

# LDE

The Lucid Dream Exchange

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**Science of Lucid Dreaming:**  
New Evidence of GAMMA Band Activation

**Perception Outside of the Box**

**Lucidly Aware but Mentally  
Trapped?**

**DreamSpeak with  
Chris Olsen**

# The Lucid Dream Exchange

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Sechelt, BC

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## Statement of Purpose

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

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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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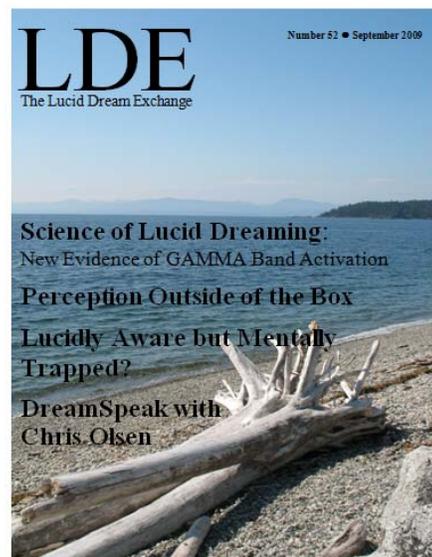
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# Dream Speak

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

**By Robert Waggoner  
Responses © Chris Olsen**

*Chris Olsen is co-producer with Kira Sass of the incredible, new, lucid dreaming documentary “Wake Up: Exploring the Potential of Lucid Dreaming.” He runs a weekly lucid dreaming group in Palo Alto, while finishing his PhD dissertation on the history of lucid dreaming. Let's welcome Chris Olsen to the LDE.*

**Chris, you and Kira Sass produced an excellent documentary on lucid dreaming, called *Wake Up! Exploring the Potential of Lucid Dreaming*, which was shown twice at the 2009 IASD Conference in Chicago. Tell us about the video...**

The documentary is about 30 minutes long. It focuses on how lucid dreaming can potentially impact waking life. We focus on three areas: creative expression, psychotherapeutic healing, and spiritual growth. All of the interviews took place at the 2007 International Association for the Study of Dreams Conference at Sonoma State in Northern California. Images and visual scenes are blended in with the interview clips.

The film is a mixture of personal lucid dream experiences, insights, and relevant research. Some of the lucid dreams described in the film include several spiritual experiences, a child who discovers lucid dreaming and its healing potential in the midst of struggling with a terminal illness, a psychotherapy patient who confronts and embraces a threatening dream character, an artist who frequently browses an art gallery of his dreams and paints the pictures he finds there, and a woman who works through the grief of losing her father by encountering him in a lucid dream.

**So you came to the 2007 IASD Conference at Sonoma State and sought out lucid dreamers to interview. Had you done background research on the interviewees, and prepared a list of questions? Or did you just wing it?**

We had done research on the interviewees. We were looking for people who clearly had something to say about how lucid dreaming can improve the quality of one's waking life.

At the same time, I have a background in improvisational theatre, and this strongly informed how I conducted the interviews. One improv slogan that I kept repeating to myself was "The most important thing is what the other person just said." So I tried to stay very much in the moment and let the direction of each interview evolve spontaneously.

We did have a few questions we asked all the interviewees, and there was a very loose format to the interviews. We started with the person sharing his or her personal entry point into lucid dreaming. That is where a lot of the lucid dreaming stories featured in the film came from. From there I tried to stay as close as I could to the particular spark of inspiration each speaker had in relation to lucid dreaming. When it

felt natural, I would steer the speakers to their particular areas of expertise.

So the interviews were pretty spontaneous. I tried not to worry too much about how all the interviews would fit together. We would work on that later.

**What surprised you about the interviews and interviewees? With that many lucid dreamers, you must have had some surprises.**

What surprised me most had more to do with the speakers themselves than what specifically was said. I sensed a certain similarity in the personalities of the lucid dreaming experts. First, they were remarkably articulate. It was amazing how much insight they could pack into an answer. When watching the video, some people assume the speakers had time to prepare their answers, but none of them knew what questions I was going to ask.

They also seemed to have a certain sensitivity that is hard to describe. They gave me the distinct impression that they had an inner richness of experience. I guess that's not too surprising, considering they all have expertise in a subject matter that is very connected to the internal workings of the mind. Since the interviews took place over a period of three days, this similarity in personality made a big impression on me.

**Were there any interviews that helped you see the "potential" of lucid dreaming? What kind of potential for lucid dreaming began to emerge?**

Quite a few themes emerged. Several speakers had lucid dreams that they considered to be dramatic life-changing spiritual experiences. These experiences were described as more real than waking reality. Many talked about the lucid dream space as a place of healing – psychologically, spiritually, and physically. Lucid dreaming was also viewed as a metaphor for living your waking life more lucidly.

It became clear from these interviews that lucid dreaming can be a very profound experience when it is integrated into a personal spiritual journey. And when lucid dreaming is brought into the psychotherapeutic process, it allows for change to take place at a very deep level of the psyche. Then, of course, there is the potential for using a lucid dream to get more deeply in touch with our creative energies.

**Kira Sass has a background in cinematography and film-making, and did an incredible job with the visual imagery and aesthetics of the documentary. Obviously, she understands the lucid dream experience and how to portray it. How did she get involved in lucid dreaming?**

Yes, Kira has an amazing gift for communicating through images. And since she is a lucid dreamer herself, she was able to draw directly on this personal experience to give the viewer a vivid sense of how it feels to have a lucid dream.

I don't know how Kira got involved in lucid dreaming, but we met through my weekly lucid dreaming group. Her roommate had seen one of my flyers, and both of them joined my group at the beginning of 2007.

Kira and I first collaborated on a much smaller project. One Saturday we filmed a group member's dream, involving a conversation with the recently deceased Kurt Vonnegut. We had a lot of fun on this project, and we both were excited about doing something more ambitious.

**And how about you? How did you get interested in lucid dreaming?**

I first learned about lucid dreaming while browsing the bookshelves of my local library as a teenager. But I didn't seriously attempt to learn to have lucid dreams until I was in my mid twenties.

At the time I was very heavily into Christianity, and lived in an extremely rough inner city neighborhood in West Baltimore. I wanted to induce a lucid dream and say the Jesus Prayer, which involves repeating the name Jesus over and over. After several months of trying, I succeeded in becoming lucid in a dream.

In the dream I was in my bedroom, which was on the basement floor of a two story apartment. I immediately floated up to the ceiling. Then, while still in the dream and lucid, I went upstairs and walked outside into my inner city neighborhood. I started saying the Jesus Prayer. It was in the middle of the night in my dream, as it was in waking life,

and I became very frightened. The inner city neighborhood of my dreams conveyed a strong mood of fear. I went back inside my apartment and started heading downstairs. A loss of lucidity seemed to coincide with going down the stairs, and by the time I reached the basement, I was no longer lucid. The dream continued from this point nonlucidly, and involved the dog of my childhood appearing in my basement.

After that dream, I lost interest in lucid dreaming without thinking much about why. I got interested again six or seven years later, when my life circumstances had changed dramatically. But that first lucid dream gave me the sense that overcoming psychological blocks may have a lot to do with learning to lucid dream. This is not something I had come across in the books I had read, which focused

more on the technical aspects of the popular lucid dream induction techniques.

**What was it about lucid dreaming that got you so excited? Why did it seem to matter?**

This is an interesting question. To me the excitement about lucid dreaming is so obvious and fundamental that it's hard to put it into words. I guess I have a general interest in things that involve the creative exploration of the imagination – theatrical improvisation, acting, film, novels, story telling. I'm also interested in

psychological and spiritual growth, particularly as it relates to altered states of consciousness – neurofeedback, meditation, etc. I think lucid dreaming fits very naturally alongside these other things.

Lucid dreaming provides an opportunity for exploring the creative imagination in a very unique way. I'm reminded of the saying, "Your life is yours to create." This incredible, mysterious energy inside ourselves creates our conscious experience. Through lucid dreaming we are able to much more directly meet 'the man behind the curtain,' so to speak. I think this is an incredible opportunity because it's the dreaming imagination, the inner Wizard of Oz, that is creating the mental world that we call our lives.

*“Through lucid dreaming we are able to much more directly meet ‘the man behind the curtain,’ so to speak. I think this is an incredible opportunity because it’s the dreaming imagination, the inner Wizard of Oz, that is creating the mental world that we call our lives.”*

*Chris Olsen*

### **Currently, you are working on a doctoral thesis on the history of lucid dreaming, right?**

Yes, I am doing a dissertation on the history of lucid dreaming. Here is my basic premise: In America and Great Britain (Germany has a different history), the field of lucid dreaming evolved out of a historical rediscovery. In the late 1960s, Celia Green and Charles Tart each wrote a book that introduced the general public to some historical documents about lucid dreaming. At the time, the concept of lucid dreaming was only known in parapsychological circles. When this forgotten historical idea, the possibility of becoming aware that you're dreaming, was reintroduced to the public, it stimulated a lot of new thinking, which eventually resulted in the creation of a new scientific field – lucid dreaming. It all started with a historical rediscovery.

The premise of my dissertation is that the historical documents introduced by Charles Tart and Celia are just the tip of a very big iceberg. Lucid dreaming has a forgotten history. Several brilliant minds explored the idea of lucid dreaming, or similar ideas, in ways that have been forgotten. If this history can be rediscovered, I believe it would have an impact that would in some ways parallel what occurred with the books of Charles Tart and Celia Green. It would introduce entirely new ways of looking at lucid dreaming.

### **As you investigate the history of lucid dreaming, what points have struck you as significant or deserving more attention?**

The relationship between lucid dreaming and the history of the occult is already somewhat known on a general level. But the history of lucid dreaming is also closely connected to the explosion of interest in the unconscious during the time period of 1880-1914. This is the age of Freud, Jung, and others. The last two decades of the nineteenth century, the time period immediately preceding the ascendancy of Freud at the beginning of the twentieth century, is a particularly important era in lucid dreaming's history. I think the history of lucid dreaming needs to be explored within the context of its relationship to

Western esotericism and the psychology of the unconscious of this time period. Lucid dreaming also has an interesting philosophical and literary history.

### **At the 2009 IASD Conference, you gave a talk on The Forgotten History of Lucid Dreaming, and mentioned the book, *The Discovery of the Unconscious: The History And Evolution Of Dynamic Psychiatry* by Henri Ellenberger. Briefly, what's the connection here with lucid dreaming?**

Henri Ellenberger wrote what is considered the monumental classic book on the history of the unconscious. It was published almost forty years ago, but no other book before or after it comes close to matching its undisputed place as the definitive history of the discovery of the unconscious.

*“Lucid dreaming has a forgotten history. Several brilliant minds explored the idea of lucid dreaming, or similar ideas, in ways that have been forgotten. If this history can be rediscovered, I believe it would have an impact that would in some ways parallel what occurred with the books of Charles Tart and Celia Green.”*

*Chris Olsen*

It is significant to the field of lucid dreaming because Ellenberger gives us precious clues into how the history of lucid dreaming is potentially relevant to contemporary times – how certain aspects of lucid dreaming's history might stimulate a lot of fresh, new thinking.

### **Can you give any specific examples of how Ellenberger's book provides clues to how the history of lucid dreaming may be of contemporary relevance?**

A good example is what Ellenberger writes about the French Marquis Hervey de Saint-Denis. It is well known that Hervey wrote, in 1867, the first book in Western history that extensively deals with the concept of lucid dreaming. But this isn't the whole story. According to Ellenberger, Hervey's book “is one of the most extensive and thorough studies ever devoted to the author's own dreams,” but is also “one of the least read books on dream literature.”

Ellenberger suggests here that Hervey's book is a very serious work, but also very obscure. This makes it a prime candidate for historical research. In Ellenberger's words, “Progress is sometimes merely the picking up of an old, abandoned idea.” As I said before, lucid dreaming's rediscovery (by the English speaking world) in the late 1960s is a perfect example of this. The most logical place to look for these

abandoned but promising ideas is in works that are important, but obscure. So we can infer from Ellenberger that it behooves the lucid dreaming community to take a second look at Hervey's writing. Incidentally, Ellenberger also says that some of Hervey's dreams are of "high poetic quality and beauty."

By taking a second look at Hervey's writings, I am talking about meticulous scholarly research. Sometimes the value of historical ideas is not immediately apparent to us from a casual reading. This is because we read through the lens of our modern perspective. Perhaps some terminology in the historical reference was being used differently than the way it is used now. Or the historical writer is operating out of hidden assumptions that differ from our own, obscuring the precise meaning. Maybe the valuable idea is intertwined with ideas that are actually outdated, resulting in dismissal by association.

Through rigorous historical research we can sometimes make the value of some abandoned, forgotten ideas understandable to the contemporary mind, stimulating exciting new directions of inquiry. Ellenberger provides an excellent starting point for this kind of historical research into lucid dreaming.

### **Are there other examples of the relevance of Ellenberger's book on the unconscious to the field of lucid dreaming?**

Van Eeden, the person who coined the word 'lucid dreaming', makes several brief but significant appearances in Ellenberger's book. If you follow these threads by looking at other historical research, you find that Van Eeden also introduced the word 'psychotherapy' to the scientific world. And, it turns out, twelve years before he coined the phrase 'lucid dreaming,' he introduced this concept at the Fourth International Congress of Psychology. These facts suggest that the histories of lucid dreaming, psychotherapy, and psychology, are more closely intertwined than is normally supposed.

Ellenberger also talks about Frederic Myers, the author of a well known historical reference to lucid dreaming. Myers wrote that, over a span of ten years, every night, he devoted "painstaking effort" to attempting to become aware that he was dreaming. Myers is usually identified in the lucid dreaming literature as a parapsychologist. But according to Ellenberger, "Myers ... was not only a parapsychologist, but also one of the great

systematizers of the notion of the unconscious mind." This level of praise is reserved for a small group of people in Ellenberger's book – Freud, Jung and a few others. That one of the great systems of the psychological unconscious, now largely forgotten, was created by a man so interested in lucid dreaming – this is something that I think lucid dream researchers should pay more attention to.

### **In your research, do you find that Freud or Jung had any knowledge of lucid dreaming, or any understanding of it?**

Freud writes briefly about the concept of lucid dreaming in certain editions of his classic book, *The Interpretation of Dreams*. He also corresponded with Van Eeden about this topic at least once. In this letter, Freud acknowledged that lucid dreams existed, but implied they were not very important. Freud made a distinction between the latent and manifest dream content. In his view, how we experienced a dream (manifest content) was the end result of a hidden process occurring deep in the unconscious mind (latent content). The manifest content, our experience of the dream, was not highly valued by Freud. It's significance is derived from the symbolic cues it revealed about the latent content - the mysterious unconscious dream processes.

For Freud, lucid dreaming sometimes occurred in the manifest content, but never the latent content. In other words, Freud didn't think how the dream was experienced was very important in itself, and lucidity sometimes appeared in this unimportant aspect of the dream process. So, in this letter to Van Eeden, Freud acknowledges, but trivializes lucid dreams.

On the other hand, Jacqueline Carroy has written some interesting stuff indicating that Freud was an admirer of Hervey de Saint-Denis and his lucid dreams. So Freud's attitude towards lucid dreaming is probably more complicated than his letter to Van Eeden suggests. Freud tried very hard to obtain a copy of Hervey's book, but failed. It's interesting to wonder how Hervey's book, if read by Freud, would have impacted Freud's theory of dreaming, and subsequently the entire future of twentieth century dream studies.

I am going to hold off on commenting about Jung for the time being, because anything I say may become outdated in a few months. In October of this year, for the first time, Jung's *Red Book* is going to be made available to the public. *The Red Book*, 600 pages in length, is supposed to contain a lot of material of a

private nature having to do with his own personal explorations with his Active Imagination technique. Dreams play a major role in the book.

The publication of this book will be a historical milestone in the study of Jung, particular Jungian dream studies, and may significantly alter the way Jung's attitude towards dreaming is viewed. I'm hoping the book sheds light on Jung's attitude towards lucid dreaming.

**So what's next for your new documentary? How do you and Kira plan to make people aware of it?**

Kira and I are discovering firsthand the reality that making sure a film reaches its intended audience is as big of a project as making the film itself.

In the immediate future we will be submitting the documentary to several film festivals.

**If anyone wants to purchase a copy, how would they do that?**

The easiest way to purchase the film is by ordering it on our website, [lucitopia.com/wakeup](http://lucitopia.com/wakeup).



# WAKE UP!

## Exploring the Potential of Lucid Dreaming

*What if a place existed beyond the borders of waking and dreaming? Where you are awake and asleep at the same time?*

This place is not a fantasy. It is called *lucid dreaming*, the awareness of being in a dream.

### **WAKE UP! Exploring the Potential of Lucid Dreaming**

features interviews with prominent dream researchers, as well as lucid dreaming experts who are consciously encountering the dreaming imagination, the source of countless scientific, artistic, psychological and spiritual breakthroughs throughout history. Share the journey of a handful of pioneers who are exploring the wonders and mysteries that dwell at the intersection of dreams and consciousness.

To purchase the DVD, visit: <http://lucitopia.com/wakeup>

# The Science of Lucid Dreaming: New Evidence of GAMMA Band Activation

© 2009 Ryan Hurd

*“It’s got a good beat, and I can bug out to it”  
Beastie Boys*

A small study was published in Germany this month that claims that lucid dreaming should not be considered a REM dreaming phenomenon but rather a unique state of consciousness (Voss, et al., 2009). Poetically, the assertion that lucid dreaming has elements of waking cognition and dreaming has been made for years, but this study, conducted at the Neurological Laboratory in Frankfurt, Germany, backs the assertion with physiological data taken with an EEG machine.

Specifically, lucid dreams are shown to differ from ordinary (REM) dreams by an increased brain frequency in the 40 Hz (or GAMMA) range in the frontal and frontolateral areas of the brain. These areas are considered by many scientists to be the seat of linguistic thought, as well as other higher mental functions associated with self-awareness.

This “hybrid state” of waking and dreaming fits in well with study co-author Allan Hobson’s AIM model for sleep cognition. The AIM model essentially maps and predicts possible kinds of consciousness in sleep based on three different spectra: whether the imagery created is external or internally sourced, the activation levels of the brain, and the modulation of the state by brain chemicals. Lucid dreaming can therefore be mapped separately than ordinary dreams due, in this case, to the unique activation on the gamma level.

The authors say the next step is to test lucid dreaming in the lab with brain imagery devices, such as the fabled-hard-to-schedule-an-appointment-with MRI.

## **The study in context**

Finding the unique physiological markers of consciousness has long been the holy grail of science. We’ve had a few interesting theories along the way. For instance, Rene Descartes put his money on the pineal gland, while today other scientists say consciousness is a byproduct of microtubules in the brain’s neurons. Lucid dreaming research is really an off-shoot of this scientific tradition, especially as it looks for physical markers that coincide with subjective qualities such as self-awareness or free will.

In the 1980s, many psychologists predicted that ALPHA level frequencies (8-12 Hz) would clearly demark lucid dreams from ordinary dreams – but further

studies showed that ALPHA levels remain more or less depressed through most of sleep, including even the most lucid of dreams. (Olgivie, Vieri, Small, 1991)

More recently, Holzinger, LaBerge and Levitan published a study (2006) emphasizing how the BETA-1 (13-19 Hz) frequency band is associated with lucid dreams, more so than ordinary dreams. They further isolated this small, but statistically significant, hiccup of activity to the parietal lobe, an area of the brain associated with spatial sense and navigation. Of course, mathematician and neuro-philosopher J.G. Taylor (1999) believes that the parietal region is a seat of consciousness, too. Sigh.....

In any case, wherever consciousness may or may not live, the high levels of gamma range of activation shown in this study need more tests with larger pools of subjects before we can say with any certainty that lucidity has a reproducible physical signature.

## **40 Hz and Brain Entrainment**

Interestingly, the 40 Hz bandwidth of brain activity has a popular following in *brain entrainment*, a theory of neuro-hypnotherapy that supposedly induces brain synchronization by listening to music with frequencies that the brain matches in response. Anecdotally, many lucid dreamers claim to have learned lucid dreaming with the help of brain entrainment tools such as meditation CDs that tease lucidity from the shadows. More reputedly, the gamma band has been associated with high levels of meditation (Lutz, et al 2004) and even the ability to be hypnotized (De Pascalis, 1993). Gamma is clearly the darling brain frequency of the decade.

In closing, this study reminds me that lucid dreaming research is really still in its infancy. Not only does the ability to be self-aware in dreams give us the opportunity to learn more about physical markers of conscious thought in sleep, but it has the potential to revise our understanding about the interaction between mind and matter.

*(For References, see page 13)*

*Ryan Hurd is a dream researcher and freelance writer; contact him at his blog <http://dreamstudies.org>*

# Perception Outside of the Box

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*To see a world in a grain of sand  
Or a heaven in a wildflower  
Hold infinity in the palm of your hand  
And eternity in an hour*

William Blake

The crux of lucidity seems to be about awareness. Part of that awareness is to become conscious of the fact that one is dreaming. But within the dream, can a deeper or different awareness be found?

Recently I had been reading and thinking about life's rules, regulations and expectations. So often we try to make life fit neatly into this box of approved thoughts, but if we were able to transcend these feelings of accepted regulations and conceptual expectations and outside influences, what might the box then look like? While contemplating this concept I had the following dream;

*I am holding a box made of stone, though it is light weight. The box opens by itself, but not with the lid opening from the top. Various stone panels move around in different configurations, so that I can see that the box opens in virtually an unlimited number of ways. While some panels open, others close, so that the box is continually reconfiguring itself. A large rectangular-shaped hole opens in the back of the box and I am able to fit my right hand into it. I know that my hand has slipped into another dimension. The box now communicates with me. Though I don't actually hear the box, I understand its words. It says of the hole into which I have placed my hand, "This is the place from which all things come and to which all things will return." I then pull my hand out of the box, at which point the stone panels reconfigure again to close up the box. I become aware of the name of this box, which I cannot recall now, but I know that it is a Sanskrit word.*

Over the past several months I have had a series of dreams which I have come to refer to as my 'perception of the event' dreams. These dreams seem typical on the surface, but upon awakening I come to realize that my perception of the event that was going on in the dream may not have actually been the case. As an example, during the recent conference for the International Association for the Study of Dreams in Chicago, I dreamt about feeling the need to defend children against a school bully. Upon awakening, I thought about it and realized that the "bully" didn't actually do anything "bullyish." My perception of him being a bully affected the choices that I made in the dream. I responded to my projection and not the actual situation.

After numerous perception dreams of this type, I began becoming more aware of these perceptions as the dream

was still occurring. In these dreams, my stage of awareness often has fallen into the semi-lucid category. Though I'm not fully aware that I'm dreaming, I become aware that I am seeing something based upon my perception of what I think it is - and upon that realization, what I see often suddenly changes.

This kind of perception of reality, as I found out with the stone box dream, sometimes transcends the dream space. About a week after the dream I downloaded an audio book and began listening to it the following day. About twenty minutes into the book, the author described his concept of what he believes God to be. His description of God is the empty space from which all things originate and to which all things return. So now we add a waking synchronicity into the mix, as well as possible precognitive dream material.

Within days of this synchronicity I had a lucid dream in which the box symbolism appeared. I became lucid as I was standing in a room noticing all the bright colors. My awareness of the colors transferred into an overall awareness that this was a dream. After becoming lucid I audibly asked the dream to, "Show me lucidity!" My focus immediately went to a television on the other side of the room that I had not noticed up until that point. The TV turned on and initially I saw only static, but then I noticed colors swirling within the static with a three-dimensional appearance to it. I shoved my left arm right into the TV. My arm went into another dimension right up to my elbow. I then felt the TV solidify around my arm, holding part of it in one dimension and part in another. This did not scare me; it intrigued me as though the dream was trying to hold me there just momentarily to experience these two types of awareness simultaneously.

What I am beginning to see through this recent series of dreams is that even the concept of awareness itself leaves a big question mark next to it. What exactly is awareness? If we become more aware in one place, are we less aware in another? Or does our focus move through layers of awareness? And if we mentally adopt freer concepts, freer ideas, and let go of limiting expectations, do we set our own awareness free to explore the immensity of other dimensions? By freeing awareness, do you then "hold infinity in the palm of your hand, and eternity in an hour"?

# Lucid Dreaming: Gateway to the Inner Self

## By Robert Waggoner

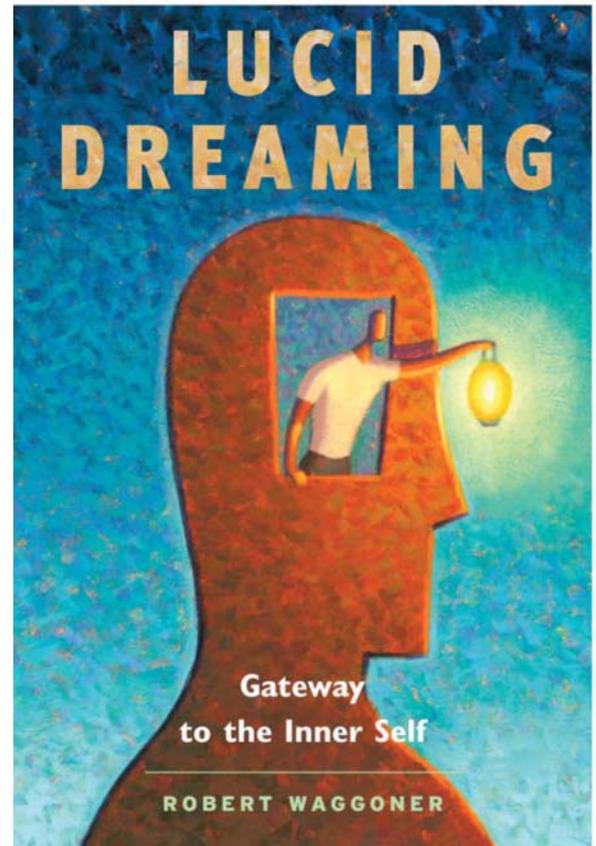
"In this remarkable book, Robert Waggoner has brought lucid dreaming to a level that is simultaneously higher and deeper than any previous explorer has taken the topic. Both autobiographical and historical, theoretical and practical, psychodynamic and transpersonal, as well as adventurous and cautionary, *Lucid Dreaming* offers its readers instructions and insights that they will find nowhere else in the literature. They will learn how they can become awake and aware while asleep, and how this talent can change their lives." --**Stanley Krippner, Ph.D.**, Professor of Psychology, Saybrook Graduate School and Research Center, San Francisco, Coauthor of *Extraordinary Dreams and How To Work With Them*

"Lucid Dreaming IS a gateway to the Inner Self. Robert Waggoner's unique storytelling style is **compelling reading - an impressive exploration of the subject**. The work is scholarly, fascinating, and, most of all, practical." --**Christine Lemley**, Executive Producer, DREAMTIME Series, WFYI/PBS-TV Indianapolis

"Robert Waggoner admirably fulfills his aim of bringing lucidity to lucid dreaming. His book is distinguished by its wealth of first-hand experience, and his clear recognition that, instead of seeking to control and manipulate our dreams, we should use the gift of lucidity to navigate a deeper reality and grow into connection with a deeper and wiser self. He offers practical techniques and fascinating travelers tales to encourage us to experiment with interactive and precognitive dreaming and to explore the process of reality creation inside the dream matrix. This is **an invitation to high adventure**." --**Robert Moss**, Author of *Conscious Dreaming* and *The Three ONLY Things: Tapping the Power of Dreams, Coincidence, and Imagination*

"**A truly extraordinary, horizon-expanding book!** Robert Waggoner goes further and deeper than any of his predecessors in exploring the implications of lucid dreaming for our synthesized understanding of consciousness, reality, and spirituality." **Robert Van de Castle**, Former President, IASD; Professor Emeritus, University of Virginia Health Sciences Center; Author of *Our Dreaming Mind*

"**A must read for anyone with a serious interest in lucid dreams.** Robert Waggoner has written a book examining the depth and breadth of the potential of lucid dreaming. His sensitivity to the transpersonal elements of lucidity are especially illuminating." **Jayne Gackenbach, Ph.D.**, Editor of *Psychology and the Internet: Intrapersonal, Interpersonal, and Transpersonal Implication*



**Order on-line or at your favorite bookstore!**

# Lucidly Aware, but Mentally Trapped?

## Escaping Conceptual Boundaries

Robert Waggoner © 2009

The movement from dreaming to lucid dreaming involves a shift in awareness; we realize 'This is a dream!' Suddenly, a portion of the waking self's awareness engages the unconscious realm of dreams. But what then? Aware in this new realm, we often overlay an invisible structure of beliefs, expectations and ideas upon it. Instead of relating to the actual unconscious and its potential, we instinctively establish and engage the invisible structure of our belief system. Without even realizing it, lucid dreamers act like a bird encircled by its own concepts, its own mind-cage, and fails to see the unlimited space there, or the open door.

I was reminded of this a few months ago, when I posted a simple question in the 'advanced' section of a lucid dreaming forum. I asked if anyone had used lucid dreaming to heal a physical problem? The first month, no one responded, even though the counter showed a couple hundred people had read this simple post. I assumed that the lucid dreamers at this (largely European) forum had no lucid dream healing experiences to share.

Then, something surprising happened. One lucid dreamer replied with a possible lucid healing experience, whereupon numerous lucid dreamers emerged to challenge the idea! They expressed deep doubts that a lucid dreamer could influence the healing of any physical ailment, except perhaps emotionally related issues. They wanted scientific proof before even considering such a 'radical' idea.

Of course, some experienced lucid dreamers have sought physical healing, while consciously aware in the dream state, and achieved considerable success with a rapid disappearance of symptoms. Ed Kellogg, Ph.D. has personally investigated lucid dream healing and written a number of papers on it (visit [http://dreamtalk.hypermart.net/member/files/ed\\_kellogg.html](http://dreamtalk.hypermart.net/member/files/ed_kellogg.html)). In my book, *Lucid Dreaming: Gateway to the Inner Self*, I have a chapter on "Healing in Lucid Dreams" showing approximately a dozen apparently successful lucid healings and a few unsuccessful attempts.

This idea is not new. In 1985, Stephen LaBerge wrote in *Lucid Dreaming*: "The fact that our laboratory studies have revealed a high correlation between dream behavior and physiological responses presents a rare opportunity for developing an unusual degree

of self-control of physiology that might prove useful for self-healing." Later, Patricia Garfield agreed with this idea, citing some actual lucid healing experiences in *The Healing Power of Dreams* (1992). She concludes, "The potential for healing in lucid dreams is enormous."

The forum's debate about the idea of lucid dream healing demonstrates that lucid dreaming's potential seems largely constrained by the lucid dreamer's own conceptual boundaries. As long as the concept of healing one's self in a lucid dream seems radical or impossible, it becomes so in one's experience. But as soon as a lucid dreamer opens to the concept positively, something truly revolutionary happens: the previously impossible becomes possible. At that point of conceptual expansion, new events are allowed and healings occur.

This small issue relates to a much larger one; namely, to achieve the real potential of lucid dreaming requires revolutionary conceptual openness. Without that revolutionary conceptual openness, the lucid dreamer merely contends with the unexamined limits of his or her conceptual boundaries.

Like an invisible fence, each lucid dreamer's belief system and courage begin to define the boundaries of their lucid explorations. To a large degree, we only explore to the extent that we feel comfortable; otherwise our fears constrain our unconscious explorations. Similarly, we only explore that which we believe exists or conceptually accept; there seems no need to explore what we have pre-determined to be impossible.

Thankfully, the larger awareness, which we encounter in some lucid dreams, beckons lucid dreamers to re-conceive the dream realm, and open their minds to being even more adventurous. However, an inflexible mind can ignore these hints and suggestions, and persist in old patterns of belief. I know in my case, it took years and years of odd behavior from dream figures before I granted some the capacity for 'independent agency.' Since I was steeped in the cultural belief that 'all dream figures' exist as a product of my mind, I could not accept conscious dream figures having their own independent agenda and ignored the evidence for that, since it conflicted with my beliefs at the time.

The quickest resolution lies in surrendering to the lucid dream state, letting go of limiting concepts and accepting the unconscious as a mystery. To do this requires the capacity to allow 'not-knowing,' where you actively offer yourself the freedom of infinite wonder.

With each lucid surrendering, the conceptual boundaries begin to expand and the mind grows. At some point, you realize that concepts act as a hindrance to unconscious experience and distort its truest expression.

As you wrestle with emotions that arise and the fears of what conceptual freedom might mean, you begin to untie the knots of self limitations. As these self expressions unravel, you feel the lucidity of unencumbered awareness.

Lucid dreaming allows us many freedoms, including the freedom to test our beliefs and assumptions. Let go and allow the larger Awareness beyond lucidity to express the real mystery.

### Lucid Talks on Tuesday

Robert Waggoner, co-editor of the LDE and author of *Lucid Dreaming: Gateway to the Inner Self*, is reaching out to lucid dreamers with a "Talk on Tuesday" teleconference, during the months of **September and October, 2009**.

You can call in Tuesday at 9 pm Eastern Time with your lucid dreaming experiences, techniques and questions for Robert. All you have to do is dial 1 605 475 4875, then wait to enter the access code of 222356-star (hit the star button on your phonepad). You can also find directions at his book's website at [www.lucidadvice.com](http://www.lucidadvice.com)

During (or before) the teleconference, shy people can email in questions or lucid dream experiences to [lucidadvice@gmail.com](mailto:lucidadvice@gmail.com)

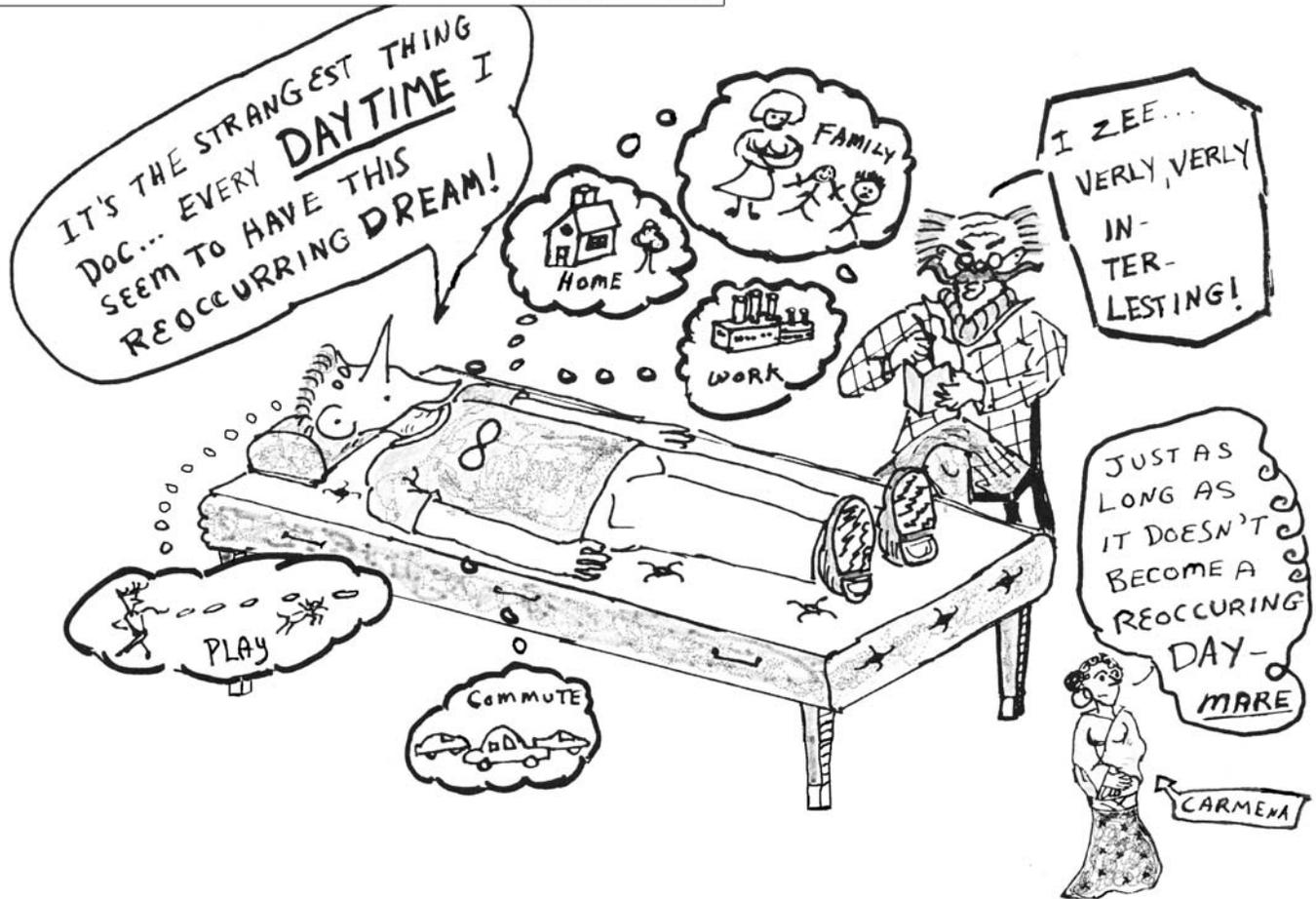
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### The Science of Lucid Dreaming: New Evidence of GAMMA Band Activation

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# In Your Dreams!

*"By the end of this process I feel thrilled about the whole dream experience. It feels like I have crossed some threshold of awareness and learned an extremely valuable lesson in awareness within the dream state that will affect all my dreaming from now on."*

Patrick Boyle

Brian Linn, May 25 2009

Back to High School

I recently was dreaming that I was back in high school and was wandering through the halls there. I was very aware of the fact that I had a baseball game that day. Then, suddenly, as I was walking down the hall with one of my good friends (and my current roommate), I came to the realization that I was dreaming. This, like usual, happened without a clear trigger, just more of a general sense that everything didn't feel quite right. The realization was, however, very intense and exciting.

As I was in conversation with my friend during this, I immediately shared it with him by saying something like "Woah, wait. I just realized we're in a dream!" Or, "I'm in a dream and you're a character in my dream right now!" He, to my pleasant surprise, became very excited as well. My next thought, as it always is in these situations, was 'what should we do now, now that we can do anything theoretically?' I confided in my friend with this question and we pondered a little as we walked.

As we came across another good friend, for some reason, we decided to engage him in an outrageous/obnoxious conversation. We decided to do this to test the waters in this suddenly limitless atmosphere. After that, I slowly became less lucid after having the urge to approach everyone with the question "What does it feel like to be a character in my dream right now?" I don't distinctly remember much else as I gradually slipped back into a normal dream state before waking up. Nothing too excited happened, but it was certainly one of my longer lucid experiences.

Edith Gilmore, Summer 2009

Not This Hairstyle

I find myself in a store, a rectangular room. Bright, clear colors, a 3-D feel of solidity to everything. But the things for sale I perceive, rather vaguely, as perhaps being made of wood, almost an effect of enlarged, somewhat old fashioned toys. (Only on waking do I realize that this was the Harvard Coop: books, textbooks, art; a happy place for me in my long-ago Harvard days, and years later, when I came back to New England.)

I don't look closely at the stock, nor wonder at the fact that things are mixed together, not sorted as in an actual shop, let alone not being the customary stock of a college supply store. I am simply delighted at being lucid, very infrequent in spite of longing. I decide to experiment with making something change.

Not sure if the absurd little episode that follows takes place in this store room, or in a duplicate room that opens out of it at a curious angle. In waking life the store has an extension, but it is across a narrow street. I notice a young man clerk some feet away and decide to make my 'change' experiment on him. I am going to try to change his dull, 14ordinary hair style, perhaps to a buzz cut or a Mohawk? But the dream ends when I get closer to him.

lucid dreamer, Summer 2009

## WILD Attempt

This was a WILD attempt and it didn't take very long. I pictured a dark ocean setting with palm trees and calming waves at night. As soon as the picture became apparent, I told myself I was dreaming and I became lucid. I was so excited I didn't know what to do next, so unfortunately, I awoke.

Manisha Anand, Summer 2009

## Sleep Paralysis

I am not a lucid dreamer with practice, I just came to know today that the kind of dreams I have are called lucid dreaming. Mostly I have sleep paralysis and then lucid dreaming.

Last night when I was dreaming, I dreamt as though I had woken up and was sitting on the bed, in the place where I sleep. I tried looking for my body in the place of my sleeping. Last night I managed to stay calm and tried seeing my body, but couldn't see myself in my sleeping place.

Soon I realised I never woke up and was never really sitting. I became mind consciousness and found a hand tickling my body, which scared me, and I started screaming...screaming, but not actually screaming. I realised I was not being heard and regained my full will power to scream and finally managed to scream and move my body, then got up with total dry mouth and feeling tired.

By the way, that hand tickling came in my dream, as my husband was tickling me same way a night before while making love.

Sleep paralysis is a really painful situation and wakes me up tired and with total dried mouth, no saliva at all. But the experience of a detached body where I was sitting in the bed was not painful at all.

Lucy Gillis August 29 2009

## Unexpected Response

. . . I'm aware that I'm dreaming and seem to be in a small country store, or cafe. A few other people are there; one older gentleman behind a counter serving someone, and two other older men off to my left at a table; one seated, one standing. I decide to ask the dream people some questions about dream reality.

After asking a few questions (now forgotten) I note that the seated man is the most responsive and is giving me his undivided attention. The others are more engaged in their own activities. So I direct the rest of my questions to the attentive man.

For some reason I ask him about symbols and phrases. He responds with "When you say 'Shut your face' it implies blindness." I know he means that "shutting your face" means being not able to see or perceive things; that you shut yourself off from experience.

I ask another question: "How do you know that I know that I'm dreaming? How can you tell?" (His answer was forgotten upon waking – damn!)

Then I ask, "What is the difference between me (I point to myself) and him (I point to the standing dream person)?" The seated man smiles, and nodding towards the standing man replies, "He isn't here."

His answer startles me enough that I wake abruptly, wondering if he was pulling my leg or if he was serious and there is some characteristic of consciousness projection or dreaming that I can't perceive in a way that he can.

A. Dreamer, January 17, 2009

## Inside/Outside at an Unknown Place

I have entered a few scenes briefly with tacit lucidity. Finally I determine to get into the dream fully lucid. I am in a building. I talk with someone but soon get bored so seek a way outside. Doors are hard to find but finally I get out. I am in a wooded area. The trees have grayish trunks. There isn't a clear path but I go in.

Then soon I find myself on my bed. I return to the dream and am in the same house with the same unknown people. Again I want to be outside. I go to the back of the house, but there are no doors, just "trap" rooms so I go to the front and find a way out. I am by a road with woods and houses on the other side. I enter the woods and find a small vernal pond. I and another person walk by the pond. Soon the area is walled over and I am in another building.

I explore the building a little and in one room see a globe. I go close to scrutinize it. First it looks normal. I see Africa. I wonder what will happen when I look yet more closely. First words distort, then continents themselves. I look for Iran and Afghanistan, but

these countries have new weird names. The United States is hardly recognizable, water in odd places as if the ice caps melted. I try to go outside but feel myself back in my bed.

I return to the dream. I am outside by the road. I am barefoot. I see the same kind of trees with grey trunks. The bark is off at some places. The leaves are dark green and look like California Bay Laurel Leaves. I walk into the woods even though I am barefoot. Soon I see a much bigger pond. I am with a girl child. I walk right into the pond, glad I am barefoot. It feels good to walk into the water. I can see a creek running out of the pond.

But somehow I get back into the building. I talk to some people then want to go out again. By a stairway I see a kind of personal altar on a raised window seat. For some reason I get down on my knees. There is a kind of image of a goddess or perhaps the Virgin Mary. I say a "Hail Mary" and feel a little like I'm meditating in the dream though I am actually saying a Catholic prayer. I try to go outside but wake up.

Comment: The order may be wrong for some of the dream events. Remembering the order of things even in lucid dreams is not always easy.

Mark Lane, January 12, 2009

### Keith Moon Wants to Kill Me!

I'm running fast across a field with Keith Moon (from The Who) in hot pursuit and hurling stones at me. The other members of The Who are running with me to escape Keith's wrath. Keith is raging like a mad man with stones flying all over the place. I run up a grassy hillside and over the other side where I find a fence and a gateway leading to a path through a wooded area. I know I can escape. Right at that moment I realise I'm dreaming and decide to turn around and go back to confront Keith.

As I push forward to ascend the hillside the hill suddenly becomes steeper. The more I persist the steeper and harder it is to get to the top. I eventually make it but with a real struggle. Once on top of the hill I notice a camping site in full swing with people going about their business (no sign of Keith and the others.) I walk up to the toilet/bathroom area and decide to touch the wall to test its reality. I'm totally struck by its apparent solidity, "Oh my God, that feels totally real!" I say excitedly to myself - Whoops!! The upsurge of excited emotion causes my lucidity to wane. I attempt to re-gain it by spinning on the spot

but alas it was too late and I re-enter the normal/regular dreaming state.

I awoke and realised a few things. One was that trying too hard to engage with a dream character and pushing forward led to a self created (up-hill) struggle.

This dream also taught me a powerful lesson about needing to stay calm and also how one can be so easily distracted from one's goal. In this case by a toilet wall!

Patrick Boyle, May 6, 2009

### Expanding and Contracting Awareness

At 3:00 a.m. I woke up to go to the bathroom. When I came back and went to sleep, I immediately had what may have been an OBE or lucid dream:

I hear the front door of the house open and I hear people entering the house. I believe I am awake at this point. My impression is that I just fell asleep and I was startled by the door opening. So I get up and hurry out to the living room. There is a young black man and a white woman about the same age, maybe late twenties, in the living room. They are both wearing some type of uniform. It does not seem like a cop's uniform but something else. The man is sitting on the couch and the woman is walking around by the kitchen table.

I look at the man and I say loudly, "Who are you?" and "What are you doing in my house? I want you to leave!" But the man does not respond except to look at me. He seems quite content to sit on the couch. I am really upset that these people are in my house uninvited at 3:00 a.m.

Now McKenzie and Katie (my son and daughter) are out in the living room also. I have my cell phone and I am dialing the police. I tell the man on the couch I am calling the cops. I want him to get scared and leave. Then, just as I get through to the police, I notice other people in the house. There are two or three other men wearing what I recognize as Minneapolis police uniforms. This makes me relax because I realize these people at least are not there to rob us or harm anyone. I hang up the cell phone since the police are standing right there.

Then there is a part where I realize I am dreaming. I feel myself back in bed in my body. I take the opportunity to re-approach the situation in the living room. When I come back as an aware dreamer, I realize that I have some involvement with these

characters; that they are not just intruders but that I can learn from them. There is a black female cop there who I feel I have some involvement with on a deep level.

At this point the dream takes on a feeling of crossing dimensional lines. I feel this expanded view of the dream because I am lucid. This is a very pleasant and relaxing feeling. There is a sensation I have of my body and that of the female cop combining together in the dream and I am getting all of her thoughts and feelings. It is very warm emotionally and I feel a lot of love for her. It is hard to describe how this works but I go through this expansion into her consciousness and contraction back into my consciousness two or three times. This process is physical as well as mental. It is accompanied by a light, maybe blueish-white in color, passing between us. Expand, contract, expand, contract. The important thing here seems to be the contrast between my normal, self-aware consciousness and the consciousness I have when I expand into this woman. I don't get the feeling that one is better than the other but rather that the expanded version allows for greater awareness and empathy on my part.

The whole event seems to be designed to allow me to expand my awareness about the significance of lucid dreams and about this female character specifically. The message I am getting is that, by being lucid I am able to get past the "me vs. them" notion I had at the beginning of the dream, to realize that we are all connected and that these characters I was afraid of are there to help me learn and expand my consciousness. By the end of this process I feel thrilled about the whole dream experience. It feels like I have crossed some threshold of awareness and learned an extremely valuable lesson in awareness within the dream state that will affect all my dreaming from now on.

Gareth Edwards, Summer 2009

### Back to Basics

This is quite a brief lucid dream, but it contains an interesting element that, in my opinion, makes it worth submitting. Prior to having this dream I had been having a lot of trouble achieving lucidity and decided that I need to go back to basics in terms of operating in the dream environment. I have been trying to incubate lucid dreams in which I experiment with different types of movement (of my body/awareness). The idea is to get to a point where I can move around without fearing the consequences of violating real-world physics.

I am dreaming (non-lucidly) that I am in an apartment with my mother, father, stepfather, wife and daughter. I am reading a laminated placard which is leaning against a glass-topped timber coffee table. The placard contains images and words. The images are of Winnie the Pooh and associated characters. I cannot remember the words, but I do have a memory of them remaining stable as I read, look away, and then read again (this is an old lucidity trigger that I rarely use anymore). However, whilst reading them I realize that they don't seem to make much sense. This slowly triggers the realization that I am dreaming.

I let the inevitable psychic shiver pass by and then stand up and walk towards the glass sliding door of the apartment, which I know leads to a balcony. I confidently walk through the glass and find myself looking down at a slightly cloudy blue sky. This is not at all what I had expected. My intention was to jump off the balcony and explore the surrounding area.

I notice a few stars in this sky and decide that I will choose one and move my awareness to its vicinity. I stare at a star and will myself to be there. The dream dissolves and I wake up. Like many lucid dreamers I experience some sort of "block" whenever I try to leave the planetary atmosphere and enter space.

I wish that I'd had the presence of mind to look up when I walked to the edge of the balcony, but I was too bewildered by the presence of the sky below.

Matija, July 2009

### Molecules

(Note: I woke up in the morning early, stayed awake for about 45 minutes and did MILD two times. I did not become lucid in the next dream, but woke up and 'played dead' - I did not move at all, in order to enter a new dream state lucidly.)

I feel a sense of sleep paralysis and then see light sparks of green and gold on my bed. Suddenly, I am in this space and little by little it is being filled with these light sparks. Then they seem to become like molecules, (or the molecules just appear). The molecules seem very real - they were huge, and they had many letters on them: S, J, R, L ..., I try to remember the letters, as I see them, but can not do it.

At one point, I lucidly wonder if this is the DMT molecule, (an excellent book by Dr. Rick Strassman *DMT- THE SPIRIT MOLECULE* discusses how the DMT may be responsible for spiritual and even

dream experiences). Then I wonder if this is like a flashback of another experience in the waking world, but decide the color scheme is too different.

So this molecule comes moving towards me, and it is spinning. I wonder why I am seeing this, since I did not consciously ask for it, nor did I want to see - but it is coming. Then in the left corner, (well, corner is not the right word for endless space but it is to the left side of my field of perception) I see two faces of gold. Then suddenly, I am pulled into a normal lucid dream environment.

### Rebecca Fenwick, June 21, 2009 Tornado Dreams

Background: I have been having a recurring nightmare for the past two decades. It involves being chased by a tornado, sometimes multiple tornadoes. My main goal in these dreams is to save the people around me from certain death, even if it means my own life will be taken in the process.

I was either driving or riding in a convertible car while trying to outrun a menacing tornado (at this point I become lucid and the tornado was the trigger). I quickly lose all the fear I had in the dream, turn around and face the tornado and yell, "WHAT DO YOU REPRESENT?" (This was a phrase I remembered from a book about out-of-body experiences.)

In an instant, the tornado misted away and transformed into something else, it had numbers and letters on it (RR-RD2?), but I'm not sure what the object was exactly. Throughout the dream I confronted three tornadoes in the same manner and all three misted away and turned into something with numbers/letters/symbols on it.

Unfortunately, because the dream occurred in the middle of the night and was extremely vivid, I thought I would be able to remember what the tornadoes transformed into by morning...I didn't. That experience taught me to write it down right away!

Since then, I have had one more lucid tornado dream (July 24, 2009). Upon seeing the tornado, I had no fear and was actually trying to get into it to take photos of the interior vortex. Every time I was about to snap the shot, something (like a hand) would push the camera down and not allow it to happen.

### Rebecca Turner, Summer 2009

I am walking up some steps and looking closely at my feet when I spontaneously become lucid. Steps seem to be a good trigger for me lately. I say out loud, "I'm lucid!" and then look up to focus on the landscape.

I'm walking onto a large playing field, with a small industrial town in the distance. There are plenty of dream characters wandering around, playing football or walking their dogs. I immediately remember my lucid dream intention suggested by Robert Waggoner and shout out to the dream, "Show me something amazing!"

At that point my attention is called to the sky. It is bright blue with a few long white clouds over the horizon. Then the amazing thing happens... The sky turns into a colorful sunset, red and purple and orange and pink, with a single dark rain cloud in the middle. The cloud begins pouring rain down a single column, which turns into a tornado. This combination of weather patterns occurs all at once and is quite stunning.

Then I decide I want to experience something closer, something I can touch... So I ask out loud, "Show me something hilarious!" With absolutely no expectation of what will follow, I turn and walk along the street and around the corner comes a giant gorilla with multi-colored fur, casually walking down the street towards me! This surreal image makes me laugh as I realize my subconscious inner self is playing along with me.

Then I start bouncing and hopping over the landscape and looking for more things to do. I see my Shetland Sheepdog, Howard, trotting along and recall a previous lucid dream where I shrunk myself down and rode on his back. So this time, I make him much bigger and ride on his back like a horse! He has much more brown fur now, and it is like riding on the back of Ludo from the movie, 'The Labyrinth.'

I gradually lose my sense of self awareness and with it, my lucidity. Soon the dream takes on a dramatic 'who-dun-it' edge, and I am in the middle of it. I find myself being chased by a maniac with a shotgun, having solved the mystery and pinned everything on him. There is an elaborate final chase scene where I take him down with the help of the villagers. Despite being almost nightmarish in content, I thoroughly enjoyed the thrill of this post-lucid dream and always

got away from the killer just in the nick of time. The entire dream lasted for almost an hour.

Rebecca Turner, [www.World-of-Lucid-Dreaming.com](http://www.World-of-Lucid-Dreaming.com)  
(Previously published in The Lucid Dreaming Newsletter, Issue #12 - June 2009)

## A Dreamer, May 5, 2009 False Awakenings

I wake up to get ready for work but then suspect I may be dreaming. I jump up, float, go out through the door onto my deck. It is like the first light of dawn, no sun yet. The deck looks pretty normal. I go down the first set of steps and notice the in-law cottage and the buildings in back are gone. I just see the yard. Everything is wet from the rain.

I go back inside and "wake up." I get out of bed and then wonder if I could still be dreaming. I jump up and float. Then I go through my full length mirror. I am in a large building, a house of some kind. I go into what seems to be a bedroom. I see closets and at least one mirror, maybe more. I see no bookcases.

I think the room must belong to a woman who is very concerned with her personal appearance. I go over to a mirror. I have just a slip on and am in the process of dressing up in a way I haven't for years. The woman in the mirror looks sort of like me but considerably younger. For the fun of it I say, "I want to see myself in a past life." I see myself now as a youngish, East Indian woman. I believe she was wearing glasses.

I "wake up" again. Once more I get out of bed. I wonder if I could still be dreaming. I think I probably saw that East Indian woman out of association since I knew reincarnation is a big part of the Hindu religion. I doubt if I was literally that woman.

I do a reality test, jump up and float. Lucid, I go into the next room. I am not fully lucid for I see an African-American woman in the kitchen at the table and consider her my roommate. She's at home while I work.

Her stuff is all over the table and my computer is gone. I ask her where the computer is and say I'm retiring soon and will need the table space. She seems reluctant to offer any.

This is all too weird. I jump up to make sure I'm dreaming. I go back to my bedroom thinking I should

wake up. I go back to my bed, "wake up" but realize I am still dreaming when the light doesn't work.

I go into the kitchen. An African-American woman is there, but she doesn't look quite the same. The computer screen is on the table, but it is much smaller. I try to read some writing. I can to some extent. I look at the clock. First it says almost 7:00, but that changes to 5-something. I know I have to be dreaming, but it is hard to get out of the dream.

I "wake up" again. In my bedroom I see the shadowy figure of an African-American man so I know I'm still dreaming. I go after him then apologize saying I'm frustrated because I can't wake up. The man disappears.

I try to wake up but can't so I go back through the mirror hoping to get to the "right version" of my apartment. I wonder that I didn't see my cats in the kitchen. Once through the mirror I am in another building. I wake up soon for real.

Comments: Lucidity was not especially high in much of this dream.

## Nicole, Summer 2009 Flying

I'm at a camp in the middle of a deep forest, everything is old fashioned, no electronics just wood. There are three other people besides me; two kids around my age one girl and one boy and our leader, a man around twenty. Our leader sends us out and we have to find something, but while we're running through the trees, I realize I'm dreaming and decide it'd be easier to find the thing if I flew.

So I start running really fast and then jump. The jump gives me leverage but I have to flap my arms. I'm then above the trees and I fly over a lake. In the distance I spot a man with black hair flying as well and for some reason I know this is another person who also knows they're dreaming.

I flap over to the guy and we start flying in spirals with each other, we're laughing but we don't speak. Then out of nowhere he stops and starts falling to the ground. I stop flapping my arms and try to follow him and I'm so upset I'm crying and trying to yell after him but there's no sound. I land back on the ground and the forest is now a dirty city and when I try to fly, I can't.

Lucy Gillis August 29 2009  
Sliding and Gliding

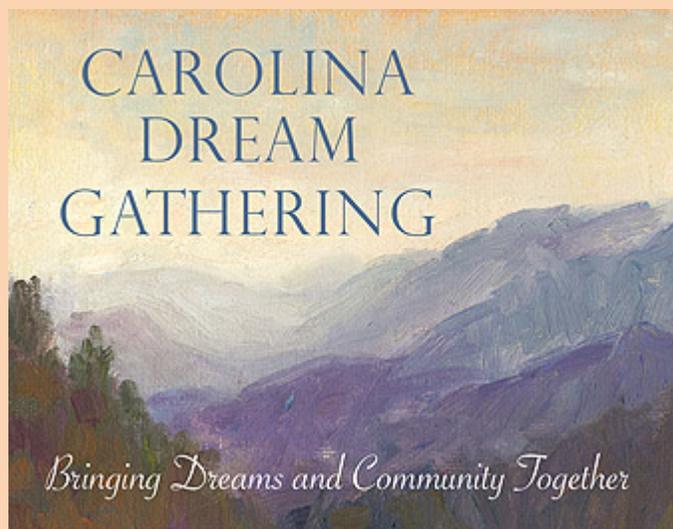
. . . I have fallen back to sleep after awakening from my third or fourth dream in the early morning. Soon I am moving quickly and smoothly along a cobbled street when I realize I'm dreaming. I also seem to be nude and am sliding effortlessly, pushing off with my feet, in a motion like skating, over the now very wet cobbles. I seem to have gone into some tunnel system, taking many turns down different light-grey rock-hewn passages. I'm all alone, no one else is about. (The tunnels are lit by an unseen light source.)

I know I can change the scene if I want, or go on to do something else, but I am quite content to keep sliding and gliding barefoot over the slippery, bumpy surface. (The water feels as though it is 2 or 3 cm "thick" on the cobbles.) I do this for quite a while, through more and more tunnels, acutely aware of and

enjoying the pleasant and intriguing sensations in my feet.

Upon waking, I realized that my sense of awareness was not very similar to my waking sense of self (or "ego," if you prefer). It would be more accurate to say that I was a consciousness (but not ego-like, if that makes any sense) momentarily inhabiting the shape of a human body. Other than the sensations in my feet, and the feel of air rushing past my gliding form, I don't recall a *sense* of body, and even get the impression that my "face/head" was featureless/hairless, despite my ability to "see" the tunnels and cobbled surface in front of me.

But I did know that I was in a state of dreaming. In thinking about the dream in order to write it out, I used the word 'nude' since I wore no clothing, but I also didn't have a detailed sense of body. Just a general "outline" or sense of shape, or form. It was a strange sense of awareness, but very enjoyable.

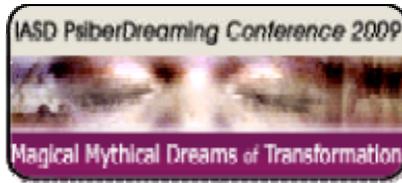


*Come Dream With Us at the*  
**27th Annual Conference of the**  
*International Association*  
*for the Study of Dreams*

June 22, 2010 – June 26, 2010

Western Carolina University  
Cullowhee, North Carolina

# IASD PsiberDreaming Conference 2009



## Magical Mythical Dreams of Transformation

Join Co-Hosts Jean Campbell and Rita Dwyer from **Sunday, September 27 through Sunday, October 11, 2009** for **Magical, Mythical Dreams of Transformation**, the International Association for the Study of Dreams **2009 PsiberDreaming Online Conference**.

Since it began eight years ago, IASD's PsiberDreaming Online Conference has become one of the finest conferences available anywhere on the Internet. Presenters and attendees represent a broad range of countries and disciplines. This year **Dr. Charles Tart, Stanley Krippner, Robert Moss, Paco Mitchell, and the Rev. Jeremy Taylor** will keynote the conference. Rita Dwyer's IASD Flyby Photos from the last 25 years will be available online for the first time; Ed Kellogg will have a whole new series of esp/psi contests with an accompanying workshop; Jody Grundy will present the year-long collection of Dreams of Obama garnered during her work on the Obama campaign; new presenters will be joined by popular past presenters; and other surprise guests will be added as the program is set in place; with the Outer Inn offering hospitality to all; and an Art Gallery upon which to feast your eyes.

Due to the international nature of IASD, registration rates for the annual PsiberDreaming Conference are kept at a moderate level. Even for people who cannot afford to attend each annual IASD major conference, this two-week online forum is a way to greet old friends and meet new ones. Invite your friends to become IASD members during the time of the PsiberDreaming Conference.

**All individuals who join IASD as members for the first time between August 15 and October 1, 2009 will receive a free pass to the online conference**, and a firsthand look at why IASD is the most popular dream organization in the world. They'll also receive for a year's worth of IASD's publications and news, and reduced rates at other IASD events.

### CALL TO DREAM ARTISTS FOR PSIBERDREAMING ART GALLERY

We wish to invite all dreamers who would like to share their dream-inspired artwork to participate in the PsiberDreaming Art Gallery. This is an international open call for painters, photographers, conceptual digital graphics, fiber artists, dream doodlers, etc. We are especially interested to see dream-based artwork that falls into this year's PsiberDreaming conference theme: Magical, Mythical Dreams of Transformation. Keep in mind that this is not a brick and mortar gallery. There's no need to frame, wire, bang a nail into a wall. This online gallery will be open to PsiberDreaming online conference participants throughout the conference. Our needs are simple: .jpg images of your dream-based artwork and a text narrative of the dream which inspired this artwork.

The PsiberDreaming Art gallery is always a huge hit for participants and gallery visitors, drawing submissions from professional artists as well as submissions from those who are making their first attempt in a new medium.

Please send images and text to Liz Diaz at via the [Submission form](#) for incorporation into the gallery. Early submissions are encouraged.

**Eligibility:** Original artwork in any medium about or inspired by dreams. This is open to ALL professional artists and non-artists. If you have connected artistically to a dream, through imagery, poetry, sketches, photography, or audio, you are welcome to submit your work to be contributed to the gallery.

**Limit:** Maximum of five (5) images per artist. Anyone under the age of 18 must submit parental permission with signature in order to be included in the show. Dream text **MUST** accompany all images. Images without dream text will not be considered.

**Art Gallery Deadline: September 15, 2009**

[www.asdreams.org/psi2009](http://www.asdreams.org/psi2009)

# LUCID LINKS

## **The Lucid Dream Exchange**

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

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

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

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

## **Lucidity Institute**

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

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

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

## **Linda Magallón's dreamflyer.net**

Flying dreams and much more. Several articles from LDE appear, especially in the section entitled, "The Dream Explorer."

[www.dreamflyer.net](http://www.dreamflyer.net)

## **Experience Festival**

Several articles on lucid dream-related topics

[http://www.experiencefestival.com/lucid\\_dreaming](http://www.experiencefestival.com/lucid_dreaming)

## **Lucid Dream Newsgroups**

[alt.dreams.lucid](mailto:alt.dreams.lucid) and [alt.out-of-body](mailto:alt.out-of-body)

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

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

## **David F. Melbourne**

Author and lucid dream researcher.

<http://ourworld.compuserve.com/homepages/dreamthemes>

## **Lucid Dreaming Links**

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

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

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

## **Richard Hilton's Lucid Dream Documentary**

[http://www.BulbMedia.net/lucid\\_dream\\_documentary](http://www.BulbMedia.net/lucid_dream_documentary)

## **Reve, Conscience, Eveil**

A French site (with English translations) about lucid dreaming, obe, and consciousness.

<http://florence.ghibellini.free.fr/>

## **Lucidipedia**

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

## **Christoph Gassmann**

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

<http://schrift-und-traum.ch/ring/tholey2.html>

## **Werner Zurfluh**

"Over the Fence"

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

## **Beverly D'Urso - Lucid Dream Papers**

<http://durso.org/beverly>

## **The Conscious Dreamer**

Sirley Marques Bonham

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

## **Fariba Bogzaran**

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

## **Robert Moss**

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

## **Electric Dreams**

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

## **Jayne Gackenbach**

Past editor of Lucidity Letter. All issues of Lucidity Letter now available on her website.

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

## **The Lucid Art Foundation**

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

## **Matt Jones's Lucid Dreaming and OBE Forum**

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

## **Janice's Website**

With links to lucid dreaming and out of body sites.

<http://www.hopkinsfan.net>

## **DreamTokens**

[www.dream-tokens.com](http://www.dream-tokens.com)

## **David L. Kahn**

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

## **Rebecca's Website**

[www.World-of-Lucid-Dreaming.com](http://www.World-of-Lucid-Dreaming.com)

# Send in Your Lucid Dreams!

## Deadline: November 15 2009

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