed to the top of one of the black cliffs to jump again. Undeterred by my first attempt, I still had the idea that this was the way to access the astral plane. I figured, that's how I reached this cave to begin with, maybe I was just one more jump away. Over and over again, I leaped from the cliff, down 50 feet or so, splashing back into the lake each time. I tried going head first, flipping, swan diving, and falling off backwards, but no matter the technique, I only landed in the water and had to climb back up to try again.

After too many failed attempts, I eventually concluded that this must not be the entryway into some elusive astral space. Admitting defeat, if only until next time, I ended the lucid dream.

Katie **Dream Eyes Opened**

My eyes just opened. I was in my mother's front room on a couch. (There is no couch in that room.) I knew I was lucid, knew I was dreaming. The brightness of the room was incredible.

I first tried to bring a fake potted flower to me. I watched it tumble towards me, but it landed on the couch. I thought 'I'm wasting time', and started flying about the house. I had the same thought again, and flew out the window, over trees, smelling the apples.

It was fall. (While in reality it was winter.) Over rooftops towards downtown with no destination in mind, I saw a woman in an ally carrying a baby, and wondered if they would see me if they looked up. But I woke.

I didn't know about intention then, or prolonging lucid dreams. That was my best lucid dream, though too short, after a couple of scary short ones of my dream eyes opening to lucidity. So much fun!!!!

Laurence Bourke Becoming Lucid

It all began with me in a “normal dream” with my dog. We were in my bedroom and I noticed he was acting very strange, barking and barking and generally going mental and aggressive! I picked him up quite annoyed and was going to bring him out to the garden to let him cool off when I noticed that something was “off” in the garden. I don't often become lucid in this way, but I became fully and immediately aware of the dream state. That wonderful feeling came over me, that almost alien feeling of reality and power.

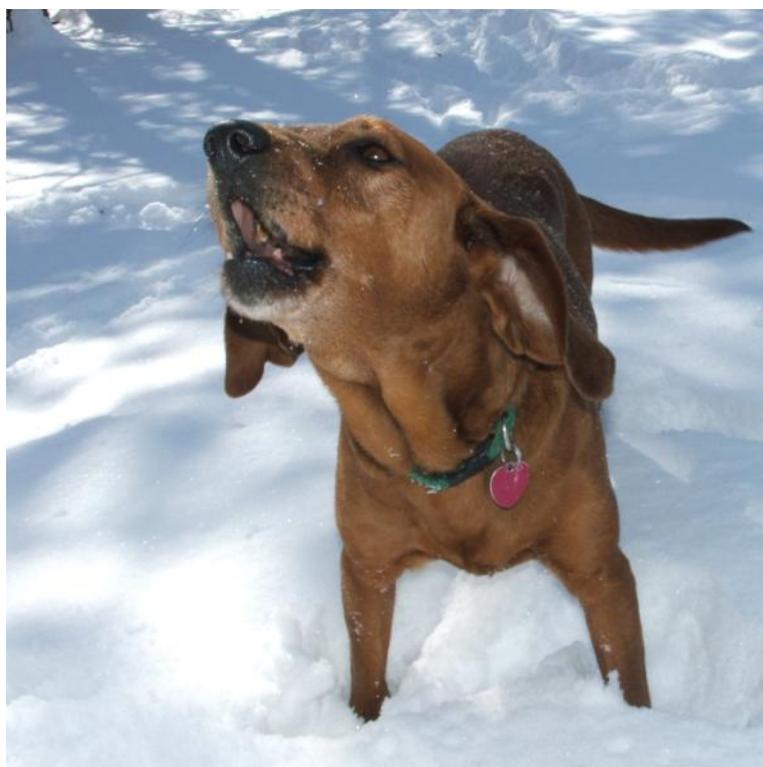
I completely lost interest in my dog and turned, as I always do in a lucid dream, to leave my house (I'm almost always in my house during a lucid dream and have to leave it.) As I turned around, I was almost not able to believe it could be a dream as I took in my kitchen and its hyper-realistic lighting. I had to confirm I was dreaming with my often used breathing through my nose while blocking it reality check. Indeed, I was dreaming!

Suddenly, I heard a bang and my twin brother came through the kitchen acting strange and aggressive. I was relaxed, very calm and actually began laughing when he said something so funny that was supposed to be scary. I can't recall exactly what he said now, but I left and continued to the front door.

Whenever I approach my front door I just can't wait to get out, but I am very aware of the need to remain calm and detached from my own emotions. I feel I have somewhat mastered this aspect of lucidity and I am very proud of my accomplishments in that most important aspect, maintaining lucidity!

Then, something amazing happened. I decided to walk straight through the front door and I did so easily and arrived outside on my cul-de-sac. I noticed the strangest thing, the square glass pattern of my front door had remained in my field of vision and superimposed itself over the houses and road so I was seeing objects as if I was looking at them through my front door! Then, it all went pure white and I had a fleeting thought I was about to experience the numinous in some form or another, and I was even saying “yes” into the light! But...

Then I was back in the square (that's what we call my cul-de-sac), but it wasn't MY road. It was the same road but so vivid, so numinously alive, so pulsing with immediacy and reality that simply standing there looking at it was almost bliss. The depth of the colors and textures around me startled me into trying to maintain calm. I began repeating calmly, 'clarity up 50 percent', etc... And as I did this, the entire scene focused in front of my eyes as though I were looking through a microscope. The detail popped out of the stones on the road and the lighting was so real that I felt somehow it was alive and aware!



dream faded and I was awake, amazed, and full of energy.

Maria Isabel Pita The Tower of Dream Characters

I have forgotten the beginning of this dream. The first thing I remember is Mami and I driving back to where it all took place. I pull up and park in front of one of several white garage doors with brown trims on the bottom. I hit one with the car, and it swings back a little. The car then begins drifting backward. Even though I floor the brake, it won't stop. I think—Damn it, I should have more control. I simply decide to go along with it as the vehicle drifts backward onto a long white pier.

The day is bright and lovely, and I say to Mami, "Let's go for a drive in the ocean" as I turn the car around, and let it dive off the pier. The ocean is a deep, beautiful, luminous blue, and the car, now a convertible, floats about two feet above the water. Mami cries, "What are you doing, Mari?" and I reply, "Don't worry, Mami, this is a dream."

The car floats along at a nice pace, and I have an idea. "Where would you like to go? Maybe we can find Gerardo" (a dear friend of hers). I doubt it, but it's worth a shot. I begin shouting his name really loud, waiting for a moment or two before shouting it again. The second or third time, from very far away, I hear a man's voice reply. It comes from a part of the ocean which is pleasantly crowded with boats, most of them sail boats. I shout "Gerardo!" again, and again get a reply. I drive the floating car in that direction, but when I come to the boat there is no one there, and I can't find the source of the voice.

Then I notice these boats are forming one side of a deliberately sectioned off area of the water. The other side is the shore, crowded with white, pavilion-like booths. Some sort of festival seems to be going on. The day is glorious, and I really get a festival vibe, which makes me think of Becky. I start calling out, "Becky! Becky! Sean Dabbs! Sean Dabbs! Inger! Inger!" and finally, "Igor! Igor!"

I am now hovering just above the water, directly between the boats and the shore, and people are looking at me, everyone seems to be looking at



The next amazing event was me continuing to walk up this road of mine bathed in the ultimate reality of lucidity. A rush of unidentified energy filled me, surged through me, and at the same time, I distinctly felt a stunning sultry summer breeze brush my skin and it filled me with amazement. I was critically aware that this had never occurred before in a lucid dream. Soon, as so often is the case, I felt the inevitable upwelling of sexual energy, its power is primal but, unlike many other times, I somehow resisted it and, like Robert Monroe explains, simply said, "Yes that's a good idea, but I'll see to it later!"

I walked further up the road until I was stopped dead in my tracks by a small puddle of water in front of me which reflected with otherworldly accuracy the orange streetlamps above. Their forms were distorted perfectly by the waters undulating body. Even as I moved left and right, the reflections followed suit. I was in an almost trance state looking at this "astrally vivid" scene. Its beauty took me in and didn't let me go until the

me. My clear, ringing voice has drawn all eyes toward me. Happily, I announce to everyone, "These are all my lucid dreaming friends!"

A Dream Character says loudly, with strong emotion, "Don't say that! We don't like that!" and I get the feeling she speaks for everyone.

I reply, "But why don't you like it? It's time you came to terms with the fact that the two worlds are merging. Why do you have a problem with that? Haven't you seen enough TV shows about the coming together and merging of worlds?"

I feel some hostility, even fear, and definitely a sense of confusion, because their reality is increasingly being intruded upon by lucid dreamers, who often treat them as though they aren't even real people. I am now essentially floating in a structure like a massive tower, near the bottom of a space that rises farther up than I can see. The atmosphere is shadowy, and the tower is filled with souls, the curved walls lined with levels crowded with people, some of whom appear able to move freely between them.

I drift toward the exit, pulled along by an invisible current. As I do so, I open my arms beseechingly, and declare so all can hear, "I just want some training. I feel like a child in a giant's palace." I hover near the entrance, and a woman suddenly close to me says, "But that's the thing. Some of the rules just don't seem to make sense. Sometimes the way you do things seems better than the way you're supposed to do things, and I think, chee, I could have done it that way, just used a ladder or something instead of doing it the approved hard way."

We're actually having a dialogue about navigating what, for me, is the dream space, but which for them is where they live, or at least that's the very strong impression I receive. Another female Dream Character wearing dark-blue drifts right up to my other side from within the tower, and remarks, "Hm, I don't like the sag there, this might help..." She begins stroking the bottom of my chin, and the sides of my jaw, firmly with both hands as though giving me a lucid face lift. This succeeds in distracting me by tempting me with the possibility, and I phase out of the dream.

Dream Notes:

As a lucid dreamer, I know from experience that we wander in other realms populated by souls not currently physically incarnated. Many lucid dreamers treat these souls like their own thought forms, denying their objective existence. Imagine if your neighborhood, even your home, was periodically invaded by people who treated you like you didn't exist, and tried to use you for their own pleasures not believing that you're real. Wouldn't that seriously piss you off?

In the ancient past, and in native cultures that still exist, it is understood conscious dreaming is an exploration of other dimensions populated by real beings and forces, by other souls. Lucid dreaming is generally divorced from any spiritual framework and knowledge. Too often, lucid dreamers show no respect for the reality of the dream space and its inhabitants, believing as they do that everything happens in the brain. Personally, I believe lucid dreaming is already bringing the two worlds/ realities/dimensions of physical and non-physical existence together as we function more and more consciously in each state.

Anders Auke Multiple Lucid Dreams in a Row: Staying Aware Between Dreams with Help from Dream Characters

I was trying to perform WILD, but ended up on my side and went into sleep instead. This was at work where I had to respond to an alarm call so it was hard to remember everything when I later sat down to write it out.

For the first time, I am sure dream characters were helping me with staying lucid. There was a grey Jester who was moving around my body, pulling my neck, and stroking me between dreams, it was a blackness, I was laying on my back, and I was at least partly aware. His action could be compared with what a helper is doing in a rebirthing session. I could feel his presence and sort of saw his face through the darkness. He was there when I woke, sort of like a coach who was prepping me before a match. I also felt the presence of one more helping character. A man in a suit with sunglasses staying more in the



In the next lucid dream I again went down the sexual intercourse lane, which was a bit disappointing. Then I woke. I had at least one more semi lucid dream, in there somewhere, sitting in some sort of cart in a cartoon.

I felt incredible when I woke up. What had I just experienced?! These dreams came a short time after reading about communicating with helpful dream character's in Robert Waggoner's book. Not long before this dream, I had my first clear dream of asking a dream character a planned question. I now have come to believe that there is a possibility for having "Helpers", my

background. Just watching what I was doing and ready to come into play when I became ready.

I had 4-6 lucid dreams in a row. The first two dreams are short and low on lucidity. My family is there, but that is all I can remember. Then in the next, my consciousness increases and I want to explore something. I remember that I spontaneously begin to fly and the dream characters look at this in disbelief. "He can't do that," they say while pointing. I land because I have much experience with flying, and want to do something new. I want to taste something and find myself generating some fruits on a plate. I choose the apple and concludes that it tastes like apple.

I have another experience with losing the dream, but not waking up, and waking in another lucid dream. I now tell the Jester that I know that he is real, since he is there between dreams. The jester and the man with the sunglasses, do not answer me, instead other dream characters are disappearing. Now I start to fly again, and I remember Robert Waggoner's quest to go out into space. I will this and go flying/floating at high speed in darkness with spread particles.

I then remember the wish to go to the uttermost limits of the universe, or to the beginning. I come to floating gold and fire like objects that were spinning, I thought that this must be the beginning. I had a strong lust to disintegrate, merge with the universe and to feel oneness with it. However, I lose the dream again.

connection with these characters seemed so personal and special. I also know that the Jester is a Jungian Archetype. The man with the sunglasses is maybe the same as the masked guy, or a shadow archetype.

Maxwell Hunter The Voices

As a voice hearer, I have struggled most of my life trying to make sense of my experiences. I've had doctors tell me that I have psychosis and then after years of therapy and medication they've turned around and said that actually they have no idea what "disorder" or "condition" I have.

I've had a lot of spiritual people tell me that I'm connecting with beings from another plane of existence, and that I have some kind of special ability. Every path that I have explored has provided me with some good points, but nothing has ever given me a solid understanding of what I experience. Except for one.

I've been lucid dreaming for a few years now and, initially, I got into it because I wanted to live out my fantasies and just have fun. I never took much interest in people who said it could be used for personal growth. I didn't believe it could provide me with anything important until I decided to seek out my voices in my dreams.

The voices I experience have been with me for a long time. I do sometimes see them as well, but for the most part they appear as voices. I know what

they look like, what they sound like, when their birthdays are, what their favourite things are, and what their histories are. To me it just feels like I'm having conversations with friends which is what they have become for me. Even though I've had my theories about them, I figured the only way I would get a genuine answer was to ask my subconscious.

I decided the first voice I would try and find was Scott, a voice that has always been very supportive towards me. I became lucid not long after I had set this intention.

In the dream, I was in my house and a man and a woman were trying to break in. I tend to have a lot of nightmares about people breaking into my house and these often lead to me becoming more aware and, thus, lucid. When I realised it was a dream, I let the man and woman into the house and told them to take whatever they wanted as it wasn't real. They both stared at me confused and I walked past them into the street.

As I was walking along, I remembered my intention to find Scott. I thought about him and said his name a few times out loud. I turned the corner onto the next street and could see a blurry figure behind a transparent wall. I approached it and tried to talk to Scott but I couldn't get past this wall. I recall seeing the words "Access Denied" so I took this to mean that I wasn't ready to find him yet.

I continued to have similar dreams where I just couldn't reach him, but with each dream I got closer and closer. I managed to get close to him on a few occasions but I would forget the questions I wanted to ask.

After maybe a month or two of trying, I finally got the answers. I dreamt I was in a house trying to change into some new clothes, but they kept disappearing and reappearing somewhere else.

I knew this was strange and this made me realise it was a dream. I walked around the house for a bit, just looking at everything and trying to engage all my senses when I remembered about Scott.

I walked into the next room and found him there. I asked him straight away what he represents and



why he is here. He said that he represented confidence and he was a part of me that I had never been able to express. He said he was all the things that I wanted to be. I had considered this theory before, but hearing it like this made it all seem so clear. Scott looks the way I want to look, and is able to approach and handle situations the way I wish I could. He's confident and friendly and everybody likes him. This dream really helped me to understand that.

Scott still exists to this day. I don't think he will ever go away and I don't want him to. The same goes for my other voices. I had a great upbringing, but spent most of my childhood in my own world because I had the ability to make myself see things that I was daydreaming about, like my thoughts were projected over reality.

Perhaps this was an overactive imagination, but seeing as I've spent most of my life in another world, I don't think my emotions really developed properly, making it harder for me to deal with "real" life problems as I got older. This meant my mind had to create characters or personalities for the things I couldn't deal with.

I have my theories on the other voices and what they represent, but I plan on finding them all in my dreams and getting to the root of this.

I can honestly say that no doctor, no pills, and no books have ever been able to give me this kind of insight and support.



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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>

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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

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Lucidipedia

www.lucidipedia.com

Daniel Oldis and Sean Oliver - IASD Presentation

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

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