

Flights of Fancy
Show Me Why I Need To Fly
Fear of Flying and Other FAQs
Some Secrets to Moving and Flying
in Lucid Dreams?

Sound Advice:
Strike a Note, Flex Your Brain, & Fly!
The Flight of the Ba - Lucid Dreaming,
OOBES, and Ancient Egypt

"Suppose someone has flown often in his dreams and finally, as soon as he dreams, he is conscious of his power and art of flight as if it were his privilege, also his characteristic and enviable happiness. He believes himself capable of realizing every kind of arc and angle simply with the lightest impulse; he knows the feeling of a certain divine frivolity, an "upward" without tension and constraint, a "downward" without condescension and humiliation - without gravity!

How could a human being who had had such dream experiences and dream habits fail to find that the word "happiness" had a different color and definition in waking life too? How could he fail to desire happiness differently?

"Rising" as described by poets must seem to him, compared with this "flying" too earthbound, muscle-bound, forced, too "grave". "

Frederick Nietzsche

From *Beyond Good And Evil*
Translated by Walter Kaufman

The Lucid Dream Exchange

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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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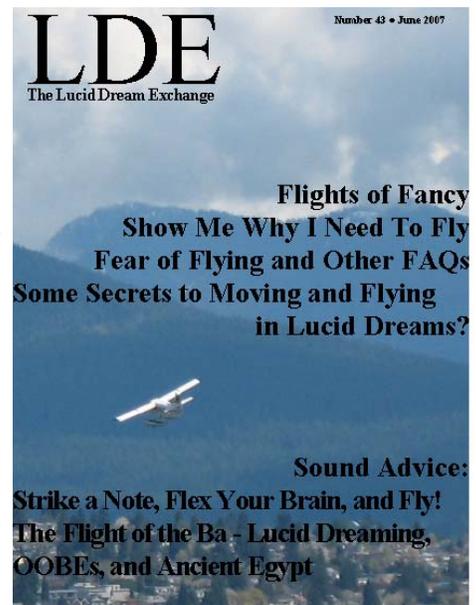
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Dream Speak

An Interview with a Lucid Dreamer

By Robert Waggoner
Responses © Ryan Hurd

Ryan Hurd is a dream researcher and writer. He holds an MA in Consciousness Studies and a Certificate of Dream Studies from John F. Kennedy University. You can contact him by visiting his blog at:

<http://www.dreamstudies.org>.

Tell us about your early dream life.

I was a precocious dreamer as a kid. I'm thankful my mother paid attention to her dreams and always asked about my nightly adventures. I was about six years old when I had my first conscious dream experience. I was having trouble falling asleep so I learned how to close my eyes and focus my vision in the middle of my visual field. After a while, I'd start seeing colored lights and if I kept with it, the lights would become a swirling vortex that would envelop me. I'd go into the vortex and then be asleep. I wasn't trying to be lucid; I was just trying to fall asleep, and the method worked well.

Other than that, the biggest influence on my early dream life was when I saw *Poltergeist* at the movie theater with my young friend and his dad – I was seven. We were supposed to see *E.T.* but it was sold out. That movie scared the bejesus out of me (as we say in the south) and for *months* afterwards I had to go to sleep with the light on, the door open, and my parents practically in view. That movie affected me deeply and was the source of countless nightmares later on. Scary clowns!

What do you recall of your first lucid dream?

My first truly lucid dream, as I remember it, was much later, when I was twelve or thirteen. A seething monster explodes from a television set and I realized “this is a dream and only a dream.” The thought gave me the power to face the monster, which quickly evaporated.

What did you make of that? How did it touch you?

I was ecstatic. This was a great success for me, standing up for myself in the dream, the sacred *no*, as Nietzsche would say. This was during a time that I was finding my voice in the waking world as well; middle school was a rough experience; there were a lot of stabbings and violence and I was the quiet guy who survived by being invisible. The dream gave me a sense of power and showed me that I could face my fears and have a voice.

How did your lucid dreaming progress? Any unexpected lucid dreams?

Well, interestingly enough, my first wet dream was also a lucid dream. That was pretty unexpected. It was rewarding to have a “safe place” to explore my sexuality and fantasies in my dreams. I also began to quest actively for God. In one surprising dream, I blasted up into the sky, through the clouds and yelled “Show yourself!” Then I saw a bearded white guy in flowing robes sitting on a cloud above me. He leaned forward, looked into my eyes and said, “HA!” I woke up startled and then I got the joke; I had long ago rejected this sort of personal God. I love how that dream poked fun at my crude attempt to seek answers.

Since this issue features flying lucid dreams, have you had any unusual ones?

Flying dreams: is there a more perfect expression of freedom? They are a blessing. Early on flying was my primary lucid goal. The nature of intention really shines through in this

practice, as every lucid dreamer knows what happens when the motivation is scattered: either you can't get off the ground or the flight is erratic. I'm aware there are still psychologists who suggest that flying dreams are emblematic of the “escapism” that lucid dreaming can promote. I can't take their admonishments too seriously, especially if they haven't experienced the wind in their hair for themselves.

However, sometimes the critique has merit. One surprising lucid dream had me climbing out of a window to get away from some old elementary school bullies. I just wanted to fly, forget about their drama. But when I tried to fly, I could only make it to a treetop. The flight was definitely “against the wind.” I had a moment of greater clarity and wondered what would happen if I tried to fly in the general direction of my adversaries, instead of away from them. I jumped up, and to my surprise, I launched into the air with great speed, and landed directly next to the bullies! We sat down together and became friends. When I woke up, I realized that the power to fly comes from the relationship of “my” will to the dreamscape; it's not atomistic; there has to be some synergy.

In an article published in *Electric Dreams* (April 2006; # 16-4), you wrote, “There is soul in dreamwork, but only when the dream is approached like a bottomless well. For me, this work sometimes comes in the form of spontaneous lucid dreams. They are unbidden, and can be terrifying.” At what point did lucid dreams become frightening or overwhelming?

Given my early horror-movie trauma as well my sensitive nature, it's not too surprising that the primary lucidity trigger for my early lucid dreams was the experience of anxiety, strife, or terror. I experienced many full-on lucid nightmares as a teenager and young adult. Looking back, I can see that my first test in lucid dreaming was to move beyond that “sacred no” to the “sacred yes!” or the exuberance of being aware in the dream without fear. But it's been a fitful journey.

I am now convinced that spontaneous lucid dreams come with a challenge embedded in the dreamscape, but when I was in my teens and twenties, I was more interested in seeking experience than receiving knowledge. It was during this period that I had what I guess you could call a “spiritual opening.” The lucid dreams were frequent – several a week – and often emotionally charged. I dove head-on into the terror of consciousness in order to get it “out of my system.” But that's not really the way it works. I think I was hurting myself.

There is very little in the lucid dreaming literature about negative experiences, but people talk about it to me in private, so I know that my experience is not that unique. It was during this period that I let myself be killed in the dream countless times, torn apart by animals, electrocuted, stabbed, beheaded, disemboweled.... My favorite was cliff-diving. So, consciousness and terror were often intertwined for me at this stage. I tried to find spiritual guidance to no avail. I was also reading LaBerge by now, but his “do anything you want; you're in control” message didn't seem to apply to my process.

“Flying dreams: is there a more perfect expression of freedom? They are a blessing.”

Dreaming is a meeting ground – who or what we are meeting is an open question as far as I am concerned.

Ryan Kurd

I now think that the meta-paradigm (or model of reality) we carry into the dream

I didn't want to *get control*; I wanted to know what was at the bottom of the horror.

What was at the bottom?

Only more horror. As it turns out, the bottomless well can go anywhere; it can be a pathway to knowledge or lead to greater suffering. Eventually I had to look away. I should mention that, mixed in with these unusual dreams were also many experiences of joy, ecstasy and safe places where I could trust myself and my dreams. Carl Jung calls these *temenos* or meeting grounds, and finding these safe grounds inside myself was the outcome of that hard work. I now believe that lucid nightmares have their own wisdom, and don't consider them to be “failures” in the sense that I lost control.

How did these intense experiences affect your waking life?

Well, I think they defined my next series of life choices. When I couldn't find a teacher or mentor who understood what I was going through, I just retreated from the trials – those botched initiations as I consider them now – and sought more stable realities. I needed to be grounded. I was already an anthropology major in college, so I dove into the discipline of archaeology, which is as close to the earth as one can get in academia.

I spent two years analyzing prehistoric pottery fragments and then, after graduation, went on the road as a field archaeologist. I dug a lot of trenches for science, excavating historic ruins, ancient Native American villages, and sites like railroad camps from the 19th century. This material grounding was crucial. While I focused on middle earth, so to speak, the labyrinth of dreams slipped away and let me rest awhile.

Looking back, did you wonder if you had approached lucid dreaming inappropriately somehow – or that lucid dreaming was inherently destabilizing?

Lucid dreaming was destabilizing *for me*. In retrospect, I think I had a hard time because I didn't have an active psychospiritual practice, and I also didn't have a teacher or a real community I could turn to for support.

Also, I think my view of lucid dreaming was inadequate for the territory I was exploring. My default perspective was *schema theory*, which, in my opinion, tends to suck the soul out of the dreamscape by abstracting it all to linguistic constructs. I now think about dreaming as being multi-dimensional; the linguistic layer is only one level of metaphor at work. This is Harry Hunt's work and it fits my experience.

actually constructs the boundaries of what is or is not possible. This is Fariba Bogzaran's teachings, too: that our core belief systems influence our experiences, laying the framework. But to say that the construction of our dreams is primarily linguistic is to deny the strong bodily, emotional and transcendent qualities of the dreaming world - including those anomalies of the Western mind such as synchronicity, telepathy and clairvoyance. I don't think lucid dreaming is inherently destabilizing, but I do believe that it is inherently radical. It certainly shakes things up.

Were you raised in a religious environment?

I'd say it was a humanist environment. I was raised in the Unitarian Universalist Church, which allows for a personal search of meaning, even if that personal search may end up including non-Christian viewpoints such as Buddhism, existentialism, or even paganism. It was a very flexible religious education but I never had to make a choice or embody a choice through practice.... So as a teenager I was very much in the postmodern predicament of being up Shit Creek without a paddle. I didn't know what I believed, and when I went looking later on, I mostly found my worst fears, which tend to be very dualistic and concerned with good and evil.

In your view, what characterizes a healthy and an unhealthy approach to lucid dreaming?

I think my journey with lucid dreaming was unhealthy at times. In my case, when I found myself suddenly confronting powerful unconscious material without being really grounded in the waking world, my ego defenses kicked in and I simply lost interest in lucid dreaming for a while. This is why we have defenses. That's good and healthy.

My guess is that a similar process happens to many beginner lucid dreamers who are jazzed to manipulate the dreamworld only to find that the tricks only last for a while, and soon enough other “material” starts oozing out of the woodwork. That beginners' luck runs out for some of us, those whom have “thinner boundaries” as Ernest Hartmann says. The publishing world capitalizes on this process, unwittingly, as there's always fresh dreamers to keep the introductory books in print, but little advice out there for more practiced lucid dreamers. That's why the LDE is such a crucial forum.

But I don't want to tell people how they should or shouldn't dream. Lucid dreaming has been shown to have a lot of individual variation even in the same culture. For me

personally, an unhealthy approach is when I am more interested in my own consciousness (and my clever knowing of my knowing) rather than the dream itself. As you like to say, Robert, lucid dreamers are dream naturalists. I'm usually interested in what the dreams want to offer up in the moment, not what tasks I can impose on them from the waking world. I consider this a naturalistic approach to lucid dreaming.

However, I also occasionally engage in lucid dream incubations, and have generally found that if my intention is clear then the dream is more than willing to meet me where I stand. I think Clare Johnson's work with lucid dreaming and creative writing is an excellent example of this.

What signs would need to occur to you to advise someone to step away from lucid dreaming?

Well, if those normal ego defenses aren't doing the trick (such as natural disinterest, and cessation of lucid dreaming) I recommend seeing a counselor, a mentor or a spiritual advisor who is trusted and who also has experience working in this realm. Depression, isolation, the use of drugs and alcohol for coping are commonly accepted symptoms of inner work that could be grounded in good, ole consensual reality and real human support.

Some people would say, "Well, I have been a lucid dreamer for ten years, and have lots of fun, do experiments, spiritual stuff, sexual stuff and fly around exploring. I hardly ever have anything scary appear. When I do, I normally point a finger at it and blast it away with a ball of energy." What would you say to a lucid dreamer like that?

I'd say: Welcome to California. Seriously, this is *exactly* how I first approached my lucid dreams. You're in the safe zone with this attitude; it's probably the way to go if you're on your own. The dream ego has proven to be quite effective at minimizing contact with unsavory scenerios in lucid dreams. I'll discuss this more later. Ultimately, I would argue that, armed with this paradigm alone, opportunities for transformation are being missed. But, then again, transformation isn't everybody's bag. I'm a strong believer in cognitive freedom; it's your mind, shape it as you will.

Would you also suggest that the lucid dreamer, once lucid, would obtain a richer experience in dealing with shadow elements, as opposed to just the joyful and numinous elements?

Yes. But my experience also suggests that *seeking out* the shadow elements can be masochistic. Not to worry; if you're open and receptive, the shadowy elements will come on their own.

Unfortunately, there is a taboo against "negative" or "dark night of the soul" experiences in the West. Psychologist and wilderness guide Bill Plotkin speaks about this eloquently in his book *SoulCraft*. When we refuse to face dark truths or the experience of suffering, we've essentially

barred ourselves from a third of the cosmos, known in many cultures as the underworld. Plotkin says as a culture, we love to go up, towards transcendence and bliss, but hate to go down, into the earth and the realm of the dead. This is why lucid nightmares have something to tell us.

Since "shadow elements" is a Jungian term, I'll conclude with one of Jung's own parables for psychospiritual growth: To get from the top of the mountain to the next mountain peak, we have to head down into the valley in between. The higher the highs, the lower the lows. So to cultivate a more authentic relationship with the dreamscape, facing my fears and undergoing various trials – as they manifest themselves - are a necessary part of the journey. But I've also found that this work leads to even greater joys, ecstasy and wisdom along the way.

So after a five-year hiatus, you returned to dreaming and the occasional spontaneous lucid dream. How did you now approach lucid dreams? Could you share a lucid dream from this period?

When I was 27, the lucid dreams came back. I was living on the road, still doing contract archaeology. My attitude in the dream was more *wary*, sort of like a teenager after that first fender-bender. Suddenly I started paying more attention to the street signs. In general, I participated more fully in the dream. I flew less and stayed put more. I didn't try to prolong the lucidity. I was more relaxed in the lucid dreamscape, and more receptive. I didn't have an agenda. Very different from the *seek and destroy* of my early twenties. But I was also still having the occasional lucid nightmare. So, I knew I still needed to find a teacher and began the slow search for someone who could work with me.

Here is a short lucid dream from those days that captures this turning point. 1/2/02 *I'm in a living room, alone at night. A bristling fear is present as I turn the TV on, and that fuzzy heaviness that often accompanies a bad dream. A clock or timer on the TV screen shows its 4am. I think "that is impossible," because soon before it was much earlier. "This is a dream," I decide. I walk outside on to the front porch and look at the trees and a nearby field, lit by a low, golden light. I feel much better, peaceful. I walk back inside, lucidity already fading....*

In your article in *Electric Dreams* (April 2006; # 16-4), you express a concern for the "domination of the analytical mind in the dream." You continue: " 'Lucid' comes from the Latin word *luce* — light —and after-all, it is the nature of light to banish the shadows. And it is the shadows from

"So, for me, I have been trying to relearn how to think and be in the dream. It's not about being illogical, but learning a different kind of logic so I can meet the dream more authentically."

Ryan Kurz

whom we learn the most in dreams.” Do you feel that lucidity naturally does away with the shadow elements? Or does the analytical mind in the lucid dream state seem predisposed to avoid shadow elements? Or both?

This is a tough one; I’ve been working on this problem for three years now and have ended up with a fairly radical critique of the Western culture of lucid dreaming. Clearly the analytical mind affects the dream. Reason is the Western blind spot, our default way of thinking, so it’s hard to see the construct. But Reason is aggressive by its very nature – Philosopher Christian DeQuincey writes at length about this, and I think the damaging effects of misguided reason are visible in our lucid dreaming experiences. When expanded self-consciousness is confused to be reason (ie *lucidity* by many scholars definitions), the dream is quickly subjected to a rational splice and dice that leaves little room for the dreamscape to express itself. I have noticed how many times I have shut down a dream scene just by the thought “this is *only* a dream.”

In my experience, when I bring in a waking world goal, I am risking a squashing of the dream’s own process, simply because I am in two places at once. I’m thinking, “It seems like I’m here but *really* I’m sleeping in my bed at home and my social security number is....” This is what the rational mind does in the dream by default; the *ratio* is a juxtaposition, a fraction. And we become fractured. So self-awareness tied to a Western sense of “this is not real” devalues the dream by preventing the magical blending of subject/object that is really the *distinguishing characteristic* of dreaming.

The worst part: Reason effectively stomps on emotional and intuitive ways of knowing without us even knowing it’s happening. It’s the water we swim in, an artifact of the West’s dominant cultural model. That’s also why I think the misnomer of “controlling your dreams” continues to stick to lucid dreaming: it’s practically hardwired in our Western psyches. We run the risk of becoming Conquistadors of Consciousness because this way of thinking really has colonialism and also the domination of nature at its roots. That’s why dream characters, especially the shady ones, don’t want to hear about how they are parts of myself that haven’t been integrated yet – in fact, this generally pisses them off.

So, for me, I have been trying to relearn how to think and be in the dream. It’s not about being illogical, but learning a different *kind* of logic so I can meet the dream more authentically. Ed Kellogg’s work with phenomenology and dream magic applies here; he is a master of moving within the magical realism of the dreamscape.

So I don’t think that lucidity destroys the dream by its very nature, as some depth psychologists claim. It’s Reason that is the problem, not self-awareness. Reason is only a tool, after all, and it has its uses. However, in my dreamworld, those shadow elements make contact only when I’ve put my “dayworld” tools away. But to argue that consciousness is *tainting* the dream doesn’t make sense to me. How can we taint our own experience?

6

As someone with a deep interest in anthropology, does there seem to be an ancestral way of approaching lucid dreaming?

This is new territory for me, but I have been exploring the potential of tapping into ancestral knowledge through the imagery that emerges in dreams. It is certainly true that we can explore our families of origin through lucid dreams; again, I strongly recommend a guide for this level of work.

What also may be possible is a deeper ancestral connection, perhaps tied to our bloodlines or through ancestral landscapes. I am indebted to other cultures that work with their dreams in this way. Lee Irwin’s work *Dreamseekers* is an amazing window into how the Plains Indians incubate visions that integrate ecology and healing. Anthropologist Barbara Tedlock has also published a fascinating account about a Mayan dream vision that helped bring together a community in order to fight invading forces. The ancestors are often guiding forces behind these powerful dreams.

For me, as an Anglo-European descendent, the dreaming path of my ancestors is largely unknown, despite all the records we kept along the way. Dreaming as ancestral work is new to me, but already it is healing my disconnection, as well as helping me connect with the landscape where I live now.

Tell us about how “reverence” could be experienced in a lucid dream? How does a lucid dream of reverence differ from the more common approaches to lucid dreaming, i.e., explore, have fun, ask questions, seek challenges, etc.

Reverence is a strong word and I don’t like to throw it around all the time. A lighter way to describe this attitude is one of gratitude and thanksgiving. Giving thanks is important in ritual thinking in many cultures, and also the cornerstone of doing any kind of nature awareness work in the waking world.

I’m not talking about worshipping dream characters. It’s also not about becoming powerless or destroying the ego; that dream ego is really important, no matter what role my subjective self is playing out in the dream. Furthermore, becoming powerless in the dream is still playing within confines of the conquest of reason; except now rather than squashing dream characters, *I’m* the one being squashed. That’s usually no good.

Instead, I try to cultivate *gratitude* for the visions I’m graced with. Reverence, as a stronger sense of gratitude, is an deep understanding that I am facing something – an idea, a memory, or a situation – that is undoubtedly more powerful than I. We are part of something bigger. Recognizing that fact is an act of reverence. Respond in this fashion, from the heart, and new doorways of experience will certainly open up.

I believe that these sorts of experiences are self-selecting; it’s not a trick or a tactic in the usual sense. Having respect for the dream also does not mean you can’t have fun or enjoy the experience of being lucid; in fact, it’s a *deepening* of joy and enjoyment because now we are treating the world *as if it is real*. This is really an existential viewpoint about exuberance

and responsibility being wrapped around each other like a double-helix.

Here's a dream from two years ago that really made all these ideas real for me: *I'm walking outside and realize I'm dreaming. The path has opened up – it is very grey outside, foggy, maybe a slight rain or mist. I concentrate on my walking, the feel of my shoes on the pavement, which is old and gritty. Then, there is a tree in front of me, a large hardwood like an Oak. I am overjoyed and filled with love/reverence/awe. I approach it and it changed as I continue to look, shrinking into a gnarly shape with a bulbous trunk and spindly limbs, like an old fruit tree in winter. I am in front of the tree and I thank it for blessing me. I am crying, a mixture of sadness and thankfulness. The tree is steady and exudes a character of grace and... royalty. Benign leadership? It is still stately, but open to me.*

As you have explored ancient rock art in Central America, the images seemed to have really touched you. Does this interest in ancient figures and ancient places show up in your lucid dreaming?

Oh yeah, archaeology and lucid dreaming are really two expressions of the same desire for me; to uncover what was previously hidden from view. This is the nature of consciousness, and of lucidity as I know it. The intuitive sensing in dreamwork and the analytical thinking in archaeology actually complement each other well, creating a multi-dimensional approach to reality. My graduate work at JFK University has largely focused on this issue. Indeed, I consider lucid dreaming a valid scientific methodology.

When I was in the field in Nicaragua, I incubated lucid dreams about prehistoric rock art to uncover my biases and reveal my own worldview so I could “see” the rock art more clearly. What surprised me is that this practice actually led to *new insights* about the ancient carvings as well. Perceptual anomalies were revealed in my dreams that loosened me up enough to notice them in the field, in the waking world. And if I ever get back to Nicaragua, I have some new hypotheses to test.

Here's an example of a dream from this period: *I enter a thick, completely dark space, falling steadily and slowly... I wonder what will emerge and remind myself not to expect anything. There is a texture of sound, rich deep tones or vibrations, some heavier tingling and no light whatsoever. Then, thin white filaments of light emerge in a loose cluster in the center of my vision. These lights are curlique filaments that slowly shift around as if suspended in a medium. They shift about and change lengths and curl about languidly. I have the thought that this resembles the long meanders of some rock art, but made of light and three-dimensional.*

This dream reveals biases in my thinking about some rock art design's similarity to visionary imagery, which is a very attractive theory to me. But also the strange perception of “vibrations” emerges. As it happened, I experienced similar

deep-toned vibrations at a rock art site only 4 days later. I finally realized that the cicada calls in the jungle (similar to crickets) were echoing off the rocks and creating an intense field of vibration. Earlier, I thought it was a mosquito! This insight highlights the possibility that the ancient people of Nicaragua may have selected rock art sites for their acoustic properties. So lucid dreaming can add context as well as the potential of fresh insight to any phenomenon being studied.

This reminds me of an interesting lucid dream in which I told the dream to take me someplace I should be – so, at the end of various interesting dreams, I decided to fly to the stars in the night sky, but as I do so, the stars begin to rush together to form numerous golden lit geometric symbols – interlocking rings, triangles, figures that seemed both spiritual and expressive. Totally unexpected. What do you think about these experiences of “sacred geometry” in the lucid dream state?

I love these experiences, but I'm not really sure what to think of them. Some psychologists say that abstract geometric imagery is the root of human thought. In Islam, this sort of imagery is considered to be sacred, related to the divine Intellect (of which reason is but a one-dimensional imitation). Others argue that it is simply a product of our optic structures.

But I do know this: in my dreams, this class of imagery is the first thing to emerge from imageless dreams. Those cosmic dots, light-filled spheres, latticework, mandalas and spirals bloom out of the center of my visual field with dogged persistence. And if I follow the imagery and put my intention behind it, the imagery becomes a vortex that wraps around my dreambody and invites me in. So whatever it is, Robert, and wherever it came from, I consider that geometry of light to be a portal. Ah, but to where?

I really want to thank you for your observations and sharing your experiences. Any parting thoughts or suggestions to those new to lucid dreaming?

I just want to reach out to beginning lucid dreamers to honor their fears rather than squashing them from the get-go. Also, make sure to discuss with others what didn't work so well in the dream. We're still *just beginning* to map out the potentials of lucid dreaming and every dreamer is a scientist in this regard. Lastly, if you find yourself in some of the terrain I have discussed here, find a mentor who can help when the going gets tough. Lucid dreaming can become a life-long practice, so take it slow and easy. There's plenty of time to experience all that the world of lucid dreaming has to offer.

Thanks, Robert, for the opportunity to tell my story. I'd like to close with a quote from Nietzsche, who is believed to have been a prolific lucid dreamer:

“And perhaps many a one, like myself, recollect having sometimes called out cheerily and not without success amid the dangers and terrors of dream life: “It is a dream! I will dream on!”

Hello all,

I had an interesting experience a few nights ago and wondered if anyone else has had anything similar happen. I had spent several hours using my laptop computer in bed experimenting with the flight control portion of Google Earth just before going to sleep. That night I had one of the more intense lucid flying dreams I've had in quite a while. Google Earth has the ability to let you control your flight over terrain in much the same way as a flight simulator program. The difference is that there is no airplane and depending on your computer settings you can fly very slowly around photo realistic 3D buildings and terrain. I think it was the process of controlling my flight on the computer that transferred over into my dream. Has anyone out there used any particular computer programs to help induce lucid dreams? I recently signed up for access to Second Life (free), which is a 3D online digital world. One of the ways of traveling around the terrain in Second Life is to just fly your avatar (body) from place to place in the game. I was initially surprised by how flying in the game looked similar to my experience of flying in lucid dreams. If there was some way to also induce the feeling of flying while in the game it seems like it could be a wonderful induction technique. This may be old news to some of you. I just have never heard of using any computer programs to help induce lucid dreams.

Any comments?

Thanks.

Don Fluitt

Hi LDE fans!

I would like to say regarding the video games, I have used Second Life but City of Heroes is more surreal and better developed--it's also a blast to create new characters with unique costumes! If anyone should decide to try City of Heroes, make a character on the Protector server and I will invite you to my super group, Beyond Reality. Send an in-game email to Mystic Breeze when you zone in...

Here is the site I created for my super group:

<http://beyondrealitysg.proboards99.com>

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Fear of Flying and Other FAQs

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www.dreamflyer.net
Drawings by Suzanna Hart

Why can't I control my flying dream?

Have you ever experienced flying euphoria? That's when the vivid sense of freedom gives you the intense conviction that you can do *anything* in a dream. It's a supremely powerful feeling that can last long after you wake up. But just because you feel that way doesn't make it so.

Let's get real. Nobody has spectacular dreams all the time. Flying dreamers have good and bad days, just like any pilot does. Trainees may take a while to get off the ground and expert skills can become rusty. So, don't be surprised if you sometimes blunder or the wind isn't blowing in your direction. Even Superman has to deal with Kryptonite at times.

Am I weird to have a falling dream?

No, they're quite common. In several statistical studies, falling dreams were in the top 4 of 55 typical dreams. The percentage of college students who report having falling dreams ranges from 60% to 80%, depending on the study. Furthermore, falling dreams have been found across the globe and down through the ages (the Babylonians had them, too).

If I fall and hit the ground in a dream, will I die? Or will I die if I don't wake up before I reach the bottom?

If someone actually did die as the result of a dream, it would be difficult to come back and tell us, wouldn't it? I've never heard of any ghost or channeled entity claiming that he died in physical life because of a falling dream.

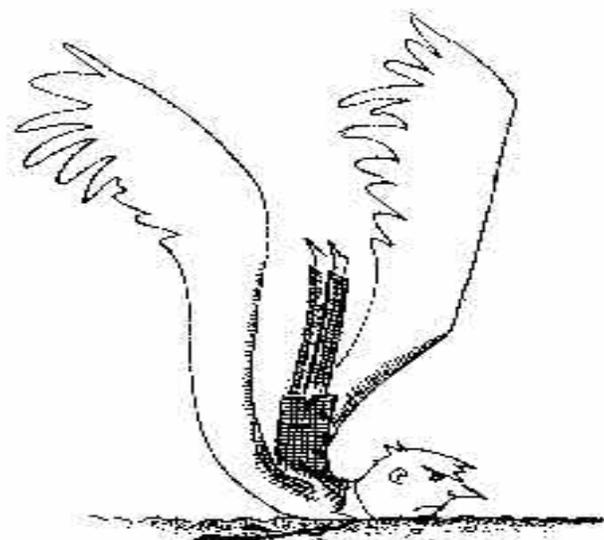
Instead, what we have is the testimony of dreamers who hit the ground and lived to tell the tale. Most people are both surprised and delighted to discover that there's no negative effect. A couple of people told me they experienced pain while they were still dreaming, but their dream pain seemed to have nothing to do with their physical body. Some dreamt they "died," but continued to exist afterwards (even in pieces!). In one of my dreams, as I "died," I teleported to another place. Then I woke up.

Can I fly too far and never come back?

Again, how would we know? Dreamers who fly in all sorts of environments, including to infinity and beyond, have come back to tell us their stories. Remember, just because you are scared that something *might* happen, doesn't mean it will. Talk with the experienced dreamers, not to those who became too frightened to try again.

Will I suffocate if I fly out of the atmosphere?

No, your dream or astral body doesn't have to breathe air. That's also why you can "fly" through the water, too.



Kryptonite Factors of Falling and Flying Dreams

- * Echoes of feeling out of control in the waking state (including vertigo, light-headedness, the sinking feeling, feeling unsupported, adrift or like the ground is dropping out from under you)
- * Fears and worries (aviophobia (flying), acrophobia (heights), agoraphobia (open places), guilt, grief, greed, qualms, yearning for the impossible, embarrassment, loneliness, alienation, loss, fear of failure, fear of exposure or recognition, fear of failure, low tolerance for suspension of disbelief)
- * Mental factors (mundane focus or overactive imagination, inner critic)
- * Physical elements (replay of an actual fall or close fall, over exercise, sleep position, sleep environment)
- * Physiology (hormones, illness (especially inner ear), mental disorder, liquor, change in diet, prescription drug, brain chemistry)
- * External world (media influence, cultural constraints (impossible goals, urban legends, superstition or bad advice), relationship troubles (manipulation, threat, abuse and war), psychic or charismatic influence)
- * Nature of sleep (borderland: sleep paralysis and myoclonic jerks, dream state; difficulty maintaining lucidity and wires in the sky)

If I fly too fast, will I disassemble?

You might. The scenery can streak to nothingness and you may eventually lose your body sense. But having no body isn't a problem in dreamspace. In fact, it's rather cool. When you need a body again, you just act as if you have one. Reach out an imaginary arm and it usually appears.

Is flying dangerous for females?

This is taking the idea of "Yin" and "Yang" way too seriously. In Chinese literature, the "Yin" is described as "passive female," while the "Yang" is "active male." Just take a look around your community and you'll find passive males and active females, including female pilots. Ditto with the dreamstate.

What about Icarus who got too close to the sun and fell out of the sky?

What about his father, Dedalus, who was smart enough *not* to get too close to the sun and actually finished his flight safely? Can anyone say "common sense"?

Yes, it's true that some people flit from one thing to another and some people have an over-inflated opinion of themselves and some people live on trauma and drama. And some would rather go around gathering excuses than find practical and courageous ways to overcome their problems. Well, fine, I wouldn't recommend they take hang-gliding lessons, either. Common sense has to be practiced to be effective.

Ask yourself: am I an Icarus or a Dedalus? That's your answer.

Isn't flying bad because it takes you away from the spiritual path?

How do you picture your spiritual path? In Judeo-Christian art, both angels and demons fly so, in

itself, flying is neither good nor bad. As with so many other things in life, it depends on how you regard and interact with it.

Aren't people crazy when they think they can fly?

I wouldn't recommend jumping off a building, unless you were either dreaming or playing a virtual reality game. That's the key: can you tell the difference between one reality and another? If you can, no problem. If you can't tell what's physically real, practice until you can or get medical help. When I'm not sure, I jump *up* instead of down.

Do I have to be a lucid dreamer to fly?

No, you don't have to be aware you are dreaming to fly. Consider the "fight or flight" nightmare. Flying away from a monster is just about as non-lucid as you can get. In fact, flying dreams span the range from deeply unconscious to highly conscious. Flying can be an automatic reaction, a precisely directed intent, or anything else in between.

Are there any common misconceptions about flying dreams?

The primary misconception comes from the attempt to "interpret" a dream. Many dream dictionaries or dream theories can give you the impression that there are only a few possibilities. Actually, there are hundreds! Each age, culture and community has a different viewpoint of flying dreams. Each field of study (such as philosophical, psychological, scientific or religious) has its own slant on the subject. There is no evidence of a "universal" dream language. Think of how many languages there are in the waking world. Why would it be any different asleep?

You could belong to a culture that teaches you a particular meaning which eventually becomes a constant for everyone in that culture. Let's say the people in your tribe believe that flying means ill health. So every time your body feels itself getting sick (even though you aren't consciously aware of it), you have a flying dream. When you finally realize you do have influenza, you leap to the conclusion that your dream has "come true."

Thus, you've been "set up" by the predetermined meaning to have a dream that means the same as the flying dream of your sickly neighbor.

Fixes and Cures

What you do, of course, depends on what is stimulating the sensation. Here's some suggestions:

1. Shift biochemistry and bedtime habits.
2. Pay attention to literal falling sensation during the course of the day.
3. Prevent imbalance by being proactive. Fix your tires, buy new shoes, get new glasses, repair your home environment.
4. Practice balance like children do. Walk a straight line on a sidewalk crack, fall backward into your bed, roll down a grassing slope or splash into a waterhole.
5. Play with the intensity of emotions and sensations by allowing them to flow, then stopping, then starting once again. A movie house is a good place to practice being enspelled by the emotions of the story, then pulling out of the spell to look around the theater, then allowing yourself to be drawn into the drama once again.
6. Process falling sensations by allowing yourself full memory of them just prior to sleep, then letting them dissipate.
7. Change your negative mindset. Think of falling not as a problem, but as ride in your inner amusement park. Cultivate a sense of humor.
8. Learn to fly by playing a video game.
9. Re-imagine your falling dream with a new ending. Let yourself go and hit the earth. Convert falling into a delicious flying dream. Fly faster, slower, lower, higher.
10. Look outward instead of inward. Imagine rescuing others who are falling. Make it less about you.
11. Rehearse landings in your imagination.
12. Induce and practice lucidity.
13. Use protective psi measures.
14. Incubate a new dream in which you'll face your fears.



The same sort of thing occurs when you join a particular belief system by reading their books or continually returning to their web site. Suddenly, you are dreaming dreams that actually do reflect what you are reading, so you think that the author of the meaning is a genius! Psychologists have a phrase for it. It's called "doctrinal compliance." It's when people who read Jung will dream Jungian dreams and people who read Freud have Freudian dreams. The "meaning" may, indeed, be similar for everyone in that ring of influence.

The desire for a *verifiable* meaning is best grounded in a search for cause ("What in my life is triggering this dream?"). If a dreamer is not caught in the trap of doctrinal compliance, a comparison of his dream and waking life usually reveals flying to be a metaphor

unique to the particular person who is having the dream (because he's living a life like no other). In this sense, it's impossible to know what a flying dream "means" unless you know the individual and the circumstances surrounding him. Dreamer plus context are required for an accurate diagnosis of this sort of dream meaning.

Does doctrinal compliance influence the type of flying dreams I might have?

You bet! It can be one of the Kryptonite Factors. Let's say your belief system (or the latest book you read) tells you that flying is dangerous or bizarre. What are the chances that you'll have trouble getting aloft? On the other hand, there are books that only give you a pie-in-the-sky viewpoint (in which case, you become very distressed when your dream flying isn't perfect). The resolution of this sort of cultural programming is *beliefwork* or *cognitive therapy*. It requires you taking a good hard look at what you've been taught to think or believe. It certainly helps to have solid new information to counter old untested presumptions.

So is fear of flying or falling just a belief?

No, of course not. It's based on the very real experience of getting hurt in the physical world. Some say that fear of falling is a remnant of those times long past when remaining high in the trees was necessary for our survival. I suspect that loss of equilibrium became a critical problem for us, as a species, when we started to walk upright. Standing on 2 legs (rather than 4) can be a precarious proposition. Since human beings are basically land creatures, to fly is probably akin to a fish walking. A great evolutionary leap!

At its best, fear of falling serves as a very useful system, warning us about lack of balance in our physical existence. And a dream, even a lucid dream, can be a reflection of an actual problem in waking life. I only dismiss that possibility when I've tracked down the cause of the falling dream. Until then, I invite the possibility to alight like a butterfly on the periphery of my mind. I don't use it as an excuse not to fly in the dream state. My dream body can be sound, even if my physical body is not. Again, it's a case of knowing the difference in the rules of each reality, then teaching your dreaming self that, in her environment, falling is safe. If you practice flying instead of falling in a lucid dream, even your nonlucid dreaming self will eventually get the message.

What if I'm having trouble getting over the fear of flying?

Do you know the first thing that airplane pilots practice? Taking off, circling the field and *landing*. They land over and over again. Now, circling a field barely gets you off the ground. Likewise, there is absolutely no reason to fly high in your dreams. Flying is flying, even if you are less than an inch from the earth. Unlike an airplane, you don't have to fly fast, either. Even Superman hovers.

I suggest you practice landing in soft locations in imagination (how about conjuring up a humongous bowl of Cool Whip?). You can also practice landing techniques in waking life by jumping down the step on a staircase. The last step, not the highest step! More to the point, when was the last time you leap and landed in bed? This may not work with a hard futon, but a thick mattress will do wonders to cushion your fall. Come to think of it, what's on the ground by your bed: a soft rug or a hard floor? What subliminal message does your sleeping environment send to your dreaming self?

But I want to soar out into the cosmos!

I know somebody who spontaneously soared out into the cosmos, freaked out and flew never again. Too much, too soon. So take it step by step. You don't have a lot of patience? I don't either. But I've learned that getting to the goal can be as interesting as the goal itself. When I'm having a low and slow day, I make it into a challenge: how many ways can I fly low and slow? It's easier to practice variations on my Superman stance when I'm not zipping through the atmosphere. Like doing somersaults and flying upside down and backwards. A dreamer I know specializes in hovering. She mimes a Greek statue, then shifts into a second position and then another. Her flight is an elegant dance, as languorous as it is artistic. What original style can you invent?

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In the Next Issue

Dream Characters Residents of the Lucid Dream World

September's issue of LDE will focus on lucid dream characters.

Do they have a reality and a life of their own? Are they fragments or aspects of our own personalities? Can they give us reasonable advice when asked? Does it matter how we treat them? What about recurring lucid dream characters?

Tell us what you think about the people you meet in your lucid dreams.
Your lucid dreams and comments are most welcome!

Show Me Why I Need To Fly

Do I choose the flying dream, or does it choose me?

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Taking flight upon awakening in the dream state is something that almost any experienced lucid dreamer will tell you they've done, often many times. The sense of freedom, along with the excitement of going beyond what is possible in the physical world, is a reasonable explanation for why so many of us take to the sky upon awakening in the dream world. But, are all lucid dream flights decisions made entirely by our conscious minds, or could it be that our subconscious minds drop hints suggesting that we use this opportunity to fly in order to symbolically show us something that we need to know?

Despite being aware that they are dreaming, many lucid dreamers describe difficulty flying, including trouble getting off the ground or ability to go where they want. Other times, the scenery is unexpected or obstacles get in the way of a smooth flight. Some report turbulence, while others report spiritual experiences. The decision to fly may be "yours", but it may be your dream "creator" that sets the course.

Last year I had a few dreams in which I quickly made the decision to fly upon becoming lucid. In each case the flight started nice, but I later began to drop from the sky, eventually regaining control of the flight. Within the following example, I noticed the pattern and understood the reason for the troubled flight.

I am walking down an empty street. I see some trees in front of me, of which I take particular notice. One is full with leaves. I suddenly realize that I am dreaming. I believe it is the quiet reflection that I have during

walks that causes me to recognize the dream. I take off and fly, going higher than the trees. I come back to the ground and see my son. I hold out my hand and he takes it with his, neither of us saying a word. I take off flying again, this time with my son. We fly for a while together. I begin to have some doubts, not about this being a dream but about my ability to fly. I then start to drop and I feel the sensation of dropping in my stomach. I know that it is my thought that causes me to drop, and then I fly free again. I bring my son back to the ground, and then I take back off to fly some more.

In each of my dreams in this series, I realized that my doubt about my ability to fly is what caused the drop in altitude. I physically would feel the dropping sensation in my stomach, like the feeling of riding on a roller coaster. Even though I knew this was a dream, I still had doubt about my ability. That is what the dream set me up for. I needed to learn to simply trust in my ability, and know that I'd be fine. The flight was a metaphor of freedom and enjoyment, with implications that reached far beyond the lucid dream that I was experiencing.

In a more frustrating dream, I attempted to fly only to find that I couldn't get out of the building that I was in. It was an old, rickety building with a low ceiling. I knew it was a dream, and yet I couldn't fly through the ceiling. Each time I tried, I had the sensation of bouncing off the ceiling. Eventually my frustration set in and I attempted to find the exit. This dream begged the question, "Why am I frustrated?" Essentially I was doing the same thing over and over without success.

I was able to think of some things in my life that matched up with the idea of repeating a pattern unsuccessfully, of which none was an attempt at Superman-style flying.

Among my flying lucid dream experiences included a dream in which I was completely bored. Here I was lucid, with the entire universe at my hands, and I couldn't think of anything interesting to do. I took off and flew, but the scenery was very bland. The ground was flat, with no buildings or people anywhere in sight. I remember associating my lack of finding anything interesting to do with the feeling of writer's block. In fact, it *was* about writer's block. I had been stuck on a particular chapter of my book. In the dream, I ended up deciding to come back down to earth and just enjoy the feeling of being lucid, even if I didn't have anything specifically to do.

In perhaps my strangest example, I was enjoying a nighttime flight through the city. My flight took me between tall buildings, with the city lights below me. It was all great, up until a dream character flew up to me and attempted to assault me. He/she (I never saw the perpetrator's face) slashed at me with a knife and cut the left shoulder area of my shirt. I ended up getting hold of the knife and I stabbed the character, causing him/her to fall from the sky. Even within a lucid dream, the fight or flight instinct took over - in this case quite literally.

During the day we have numerous thoughts that go through our minds. We tend to notice most those that we consciously create, but if you pay attention you will recognize an almost constant stream of "non-

conscious" thoughts, such as daydreams or music. These thoughts, like dreams, can be interpretable. The song lyrics, or emotions you associate with that song, may nudge you towards actions you may not be aware of.

Daydreams really aren't so different than night dreams in this way. If you notice these thoughts while they are occurring, you can then have choice and awareness as to where those thoughts lead, much like your ability to have free will within a lucid dream. In much the same way, your decision to fly within a lucid dream may be a cooperative effort between

different levels of consciousness in your mind. Your dream "creator" will place things in your dream, much like the music during the day, and perhaps nudge you towards lucidity. If you indeed do become lucid, the ultimate decision to fly may be done with free will, but it could be that the dream "creator" invented a scene that was ideal for flying, and therefore your first thought was to do so. It could also be that the decision to fly was entirely yours, but the "creator" then adapted to this choice, creating a scenario to teach you something of value.

The next time that you choose to fly in a lucid dream, consider pausing for a moment before you take off. Ask yourself, "Why do I choose to fly?" or maybe better, you could request that the dream "Show me why I need to fly" or "Fly me to where I need to go." Notice how your flying dreams may be a cooperative effort between your conscious and subconscious. Your decision to fly, along with the scene made by your dream "creator" may be just as interpretable as any non-lucid dream.

CANOE-CAMPING DREAMQUEST ADVENTURE AUGUST 11-18, 2007

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

Adventurers can expect flat-water paddling, a few short portages, waterfall lunch-stops, and a good possibility of loons, moose, deer, beavers, otters, muskrats, mink, and other wildlife (which often includes members of the camping party once the fetters of society are removed). A flexible paddling/camping schedule allows for stargazing, saunas, and learning proven techniques for remembering, sharing and understanding dreams, for stimulating lucid dreams, and for consciously enhancing fun and fulfillment in waking life.

FOR MORE INFORMATION see: <http://www.dreams.ca/canoe-paddling-trip/visionquest.htm>

RESERVATIONS can be made on-line or by calling: 800-953-EDGE

YOUR GUIDE ON THE ADVENTURE: Craig Sim Webb, veteran canoe-camping guide (15+ years), Executive Director of the non-profit DREAMS Foundation (www.dreams.ca), has participated in pioneering lucid dream research at Stanford University and at Montreal's Sacre-Coeur Hospital, and has logged 1000+ lucid dreams. As a speaker/author/trainer about dreams and consciousness, he has made hundreds of public/media appearances including academic and corporate presentations. Craig is also an open-minded, graduate physicist, a performing musician, and a biofeedback designer/inventor. For over a dozen years, he's led numerous training programs including 1500+ miles of outdoor adventure workshops about consciousness and applied dreaming with a refreshing, enthusiastic style that blends soul, science, heart and humor.

From Ilkin:

INDUCTION TECHNIQUES - BEFORE SLEEPING

* How do you incubate flying dreams? What techniques or visualizations do you use?

Ilkin - Generally I don't use any techniques (other than just make a wish to have one that night) but they come and go as they want as far as I can remember beginning from my childhood.

FLYING STYLES AND TECHNIQUES - WITHIN THE DREAM

* How do you fly in your lucid dreams? Do you have a certain method or technique?

Ilkin - It happens itself. But I take control when I am lucid. I fly up, down, dance, etc.

* Do you fly close to the ground or to building tops or do you soar with the eagles?

Ilkin - Over mountains, oceans, around the world and space.

* Do you have a body while you fly? Or are you a point of consciousness?

Ilkin - I have a body in half of them, some I am only in soul or transparent, just moving by my mind.

* Do you have good control? Or do you feel pulled willy-nilly through the sky?

Ilkin - Most of them begin themselves, some I intervene and control but some I just leave it to the dream and watch where it goes, what happens.

* If you lose altitude, do you have a technique to bring you back up?

Ilkin - Yes, I have a movement I call "fish move". I generally change directions I am heading or pass from one lucid dream to another using this movement, whether if I am within my body or not.

* Do you breathe when you fly? Have you flown into outer space?

Ilkin - Yes I do.

* Do you fly better in some positions than in others? Do you have a favourite body position that you fly in?

Ilkin - It doesn't differ much but I prefer to go on as I want; stop here and there, look down if I see anything catch my interest etc., sometimes I like to open my arms. In some few I sing, make zigzags as dancing, drink or eat, etc.

* Do you run and jump into the air? Do you effortlessly lift into the air?

Ilkin - Yes.

UNUSUAL METHODS OR CIRCUMSTANCES

* Where do you fly? Is the space you are in a mirror image of physical reality, or are you in a strange environment?

Ilkin - Everywhere and nowhere. Sometimes I fly over a physical reality, sometimes just in emptiness of colors, energies . . .

* Do you have a method or technique for flying that you consider unusual?

Ilkin - They are usual to me but I am not sure if they can be called unusual. For example in some I remember and have control; I can decide to dive in the earth and fly off from the other side.

* Does something you do or say cause you fly? Do your emotions determine if you can fly?

Ilkin - No, not much.

SYMBOLISM

* Do you have any theories as to what flying dreams mean in general?

Ilkin - I had always been a rebellious child, youngster, and adult. I think this specialty of my personality may be a reason of my flying dreams beginning from childhood. They may be a sign of our personalities in Waking Reality.

* What does it mean to you if you meet with obstacles or you fail in trying to fly?

Ilkin - I don't remember any.

* Why is it easy to fly in some dreams and more difficult to fly in others? What does flying in lucid dreams mean to you personally?

Ilkin - Normal, natural.

OTHER

* Has a dream character ever showed you how to fly? Or picked you up and flew you someplace?

Ilkin - No.

* Does flying in lucid dreams come naturally to you, or does it require effort and practice?

Ilkin - No, it is natural. (Well maybe something like being left handed, green eyed or being good in painting, singing or dancing, etc.)

* Do you fly alone or are there others in the sky with you?

Ilkin - I am mostly alone. 80 percent approximately.

Some Secrets to Moving and Flying in Lucid Dreams?

Robert Waggoner © 2007

I have to credit the smartest girl in my 9th grade, Lanette, for teaching me to become a better lucid dreaming flyer. Yes, Lanette did it - or perhaps, what she represented in the lucid dream did it - that brainy ninth grade sense of blossoming mastery, knowledge and female intuitive guess-work. My dream-Lanette taught me this in a lucid dream: June 24-25, 1990 - "Flying with Lanette"

"I'm in a classroom with about 30 kids. There are windows along one wall, desks, etc. I look at the textbook on my desk and notice that it is for people in the Seventh grade!? This confuses me and I start to think that I don't belong here.

I turn to my right and see Lanette (the smartest girl in junior high) and I ask her, "What grade is this? What grade is this?" Then something began to happen outside - a storm perhaps. This seems too odd and I shout to everyone something like, "We should all be here!" Suddenly above us a bright light shoots down into the classroom like a spotlight. I fully realize that I am lucid and Lanette and I fly up towards the light.

We fly outside into the neighborhood of tree-lined streets next to Central Junior High School. We are manipulating things around us and I wonder about the mechanism of dream manipulations. Interestingly, as if reading my mind, Lanette begins to call out the principles of dream manipulations and flight! At one point she says something like, "Form is the outcome" or "In the form (of your desire or belief) is the outcome". We keep flying... "

(Note: the lucid dream continues on with another adventure of trying to travel through time, but upon awakening, the above remained as the only principle of dream manipulation that I could consciously recall - I assumed the others existed in my subconscious).

Early Days of Flight

By the time of my "Flying with Lanette" lucid dream, I had been lucid dreaming and lucid flying for 15 years - so I had lots of experience. Yet all of that experience brought questions: Why did it seem so easy to fly in some lucid dreams, and so frustrating in others? Why could I swoop around like Superman last week, but this week, I can barely claw my way through the dream sky?

Thankfully I had the apparent misfortune of growing up in Kansas, and learning about dreaming (as Castaneda called it) in an environment with little support or guidance from others, and a need to rely upon my own analysis and discovery for the first six years as a lucid dreamer. From that, came a deep desire to understand the principles of lucid dreaming.

Nowadays, one can get on the Internet and click from lucid technique to lucid technique (some of which seem possibly helpful, and others, questionable), but one rarely sees an

articulation of the underlying principles - the mental architecture of lucid dreaming.

Since lucid dreaming has enormous depth to it, dividing the types of flying for lucid dreamers may be useful as so:

Moving in the Immediately Perceived Space
Moving over Distant Perceived Space
Moving Into Apparent Outer Space
Moving Into Unperceived Space
Moving to Other Levels

Let's take those ideas and explore them further.

Moving in the Immediately Perceived Space

I still recall the early lucid dream of becoming lucidly aware in my childhood front yard by our sycamore trees: Gleefully, I become lucid and I decide to fly. I leap a few feet in the air! Suddenly, hanging in space, I think, "Now what?"

For many beginning lucid dreamers, flying in the immediately perceived space seems a primary goal. Getting from point A to point B should be easy - after all, you seem to be dreaming this, right? While many find it easy, others find movement frustrating. They get stuck, can't fly, or move with only extreme effort.

What gives?

First, many beginning lucid dreamers bring physical space expectations into the psychological space of the lucid dream. Let me say that again: many lucid dreamers bring physical space expectations into the psychological space of the lucid dream.

Sadly, new lucid dreamers unthinkingly project the idea of physical effort onto the dream space. While lucid, they walk, they climb, they swim through the air, using physical type effort. They grow frustrated by their physical actions in the lucid state, not realizing that their misplaced belief in physical action causes the frustration.

The solution, of course, seems simple enough: Realize that when lucid, 1) you exist in a psychological space and 2) you function better using psychological principles.

How would you know if you relate in a physical way to the psychological space of dreams? Well, frankly, you'd see it in your response to the lucid state. If you see yourself relating in the space in a physical way, it suggests at some level, you believe or feel the space to be physical or physical-like. If on the other hand, you see yourself consciously relating in the space in a non-physical way (you fly through walls, you change the couch into a chair, you fly upside down, etc.), it suggests, you believe or understand the space as psychological.

Swimming Through Space; Falling Through Space

Many beginning lucid dreamers experience flying in the dream state, as swimming through the space - I certainly did. Like a swimmer breast-stroking in the air, I moved my dream arms and dream legs and plodded along, making progress in an effortful way. What did this suggest about my beliefs/expectations? As a lucid "swimmer," I recognized that I could "fly," but by swimming, I showed a belief in needing to move in a physical manner! So at that stage, I still showed traces of a belief in needing physical movement in the psychological space of dreams.

Many beginning lucid dreamers will notice too, as they fly, that they gain apparent altitude. They see the houses or trees below them, and can barely believe it, they're flying! Yet often and inexplicably, the beginning lucid dreamer suddenly begins to fall from space and becomes alarmed! What happened? Did physical gravity enter the psychological space? Or, instead, could the falling have been activated by a (physically oriented) concern about gaining altitude? Did their new "focus" on the ground and objects below trigger a falling response? Probably so.

Invariably, this type of "falling" in a lucid dream can be traced back to "pilot error," shall we say. Either the lucid dreamer has brought physical ideas/beliefs (like gravity) into the psychological space of the dream, where those ideas/beliefs serve to limit the lucid dreamer, or the lucid dreamer has begun to focus on the ground and objects below, perhaps with a bit of concern, and the new focus and concern has "weighed" them down. In a psychological space, a focus on fear and concerns exist as limiting factors. When you focus on fears, you attract the fears. When you focus on your goal, you attract your goal. In a psychological space, focus matters. Swimming through dream space seems alright, when one has a short distance to move. In some lucid dreams, when I want to move in a room size space, I still swim gently with virtually no effort, through the room. What can I say - it feels great! But what if one wants to go farther? What if one sees an interesting point in the lucid dream, about 200 meters away? Then, the limitations of dream swimming become even more apparent, and one must discover a better approach.

Flying a la Superman

Others may adopt a different viewpoint entirely, and mimic Superman. They know they dream, so they simply put their arms straight out and begin to fly. These lucid dreamers realize that the psychological space of dreaming allows one to perform super-feats, so flying like Superman (or floating, or magic carpeting) becomes possible! Incredibly, with the proper

expectation and focus, they swoop and soar with relative ease, like in this lucid dream from April 1983:

"I'm outside along the cove and seeing the water gets me into a flying mood, so I'm now semi-lucid and take off. I decide to just barely skim above the water. It's exhilarating. I zoom along like the swallows who skim over lakes. Suddenly I shoot straight up and looking down I see three patches on the cove -- the patches, I intuitively know, are "energy centers". As long as

they adhere to the principles of the psychological space, they succeed in their flying. However, if they focus on fears, e.g., "Oh, I'm getting too high!" things will go awry. If they adopt a limiting belief/expectation, e.g., "One can only go this speed," the psychological space will adjust to mirror that belief/expectation. Your psychological space seems largely a response to your psyche.

Lucid dreamers learn that they can overcome limiting or negative beliefs/expectations and a focus on fears or concerns. They overcome these things by a sudden switch to focusing their intent and will on the issue, or by overturning a limiting belief/expectation. In most cases, a sudden switch to a new focus or new expectation allows the lucid

dreamer to achieve their objective. However, I met one dream figure who had a different perspective on Superman flying:

Aug. 5-6, 02, "Many Kinds of Flying...."

"(I have become lucid and done a number of things) I tell this one guy who looks like Robin Williams that I want to know all there is about flying in dreams. He says dryly, "Not that Superman kind of flying stuff." I say, "Yes. "

He shakes his head and explains, "You have got to understand that there are many different kinds of flying." He pauses. "There's jungamon, hugamon, and tagamon flying and there's...." (he continues with four more odd names of flying). He tries to make a point that different types of lucid flying are required for different types of lucid environments. It is best to use the most appropriate one. Superman flying seems to be a very modest level. He goes on with more information about using thoughts - mental mentations and flying. He has a helper who looks like CW...."

Interesting thought - different lucid environments suggest different types of lucid flying.

Projecting Power - Flying a la Spiderman

We all know Spiderman. He shoots spidery webs onto buildings and objects, and then uses the spidery webs to fly. Unlike

"Realize that when lucid,

1) you exist in a psychological space and

2) you function better using psychological principles."

Robert Waggoner

Superman, who intends himself to fly and simply expects or wills it, Spiderman projects webs which he uses to fly. Without webs, he does not fly. "So why bring this up?" you may ask.

In some lucid dreaming, we "project" power onto objects in the lucid dream, and then use that projected power to fly. For example, consider this lucid dream:

"Finding myself lucid in a dream, I grab hold of a blue sandal which flies! I hold onto it as this sandal goes zipping around the room - I gleefully hold on, amazed at the speed of the blue sandal."

Or, "Standing on a hillside lucidly aware, I decide to touch the wing of an airplane. Suddenly the airplane wing begins to levitate and so I use it to take me where I want to go. I hang on and it goes to places that I want to visit. I find this very easy."

While both the sandal and the plane, in some sense, have an association with movement, I still feel surprised by lucid dreams in which I seem to "project power into the other" and fly. Upon waking, I normally remind myself that my belief and expectation made the sandal or plane fly - but I always wonder, "Why do we project power onto others or other things?"

Moving over Distant Perceived Space

Now, imagine a lucid dream, like this one:

"Knowing I dream, I see a mountain top miles away. Suddenly I decide I want to be there, and so I..... Moments later, I find myself lucidly standing on the mountain, looking at the hills, lakes and trees all below me."

How can one make that move easily and quickly?

Well, a number of ways exist.

Concentrated focus with intent: To move over a large perceived space, one method could be called "concentrated focus with intent." As the name suggests, one focuses deeply on the goal and one intends one's self there. So one drops other concerns, possibilities, worries and ideas, and simply focuses on the goal solely, while "intending" one's self there.

Do you see that one does not concern one's self with "how" one gets there - do I fly like Superman, or do I float on a magic carpet - at what speed, or what form? In this type of movement, the focus becomes concentrated solely on the goal. All other issues fall away. Concentrating on the goal as one's sole focus, and then intending one's self there, psychologically speaking, does it.

How does one "intend" one's self to that mountaintop? In general terms, one has focused exclusively on the mountaintop, and then one places one's perception there. For some, it may seem that they "imagine" themselves there or imagine themselves touching the highest rock there, but in any case, one's focus follows one's intent and one finds one's self there - on the mountaintop. In this lucid dream excerpt from 2002, I fly with a friend:

"I sense that the setting is just "Too dreamy". Then I become convinced (and lucidly aware). I tell my friend, "Let's fly! I'll show you how," and I grab her arm and we fly about 50 feet. We do this a few more times - going about 50 feet. She keeps getting better each time. I finally tell her that to fly easily when lucid, you have to "See yourself where you want to be." I point to a car far away and say, "See yourself there and then fly, it's easier." I joke with her and we laugh about it. We easily fly there. We go past a gate and into a beautiful garden -- it is like a mini-paradise." In another example, I see where I want to be and feel myself "drawn" towards it:

May 3-4, 2006, - "Watch Your Focus"

"I seem to be on a neighborhood street on a sunny day. Lots of snow covers the ground. I notice one place where water drains down, creating a large hole in the snow, surrounded by fluffy, un-real looking snow. Suddenly this seems too "dream-like" and I say, "This is a dream!"

I take off and fly upwards. Gaining altitude easily, I see a school building about a half mile away across a large field. I put my arms out a'la Superman, and tell myself to concentrate on one corner of the building, and draw it to me - as I concentrate, I accelerate towards the building effortlessly - and arrive there in seconds...."

Willing: To move over a large perceived space, another method could be called "willing." We all have an experience of using physical strength to accomplish things, and one can liken the will to "psychological strength." To open a can of Coke seems simple, one puts their finger under the tab and pulls up. But then, see yourself opening a stubborn glass jar. You realize it does not want to open, and so you reach down deep and apply pressure, strength, force and emotion to get it open!!

In a lucid dream, willing can be like that. One deeply wants some outcome in a lucid dream, and so one uses an inner pressure, strength, force and emotion to make it happen. The depth of the willing often seems equal to the emotions behind it. So some "willing" in a lucid dream seems fairly modest, but on other occasions, a frustrated lucid dreamer can psychologically burst with "will" to accomplish a desired goal. The lucid "willing" sweeps away all obstacles like a tsunami of desire.

Intent and Will seem similar, since they both accomplish actions, but subtle differences exist. One's Will seems to exist as a power or force. One's Intent seems to exist as a concentrated focus.

This lucid dream on Oct 7-8, 04, found me pulling in the "energy" of the lucid dream. I felt I had finally opened up to the enormity of lucid dreaming's source. Then willing myself to fly, "I feel more and more energetic, and begin to fly. As I do so, I know that I can fly at any speed, and blast forward into the darkness. Suddenly I seem to have entered a kind of gray space filled with small capsule-size bits of brilliant light (they seem to be about 90% brilliant white light with an end that glows orange-rust colored) that scatter around me. It seems beautiful

like an abstract painting." In other lucid dreams, I have seen the use of the will in flight make all the colors stream together, as if one moves so fast, the imagery blurs. With more lucid dream experiences, moving over distances easily seems natural and normal. One begins to establish a new mental construct of belief/expectation in which lucid dream movement seems appropriate to the situation. One feels secure in the psychological space of lucid dreams; you feel it and it shows.

An excerpt from a Sept 23, 1997 lucid dream:

"I fly around doing funny things, talking to people, etc. I have no anxiety about this lucid dream coming to an end - it's great. Finally, I decide to fly up into the night's sky above the trees. It's like I'm pneumatically pulled upwards, effortlessly. I look down and see houses, streets and trees, get smaller and smaller. I get euphoric and think, "What a beautiful world!" It all seems so safe and pure - like God had created it. The higher I go, I see a light..."

Moving Into Apparent Outer Space

As one gets more accomplished as a lucid dreamer, there may come a time, when you wish to travel into apparent outer space, or in the words of Star Trek's Captain Kirk, "to boldly go where no man has gone before." In my first experience with apparent "outer space," I simply found myself there:

May 15th 85

"I'm with some friends. It's nicely dark. We're kind of in a tree-house, but it's no where -- it's not connected to anything. I become lucid and decide to go flying -- it's an unbelievable trip -- I realize that I'm flying through outer space, and I realize that I'm flying through time - somehow space equals time and somehow this space puckers - it's thicker in spots than others. Then at one point this couple is flying past me with all this bright purple-red glowing twine. I take a string and use it to counteract the loss of gravity - I use it to help me move. (Ahead I see ethereally intense colored light emanating from various strings or root-like structures in space) I hold on to my glowing twine and just go flying and falling and never worry. There's nothing to run into -- it was amazing!"

Often in lucid dreams, one finds a night sky above them with a moon, stars and all. Suddenly you decide, "Hey, I want to travel in outer space!" -- and off you go! Well, it may go any number of ways from that point on, both expected and unexpected:

Lucid 3-13-97

"I become lucid in a home-like setting with lots of people from a family around, kind of like a picnic. Somehow I became lucid, and find my flying control was excellent. I was flying from room to room - moving things. I remember one woman was seductive, but I ignored that.

I believe I thought I should fly out into the stars. This time, I flew and flew, deeper and deeper into outer space. I couldn't believe how far I was going - I went past planets. I stopped to look at one planet with rings. Even some of its moons had rings

- kind of orange-ish gold. I kept going and going.

Finally I decided to go back and fly through the rings. I headed towards it." I recall feeling tingles of energy as I did so, and having an amazing sensory experience.

However, on another occasion, something truly unexpected happened:

Saturday 10/10/ 96 10,000 Stars

"I become lucid and I'm flying around my bed. I remember Carlos Castaneda's dreaming position theory, so I align myself with my sleeping body (about 4' above it), close my eyes and say, "I want to waken in the next dreaming world. " I wonder about levels of dreaming.

Suddenly I feel energy and I fly straight up out of a house (like my childhood home). The night sky is brilliant with 10,000 stars, it appears. I notice how real everything seems, as I fly around. I fly down to some fruit trees and touch their waxy leaves. I see a cat walk by.

I think how great life is and I marvel at the stars above. I recall others have flown to the stars, and decide, "That's what I'll do." As I fly upwards in a standing position, the stars glow bright, then they suddenly start to rush together into patterns and symbols (a trinity of three circles, pyramid shapes, interlocking geometric figures, a star of David - all outlined in glowing golden lit stars) and then the symbols fly away! This keeps happening - more groups, join, make a new symbol, and then fly away - until finally, almost all the stars are gone." I watched this with true amazement, and wondered if the stars and constellations exist as true expressions of pure symbolic meaning.

I recall once hearing a fellow lucid dreamer comment that whenever he had lucid dreams of outer space, he couldn't help but wonder if he had really moved deeper and deeper into inner space. The experiences often felt profound and mind expanding, but had the journey been an inner one? His insight struck me, since I had similar thoughts upon waking - were these journeys into deep inner space?

Moving into and through apparent outer space can be an amazing adventure for lucid dreamers. Some night, when the conditions feel right, try it.

Moving Into Unperceived Space

Okay, let's say that one wants to move a great distance in the lucid dream. For example, one finds oneself lucidly aware in their apartment in New York City and then decides to try and visit a friend in Los Angeles. How does one negotiate that 2,456 mile trip?

Well, let's make a flight plan. Can we breaststroke our way to LA? No, we're not that strong, and it would take too long. Can we fly like Superman? Well, we could try, but if we fly at 500 mph, it will still take us 5 hours to get there! Couldn't we just fly faster? Even at 2,500 mph, it would still take us an hour - and have you ever had a lucid dream last as long as an hour?

Quickly, we can see these standard lucid dream-flying techniques used in the immediately perceived space have limited value in these cases. We need to traverse long distances in a short time. How do you do it?

Again, we rely upon principles of lucid dreaming. Recognizing that in the lucid dream, we exist in a psychological space where physical distance has little inherent meaning (unless of course, we believe that the physical distance matters!), we develop techniques to move quickly through psychological space, using our psychological tools, like focus, intent, the will, and expectation/belief, as seen in this example:

Oct. 15-16, 03 "Rock Wall - To the Arctic"

"I seem to be on a trail. As I move along, I realize that the trail seems to conclude at the foot of a massive reddish rock wall - it's huge. Staring at the rock wall for a moment, I simply realize that "this is a dream!" With that, I force myself to fly upwards, and keep flying as I think about what I want to do. Suddenly, I get the idea that I can fly anywhere easily, and so I decide (focused intent) to fly "to the Arctic". Just as suddenly, I begin to accelerate through the sky and then it is as if a "sky cave" forms (like a wormhole), and I fly right through it and suddenly land face down in the Arctic snow.

Jeez - that was a bit of a shock and not a very smooth landing - almost instantly I found myself face down in the snow. The snow was extremely powdery, so I kept pushing it aside, looking for rock, but only found crystal clear ice. I began to wonder what had prompted me to come to the Arctic at all." I awoke into physical reality.

Of course, after years of lucid dreaming I had become used to the "wormhole effect" and didn't think much of it. But in early lucid dreams, I felt shocked to move through this wormhole effect. I recall seeing the movie, "Contact" (Jodie Foster's character uses a futuristic machine to apparently move through time) as she went through a wormhole of light, vibration and sound - and it shocked me how similar my experiences (from decades earlier) mirrored this Hollywood version.

Of course, focused intent may be utilized in other fashions to move through unperceived space.

The D'Urso "Behind Me" technique: Beverly D'Urso, one of LaBerge's premier research subjects, told me of this technique. She began to wonder why go to the bother of flying and flying to try and get somewhere, when she could simply intend that the place be "right behind me" when she turned to find it?

From her website:

http://beverly.durso.org/sur_final/sur_f inal.html

(used with permission): "As I matured in my lucid dreaming skills, I could eliminate flying altogether by merely imagining where I wanted to go and have the place appear right behind me."

Obviously, Beverly understood that dealing with lucid dreaming "space" involved a whole new set of rules and realizations, and in lucid dreams, we could demonstrate those principles.

Variant Techniques: Stepping Through This Wall or Jumping Into This Mirror or Opening This Door - In this technique, one focuses on the place to visit and firmly intends it to be on the other side of the wall or the mirror or through the next door. Then one walks through the wall or jumps into the mirror or opens the door, firmly expecting to experience the place on the other side. Sometimes it helps to verbally announce your intent, for example, "When I open this door, I will be in Central Park!"

Spinning a New Dream Scene - LaBerge popularized this technique in his book, "Lucid Dreaming." He developed the technique for the

purpose of "preventing awakening and producing new lucid dream scenes at will," (pg 119), which helps when one feels the lucid dream may come to an end. LaBerge suggests that as one spins, one reminds one's self repeatedly that "I'm dreaming" and wait for a new dream scene to appear.

Once I read his first book and understood the technique, its timing (at the end of a lucid dream) and the expected result, then I had success with using it. On most occasions, a new dream scene re-appeared and I continued the lucid dream.

However, in the early days, before his book came out, a friend asked me about "spinning" in lucid dreams. I had never heard of this, and my friend's comments did not explain the purpose in any detail (as LaBerge did in 1985 in his first book). So, having no expectations of the result, what happened when I started spinning in a lucid dream?

"If you insist on physical movements in a psychological space, you will eventually grow frustrated and limit yourself. If you utilize psychological principles to move in a psychological space, you will coincide with the nature of that space, and feel in greater harmony with it."

Robert Waggoner

"I became lucid and Started spinning myself. (I see) light green image. Then (I seemed to be) inside a pastel ball of light in which I was flying along the floor in a circle around an axis. I thought, "I should look for symbols." Then I see four colored dots. Then four more. I keep flying faster. I decide to wind it down."

You can see that my use of this without "expectations" and in the midst of a lucid dream, led to dramatically different results - I felt almost like an electron in some lucid atom. This suggests that many lucid dreaming techniques provide value only as an "expectational structure" on which to project our mental energy towards a desired result. In and of themselves, the " techniques" may have no inherent connection to the result.

LaBerge also noted that "These results suggest that spinning could be used to produce transitions to any dream scene the lucid dreamer expects." (pg 121). For this reason, some of us lucid dreamers use it as a means to travel in psychological space to new apparent physical locales.

Announcing One's Intent:

Like many lucid dreamers, I wondered about trying to visit someone far away. How to do it? Well, it seemed that whenever I firmly "announced my intent" to the lucid dream, I succeeded. Sometimes in these lucid dreams, I experience moving through a "wormhole" or "fog" or darkness. Having never visited a lucid dreamer (whom I knew lived in San Jose, CA., 1500 miles away), I decided to try and visit her.

8/23/94 I walk a big dog along a twisty, curvy road in the late afternoon. I see large trees, and houses set back from the road.....Somehow, this looks like Moundsville, West Virginia near the Ohio River. I stop at a house and they let me in. A guy introduces himself and gives me his card. I go into the kitchen where something strikes me as funny or odd. Suddenly I say, "This is nothing but a dream!" I feel a huge surge of energy. OH! I begin to think that I should contact LM, and I wonder if she is having a similar dream or some variant of the lucid/precognitive goal. I fly up through the house and into the dark evening sky. As I fly, I say, "LM, California" a few times. The feeling is like quickly moving through a milk chocolate fog. Finally I am in a dark bedroom of her house, I think. But I feel she is across the hall. In the darkness I can make out a closet to my left. I head for the door, calling her name. I come to a chair back, and hold it. It makes me feel blocked as I stand 4 feet from the door. My frustration begins and I can tell the dream is going to end."

I sent her my drawing of the room, which she confirmed looked very much like the bedroom across the hallway and confirmed other details. Incidents that possess the ability to confirm or verify, make one wonder about the nature of some lucid dream travels.

In most cases of manipulating unperceived space, one simply uses their will or intent with a clear focus. At this level of lucid dreaming, one acts with high levels of clarity and certainty.

Moving to Other Levels

To this point we have dealt with common issues that beginning and intermediate lucid dreamers encounter - moving around the perceived environment, moving through outer space environments and manipulating unperceived space, etc. Potentially, a lucid dreamer could move to other levels of experience. But, this involves deeper issues of leaving belief and expectation behind, and handing will and intent over to the dreaming - yet, for some lucid dreamers, this represents a completely new dimension to consider - and for me, perhaps another article.

So by this point, you can see a rough outline of some of the secrets of lucid dream movement:

When in a physical space, use physical means to move and fly. When in a psychological space (like a lucid dream), use psychological principles to move and fly.

If you insist on physical movements in a psychological space, you will eventually grow frustrated and limit yourself. If you utilize psychological principles to move in a psychological space, you will coincide with the nature of that space, and feel in greater harmony with it.

The psychological principles come forth as new realizations and experiences regarding the proper use of belief, expectation, focus, will and intent in the lucid state.

Lucid dreaming has unknown depth with new revelations awaiting us - we have barely begun to comprehend its immensity and insights. Someday, new realizations will expand our beliefs and expectations to greater dimensions, and we will venture deeper into the psychological space of lucid dreaming.

Or in the words of a youthful sardonic dream figure, whom I ask to point me in the direction back to my lucid dream hotel: "Mister, any way is the right way."

"For instance, almost every dreamer wants to fly. It appears to be a wonderful, fundamental and natural human urge to immediately test your wings in a dream, and very few first-time "luciders" can resist the opportunity."

Malcolm Godwin, The Lucid Dreamer, A Waking Guide for the Traveler Between Worlds

From Gary:

FLYING STYLES AND TECHNIQUES - WITHIN THE DREAM

* How do you fly in your lucid dreams? Do you have a certain method or technique?

Gary: I fly "Superman" style with one exception - I keep my arms beside my body for better visibility.

* Do you fly close to the ground or to building tops or do you soar with the eagles?

Gary: Typically close to the ground and around any buildings I may find myself around.

* Do you have a body while you fly? Or are you a point of consciousness?

Gary: I have a body.

* Do you have good control? Or do you feel pulled willy-nilly through the sky?

Gary: My control is highly related to the degree of lucidity I have. Sometimes its a struggle, sometimes it is effortless.

* If you lose altitude, do you have a technique to bring you back up?

Gary: If I have control at all, I don't lose altitude.

* Do you breathe when you fly? Have you flown into outer space?

Gary: I've never thought about breathing while having a lucid dream. I have never flown into outer space. All my desires seem to be tied to Earth and to flying close to Earth.

* Do you fly better in some positions than in others? Do you have a favourite body position that you fly in?

Gary: I only use my one flying position that I described above. That position is a position used by skydivers called a "tracking position". The tracking position is used to travel horizontally relative to other freefallers. It is very effective for that, very comfortable and offers excellent visibility.

* Do you run and jump into the air? Do you effortlessly lift into the air?

Gary: I simply "levitate" straight up. That is also my safe way to verify to myself that I am indeed dreaming.

UNUSUAL METHODS OR CIRCUMSTANCES

* Where do you fly? Is the space you are in a mirror image of physical reality, or are you in a strange environment?

Gary: I fly in the environment I discovered that I was dreaming, whatever that may be.

* Do you have a method or technique for flying that you consider unusual?

Gary: See above. On one occasion I was able to mix flying (upwards) and freefalling (skydiving) downwards. It made me ponder which is more fun.

* Does something you do or say cause you fly? Do your emotions determine if you can fly?

Gary: Flying is simply my usual desire when I am fortunate enough to realize I am dreaming. Whenever I realize I am dreaming (and decide to fly) my emotional state is always the same. I have a euphoric sense of wonder and awe.

SYMBOLISM

* Do you have any theories as to what flying dreams mean in general? What does it mean to you if you meet with obstacles or you fail in trying to fly?

Gary: To me it simply means I didn't have a high degree of lucidity.

* Why is it easy to fly in some dreams and more difficult to fly in others? What does flying in lucid dreams mean to you personally?

Gary: Flying to me doesn't mean anything. I just feel that I am one of a select few who are fortunate enough to enjoy the experience. In a broader philosophical sense, I feel that the desire to fly goes right along with the human desire to live life to its fullest.

OTHER

* Has a dream character ever showed you how to fly? Or picked you up and flew you someplace?

Gary: No. No.

* Does flying in lucid dreams come naturally to you, or does it require effort and practice?

Gary: No. It requires effort and concentration to maintain the lucidity and not awake from excitement.

* Do you fly alone or are there others in the sky with you?

Gary: I have always flown alone.

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WITH STEPHEN LABERGE

OCTOBER 1-10, 2007 ♦ KALANI OCEANSIDE RETREAT ♦ HAWAII

LUCID DREAMING means *knowing* that you are dreaming *while* you are dreaming.

What are lucid dreams good for?

If you consider that **once you know you are dreaming**, you are restricted only by your imagination, and not by laws of physics or society, then the answer is either extremely simple (anything!) or extraordinarily complex (everything!), including:

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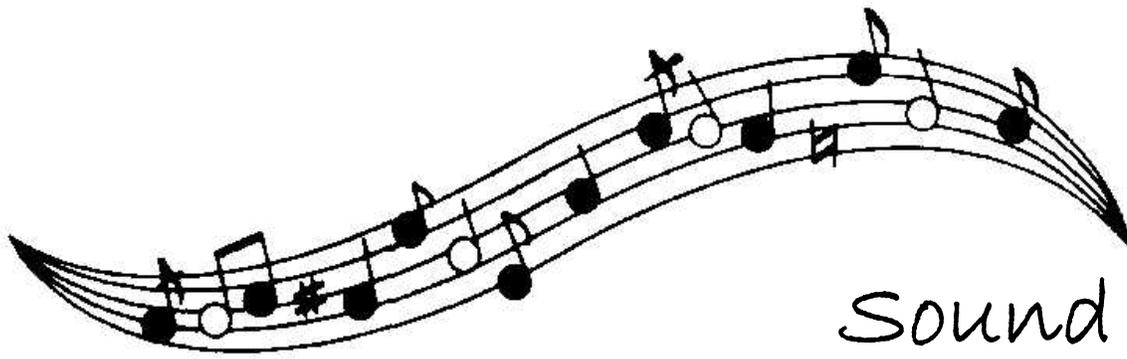
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Sound Advice: Strike a Note, Flex Your Brain, and Fly!

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In 1992, I learned, while in a lucid dream, a method for initiating and maintaining flight in lucid dreams:

. . . I find myself near railway tracks. Somehow it looks familiar but all wrong. I must be dreaming!

Then I seem to be in the middle of a street. . . A man, grinning, walks close by me. I accidentally hit him with my hand as I try to rise in the air and fly. I apologize saying "I shouldn't have hit you." Still smiling, he walks away.

I hop up into the air trying to fly. I get up only a few centimetres. . . . For whatever reason, I spontaneously begin to sing "Aah-aah-aah" as I jump. I land on the ground, take a breath, jump, and sing again. I recall reading that Robert Butts once used the sound of his snoring to try to propel himself elsewhere while in the "astral state." So I sing louder to see if it will help me get airborne, and sure enough, as I sing, I can fly higher. I keep this up, singing to gain altitude and fly with better control, and soon I am flying down the street. . . .*

Hovering above the street, I can see a huge aquarium in a storefront window. There are two white skates (flat fish), with a red house-like symbol on their backs; floating in the water, yet gently flapping their wing-like fins. I'm sure this symbol has to do with my own flying, I think to myself. As I fly past the skates I again sing "aah" as loud as I can, but know that my sleeping body is soundless. I can feel the head and throat area of my sleeping body; it is motionless. I marvel at this feeling of duality; my solid sleeping body not moving, while my lighter dream throat vibrates. I can't tell which throat is inside the other.

**Husband of Jane Roberts (Seth Material)*

Since that first experience of singing to fly, I have used the method of making sound as a means of propulsion in many lucid dreams. In some, I sing notes, in varying keys, and varying melodies. Sometimes, I sing well-known songs, or I'll make up my own lyrics, borrowing a known melody. If I'm creating the song, I often sing about what I am doing or observing in the dream. (I've found this to be helpful for dream recall, particularly if the dream is lengthy.)

Some songs or melodies seem better suited for different flying situations, (though I suspect that the more likely reason is due to my emotions and beliefs in a particular dream at a particular time). For instance, singing the chorus to k.d. Lang's *Constant Craving* is especially useful when swooping low then soaring high.

For a peppy quick flight, I usually sing part of Led Zeppelin's *Out on the Tiles*:

*“As I walk down the highway all I do is sing this song
and a train that's passin' my way helps the rhythm move along
There is no doubt about the words are clear
the voice is strong it's oh so strong....”*

Though now and then I substitute a few words to better fit my own situation:

*“As I fly up this sky-way all I do is sing this song
and a plane that passes my way helps the rhythm move along
There is no doubt about the words are clear
my voice is strong it's oh so strong....”*

Usually I find myself in a sunny country environment when I feel like using this tune.

In a quiet night scene, if I want to fly vertically, very high into the sky, I'll usually sing the opening sounds and lyrics to Pink Floyd's *Goodbye Cruel World*. Despite the nature of the song lyrics, I find it a peaceful and powerful way to soar into the silent sky. The lyrics lose their meaning for me, and just become sound-movement. In fact, the single notes sung at the beginning of that tune are the notes I use most often in lucid dreams in order to sing-fly.

On rare occasions I may hum a tune. Whether I have used sound or songs “outside” of myself in a dream, like using the sound of a radio instead of my own voice for movement, for instance, I don't readily recall.

Sometimes I'll choose a single tone (like “ohm”, or like one of the notes sung at the beginning of the song just mentioned) and use that sound vibration to travel higher, or “deeper” into the dream.

Sometimes the sound feels like it emanates from my throat or from my solar plexus (when I have the sense of a dream body). On some occasions, when I feel I am more a point of consciousness (without a body), I seem to travel on the sound, yet I create it too.

It's difficult to describe, but if I use one single tone, my awareness will travel “forward” or “upward” depending upon my intent, in a straight line, whereas, if I make a more undulating sound, I'll get the sensation of traveling up and down, in a sinusoidal pattern. However, I've discovered that if I concentrate too much on the making of the sound in that bodiless state, that I soon form a body and lose the sense of just being a point of consciousness.

So far, I've used this technique in a playful manner, whenever the mood strikes me, but I do suspect that there could be many other uses for sound in lucid dreams – perhaps healing with sound, for example?

When I first read Dr. Stephen La Berge's *Lucid Dreaming*, I was immediately taken with his laboratory experiments dealing with the connection between tasks performed in the lucid state and physiological effects noted in the body and/or brain. What was particularly interesting to me was the studies done on counting and singing in lucid dreams.

Briefly, the brain is divided into two hemispheres, the left and the right. There are differences in left and right hemispheric brain wave activity, which depends upon the type of mental activity you are doing. In most awake people, solving mathematical problems or counting, increases activity in the left hemisphere. When performing creative tasks like painting or singing, the right hemisphere is more engaged.

In La Berge's experiments, lucid dreamers would count and sing, when lucid, while their brain wave activity was being monitored. It was shown that an increase in left and right hemispheric brain activation was similar for the lucid dreaming and the waking brain.

Interestingly, when doing the singing and counting experiment, subjects were also asked to *imagine* singing and counting when in the lucid dream state. In the waking state when they imagined these tasks, no significant increase in activity was detected in the right and left hemispheres of the brain, unlike when actually singing and counting. But when in the lucid state, and *imagining* singing and counting, increased brain wave activity was detected. It was as though they were awake. This suggested that tasks performed in the lucid dream state are more like *doing* the task than *imagining* it.

If singing in the lucid state engages particular brain wave activity I wonder what happens if you "consciously" or "with intent" try to activate a part of your brain while in the dreamstate? I have once in a while had a lucid dream (and non-lucid dreams) in which I have "wrinkled" a part of my brain in order to move. Every time - so far - has been done without prior thought given to the method, it is just spontaneous and feels perfectly natural. I see a distant location, visually focus on it and then, with intent, will flex or "wrinkle" a fold in my brain. I actually feel the sensation of movement in my brain, and then I am propelled smoothly to the desired location.

I wonder if there could be some kind of connection between the sensation of "brain flexing" and the sensation of movement. Could my intent to move in the dreamstate, rouse that part of the brain associated with movement? And is the "wrinkling or flexing" that I feel some subconscious or subliminal awareness of brain activity in that region?

Or maybe it is not even connected to my intent to move – could it be perhaps associated with some physiological aspect of dreaming or the sleep cycle and I merely translate the awareness (subconsciously) in a way that fits in with the dream story? Is that part of my brain already active and do I pick up on the activity and weave a translation of it into my dream?

The general area of my brain where I most often feel the flexing, is at the lower back, in the area of the cerebellum, and interestingly enough, the cerebellum is the centre for the regulation of balance, posture, movement, and muscle coordination, and, if Wikipedia can be taken as a fairly reliable source, <g>, I found there that modern research shows that the cerebellum also plays a part in "a number of key cognitive functions, including attention, and the processing of language, music, and other sensory temporal stimuli."

Well, I'm no brain surgeon. But I do know that when I want to fly, or to fly with more ease and control, singing or brain flexing seems to do the trick. I invite and encourage lucid dreamers to give these techniques a try sometime and see what happens, and please let us know at LDE what you experienced. Sometimes, the most absurd-sounding advice turns out to make a lot of sense.

"There is an art, or, rather, a knack to flying.
The knack lies in learning how to throw
yourself at the ground and miss."

Douglas Adams, *Life, The Universe, And Everything*

The Flight of the Ba

Lucid Dreaming, OOBES And Ancient Egypt

By Robert Waggoner © 2007

In the world view, or cosmology of Ancient Egypt, a person existed in three forms, according to Jeremy Naydler, author of *Temple of the Cosmos: The Ancient Egyptian Experience of the Sacred*:

- 1) the physical body known as shat, when in the form of a corpse,
- 2) the living physical body known as khat when inspirited with Ka, the life giving vital energy or spirit that animates the body and resides in the heart, (sometimes depicted as a person's double in temple drawings)
- 3) and finally, the third component of every person, known as Ba, usually considered as one's soul and often represented in hieroglyphic terms as a human headed falcon or bird, flying above the sleeping or deceased body.

However, the Ba has a much deeper and perhaps, direct relevance to lucid dreamers, inasmuch as an Egyptologist like Naydler states that "...the Ba is the person but in another form. The Ba could be defined as an individual in an out-of-body state."

He goes on to reflect, "The Ba is usually translated as "soul", but this is a misleading translation since the Ba was activated only in non-ordinary psychic states....Such psychic states typically characterized sleep, the after-death consciousness, and the nonphysical mode of consciousness attained through initiation....The Ba, then, was the way in which the human being manifested in these specifically spiritual circumstances. Literally, the Ba means a "manifestation"...the human Ba is a manifestation on the spiritual plane." (pg 200-1).

When I first read his book, *Temple of the Cosmos: The Ancient Egyptian Experience of the Sacred*, I was struck by the concept of the Ba being the part of one that flies during sleep, trance and after-death states. In many Egyptian temple scenes, the Ba flies in two main situations: first, over the sleeping body, and second, the Ba flies over the tomb of the dead body. Many of us have had that experience, whether we call it an OOBIE or a lucid dream, of flying around our sleeping body. In some cases, we go explore the nearby neighborhood, flying through houses and visiting associates or places. For many of us, we could brush this aside as an "imaginary" journey, except for those occasions where we later verify information obtained about places or people during this journey. Did our awareness actually visit these places, or did we telepathically pick up the information, or simply make a lucky guess?

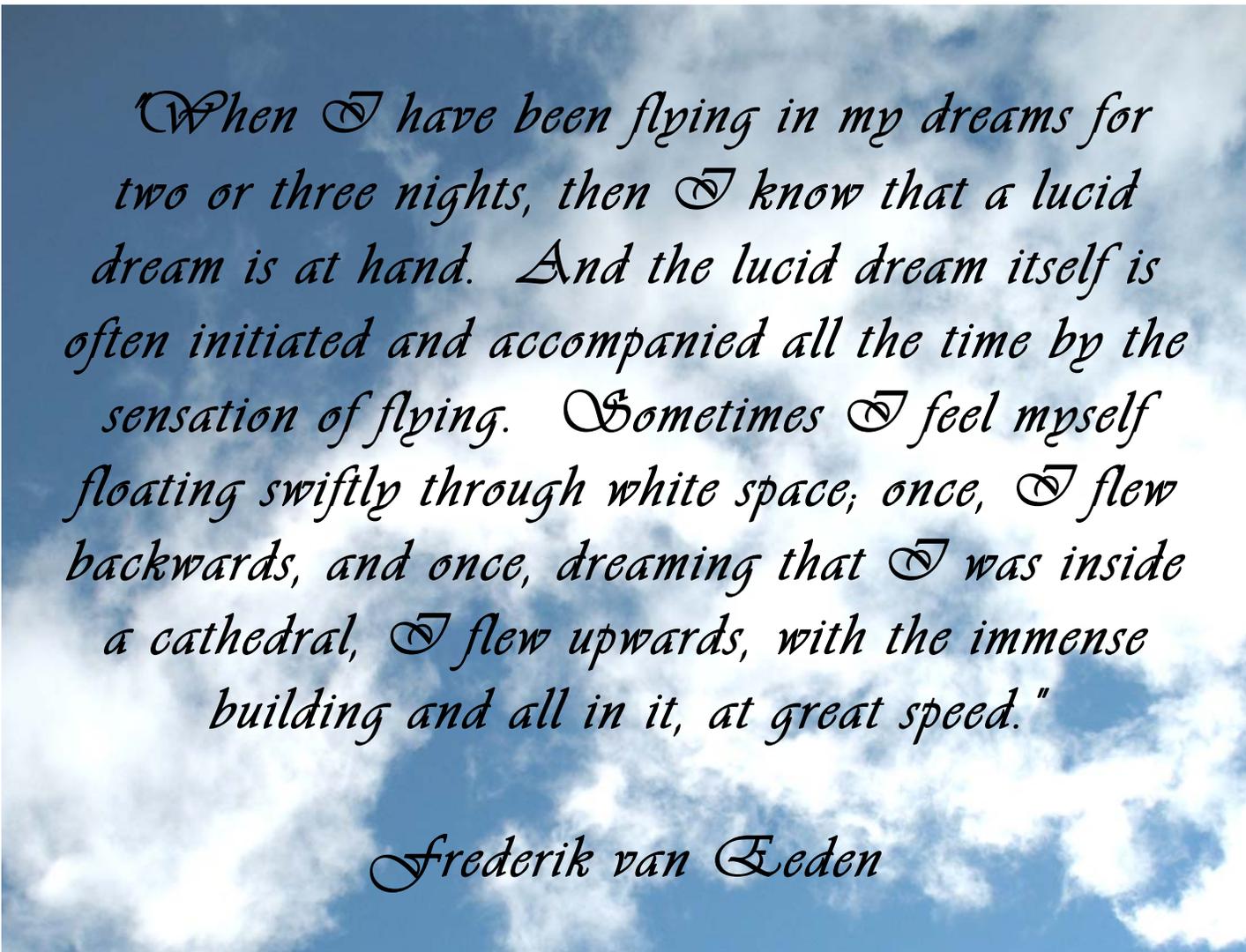
The Ba's flight around the tomb seems familiar to those of us who have read about NDEs (Near Death Experiences) in which many NDE-ers report looking back to see the dying physical body. I recall talking to a WWII soldier of his experience of being given medicine that caused his awareness to shoot out of his body (apparently he had a severe allergic reaction). As he curiously flew around the hospital tent watching nurses rush around his lifeless body below, he saw one inject him with something else and suddenly his awareness slammed back into his body. He said he had no idea then that awareness could leave the body and fly about. Did his Ba prepare for the afterdeath journey?

Interestingly, ancient writings suggest the Ba could be developed towards greater purity, as stated in an Old Kingdom text, "The wise feed their Ba with what endures." The Ba also shows up in some hieroglyphics flying above or flying with a person's khaibit, or shadow. The author suggests that the relationship may be one in which the Ba can proceed towards spiritual growth or it can get caught in the things of the earth; however, Naydler admits an incomplete understanding of the meaning of the khaibit, and does not relate it to Jung's concept of the shadow.



The final stage of the Ba, as Naydler sees it, comes as it passes tests to transform into the akh, translated as "shining form," "illumination" or "radiance". Quoting from a passage in the Book of the Dead, "O make the Osiris, my Ba, divine." Naydler concludes that "The akh may be understood as the Ba divinized...", and "In many texts,... reference to the akh is combined with a sense of homecoming, of return to the source." (pg 207). He concludes by stating, "The word akh signified a state of consciousness that could only be gained when one had freed oneself from all bodily attachments, and become psychologically 'pure'." (pg 213)

In some regards, the ideas of the transformation of the Ba, or spiritual self, into the akh, or "shining form" seem re-expressed by Buddhists, like Tenzin Wangyal Rinpoche. In his book, *The Yogas of Dream and Sleep*, he suggests that a central purpose of lucid dreaming involves preparation for the after-death state. Simply stated, upon passing away, a person with sufficient awareness to resist the pull of desire back to the human condition into another incarnation can potentially instead, move towards complete illumination or enlightenment. The practice of lucid dreaming assists the newly deceased person in coping with the after-death conditions/experience more consciously, in order to set aside human desires and focus upon spiritual illumination. For lucid dreamers, trance journeyers and OOBERS, the Ba may represent in a historic sense, the first depiction of a "mobile awareness" separated from the physical host. Interestingly, this mobile awareness, this Ba, seems naturally connected to flying - a common and seemingly universal part of lucid dreaming. Though thousands of years separate us from the Ancient Egyptians, perhaps some of their ancient knowledge remains in our collective unconscious and innate sense of flight.



When I have been flying in my dreams for two or three nights, then I know that a lucid dream is at hand. And the lucid dream itself is often initiated and accompanied all the time by the sensation of flying. Sometimes I feel myself floating swiftly through white space; once, I flew backwards, and once, dreaming that I was inside a cathedral, I flew upwards, with the immense building and all in it, at great speed."

Frederik van Eeden

Flights of Fancy

LDE Readers Share their Flying Dreams and Suggestions

JD
Winter 2007

Flying can be a very complicated accomplishment for a beginner. Flying can be experienced a number of different ways including through a dream "body," or a movie-camera-style point of consciousness. There are however, a few techniques I have learned that might help you get yourself airborne.

If you are experiencing flight through a dream body then this nifty technique is very effective. Imagine the air around you as thick as water, move your arms as you would swimming toward the surface of a pool. This is effective to get flight started, however it is a clumsy technique so if you want to achieve grace or speed I would recommend the following.

Imagine a small rod, something that you could hold in two hands. This rod can be used as a flight stick. If it's hard to imagine taking off like Superman just by yourself, then imagine your flight stick as you would a witch's broom or a magic carpet. I find that this small rod helps a lot with controlled flight, whereas something that you would ride might want to take control.

Flying with just willpower is something that cannot be taught. It is more like moving your arm or fingers. If someone asked you how you move your fingers you would respond, "I just can." This is the same sort of thinking associated with will-powered flight.

Once one finds his or her thought to maintain flight a whole new world opens up. Once lucid you can fly with amazing control and grace. Screaming down mountain sides, flying close to the ground at high speeds, or avoiding danger when you start to lose control of your dream.

Instead of writing about myself dreaming I have hopefully given someone ideas on controlling their own flying experiences.

Happy Dreaming!

Don Middendorf, April 14 2007
Pushing Through the Wall

My mother says it's 2 p.m. and she's tired. I tell her she can nap here and she lays down diagonally across the bed. I see that she didn't read the clock correctly and it's really about 3:15. I figure she's getting senile. ... I suddenly remember that she is dead and so this is a dream. I repeat this phrase about every 30 seconds so that I remain lucid: "Mom is dead, so this is a dream." I am absolutely sure of this being a dream and yet I notice that these people all look real and this environment seems quite real.

I think of flying and decide to hold my hands out somewhat below level with the palms facing forward. I know this position will make me float upward. I get to the top of the roughly 3-story auditorium and I'm quite surprised to see about 10 others up here – all floating very near the ceiling with their arms outstretched in the same way. We talk for a bit. It occurs to me that the non-flying people on the ground are not aware that we are up here just as I was unaware that others were up here. I consider that maybe there are others that those of us flying up here are not aware of. I ask if anyone wants to go fly outside. I don't think they had thought of this. I push my head through the steel wall. It feels odd, but I recall this is how it feels whenever I do this in dreams – like passing through a wall of jello. As my face goes through the wall, I see that this building we were inside is on a high cliff on the coast of southern California. It's a beautiful day and the water is deep blue, the clouds bright white, and the cliffs dark black. I see two planes with long contrails. I'm still repeating the phrase "Mom is dead, so this is a dream" every once in awhile. ... I fly back to where Mom is sleeping and I wake her by laying down by her. She wakes up and sleepily hugs me. A touching moment and I'm still aware this is a dream and she is dead in waking reality.

Note: Two days before this dream, I had read the LDE next deadline suggestions and thought about the questions on flying styles and techniques. The evening before this dream, I was so miserable from an illness that I wondered if I would die. I'm quite sure that the pushing through the walls is directly related to the resolution of the illness.

Lucy Gillis January 11 2007
Flying Fun

I'm outside on a dull, cloudy, windy day. For whatever reason, I become lucid. I think for a moment about what I should do next when I remember Ed's flying challenge for the upcoming flying issue of LDE.

Immediately I swoop low, my arms at my sides, flying headfirst at a comfortable speed. I want to see how low I can fly to the ground with good control. I fly over grass and bushes; the bushes are very pretty with dark green leaves and clusters of bright scarlet berries. I feel them brush my chest and belly as I glide over them. At one point, I have to duck my head down a bit to avoid hitting a very low tree branch. I feel its leaves brush over my hair.

I then decide to swoop up high, so I arch my back slightly and raise my head to direct my body upwards. I am in a vertical position. With a sudden increase in speed I find myself soaring up in front of a very tall stone tower or wall, so close to my face that I could touch it with my tongue if I wanted to.

At the top of the wall I stop my flight and step onto the narrow stone structure. I realize it's very windy up there, and briefly wonder if the wind assisted my flight. The wind batters at me, but I manage to keep my balance on the wall. Though it is a dull day, the landscape around me is very beautiful. The wall/tower is by a lake or a bay. There is land in the distance in front of me, some small islands and narrow fingers of land reaching into the water.

I look to my right and see more islands and fingers of land, and I even say "beautiful" out loud, as I complement my dream self on creating such a pretty scene. At first the area seems like Nova Scotia, but as I look more closely at the landscape, I know it is not. (When I awakened, I realized that the wall and surrounding landscape was somewhat similar to that of Kisimul Castle in Barra, Scotland.)

Feeling strong and adventurous, I look down the length of wall to the water below. I get the sudden strong urge to plunge down to the water, as fast as I can, to see what will happen. Diving off the wall into the wind I see the water rushing up at me as I plunge headfirst toward the waves below. It is an amazing thrill!

Unfortunately, I either black out for a bit, wake briefly, or simply appear in another dream scene, as the next thing I know I'm in a large home, a mansion. I am lucid, aware I'm dreaming, but I don't seem to have any recall of the previous flying dream scene. I go from room to room looking for someone...

Chiel Varkevisser, February 1 2005
Flying With Intention

After I awoke at 07:00 and falling asleep again at 8:15, I had the following lucid dream.

I am in the kitchen of my house where my daughter Jessica is sitting on a bench near the door to the garden. My wife Ria comes into the kitchen and I want to get my cup of coffee from the table. I walk to one of the cupboards to get some sugar and suddenly it appears to me that I am dreaming: this is not the place where the sugar should be (funny that such a small abnormality can trigger lucidity. This is probably because of the small waking period which activated the logical part of the brain).

I am shouting with my inner voice that I want more clarity. I shout it again, but now with the intention that I also want to fly. I notice now that I am slowly lifting off the ground towards the ceiling of the kitchen. I look at Jessica and see that she is in total astonishment with her mouth wide open. Now I feel I am losing grip on the dream and I wake up.

This is my first dream in which I fly because of my intention only, without the need to run and jump in the air or so.

C.S. February 10 2007
Looking for a Missing Tape

I programmed to have a dream reveal where I misplaced an important video cassette tape: I was sitting up in bed. It was very dark so I reached for my flashlight located on the right side of my bed. I pushed up the switch but it didn't go on. So, I turned on the light that was to my left. It did not go on. I realized I was dreaming.

Since there was no visual at all, I desired to see something beautiful. Suddenly, I was flying over a vividly colored garden with many unusual plants and flowers. I was full of joy and wonder, while flying in many different patterns.

However, I remembered there was something that I must do in this dream. Finally, the thought about the (missing) tape came to my mind. As I wondered where it could be found, I woke up fast. Didn't have an answer.

(Notes: After my meditation (and a visualization of myself watching the tape), I tell myself that I "know" the location of the tape....A few weeks after the lucid dream, I felt like looking for the tape in a certain place and there it was!)

Mark
Winter 2007

Hello,

Mark here (based in London).

I find flying quite easy. I simply flap my arms like a bird and I fly. When I start to lose lucidity, I simply begin to spin around in place and it does help prolong lucidity or transport me to a new dreamscape.

Generally speaking I do not go much higher than the clouds, I simply enjoy, have fun.

A great tip I have for lucid dreamers is to 'shout out to your subconscious' anything you want to accomplish. Whether it's 'I want to wake up in my dreams more often' to 'please help me stop smoking' to 'help me with this important decision.' But yell, at the top of your lungs...it's very powerful.

Best regards, Mark

(I've been practicing for over 20 years now, but I average one dream per month. I would say in 50% of my lucid dreams I fly or transport myself 'like flying'.)

Don Middendorf April 23 2007
You Can Fly If You Believe It. Who Creates The Details?

I'm on a pretty campus in California on a nice day. ... I talk with someone and I say, "Do you know that everyone can fly?"

I'm quite sure of this and I fly over some chairs to show them. Someone else comes after I had landed so I lift my legs up parallel to the floor and just float there. I repeat that everyone can do this and say "You just have to believe you can fly." I say you just think it and know you can fly.

... I fly up to the top of this concrete building and I'm fascinated by all the tubing on the roof for the heat and air conditioning. Then I see many students and I notice in particular the white blouse with a black pinstripe on one girl and I think how creative "I" am while dreaming – being able to create all these incredibly detailed clothes on these people immediately – i.e. as soon as they come around the corner, they are in complete, detailed costume. I'm very impressed with the instant creativity without any conscious thought on my part....

I lose lucidity while I'm so fascinated with all the different clothes and the dream continues.

C.S. June 6 2006
Buildings Falling Down

(Seeing a scene like downtown Los Angeles) I thought how terrible it would be for a terrorist or earthquake to destroy such a densely built city.

Immediately, a building fell down with great force a very long distance to the ground, smashing to many pieces and lots of dust. I thought that could never happen to me if I jumped off the building inasmuch as I was dreaming. Throwing caution to the wind, I jumped off.

I was flying upright and my legs were moving as if to run. I thought there are so many different ways to fly in dreams. I wondered what to do next. Should I create a Healing Environment, just have fun, etc.

I decided I wanted to land in a green area. I then was standing on a small, green hill, looking at a young girl, running toward me. I thought about Snow White, and she looked just like her. I thought dreams are amazing. All I have to do is think about something, and it is immediately created. I wondered how it applied to waking life. I woke up quickly.

Ball Flying

Rolled up in a ball, and even hanging right upside down at some point, trying to fly about by will.

It works okay, but my control is a bit off. I seem to have to rotate and re-adjust as I reach my goal.

Craig Sim Webb

Lucy Gillis August 3 1999
Take Me To My Highest Good

. . . Lucid, I seem to be walking in a sunny scene, toward a corner in a small town. I don't see any people, but I do see buildings. It feels like I am in California. At the same time, I remind myself that I want to talk to my Inner Self. Then I call out that I want to be taken to my "highest good."

As soon as I think of this goal, I rise into the air and go through layers of clouds. I close my eyes at one point, telling myself to relax, to go with it. I don't want to get "stuck" or wake before I can get very far. But soon I open my eyes again and look around. It is like I am looking at a reflection – a reflection of planets that must lie behind me. I turn and see them, yet I see Earth close below me, as though I am still in the Earth's atmosphere.

The planets are huge. There are three or four of them hanging in a dark black inky sky, the silence and the stillness is awesome. One of the planets is dark; black and deep purple. The few distant stars almost appear to be "dripping" in the endless black sky.

It seems as though a vast black ocean, calm and as still as glass, lies below the planets and stars. Their reflections are mirrored in this calm darkness. *It is so Beautiful!* There is no sound or movement at all, and I am just suspended there, amazed at the beauty.

I call again to be taken to my highest good. I rise further, as though through a light, but not wet, mist. Then I feel my hands, especially my right one. I feel a burning in my palm. I say something like "Not too much!" and the burning subsides a bit. I keep saying "highest good."

Then I feel myself settle into my body; my shoulders touching down first (dream shoulders into physical body shoulders) and then the rest of me drifts down and settles in. I "wake" in a small bed in a cluttered bedroom.

. . . I then realize that I have entered into a probable reality system [parallel universe] . . . I wonder if she, the other Lucy, lives in T in this universe. . . .

C.S. on Flying in Lucid Dreams

I never consciously decide upon a flying method. I'm happy to fly any way the dream presents. The many different methods of flying just come in the dream. I have no special position. Flying for me is fun.

Incubate flying dreams? - I tell myself before sleep I want to have a lucid dream in which I will fly. I don't imagine anything. Never visualize birds or airplanes. Never see them

in my dreams. I do not have methods or techniques. Whatever the dream gives me, I accept joyfully. I fly close to the ground or high off the ground so I can see the landscape. I don't desire to fly higher.

If I am naked or it's raining on me, I notice a body - otherwise, I just feel it, so I'm a point of consciousness.

Where do I fly? All over. Mostly it resembles reality - more vivid colors, weird plants perhaps, more bizarre than reality. I can't remember flying in an environment completely different from my real world.

No unusual methods - I just say or think, "I want to fly" and I fly. Emotions - I'm not sure but I probably fly more when I am in a positive emotional state. I'll pay more attention in future dreams.

I don't theorize as to what flying dreams mean. I don't remember meeting obstacles or fail in flying. Flying dreams don't mean anything to me except that I'm having fun and I wake up feeling good about it.

No dream character was involved in my flying except in the 1970's - a lover was flying with me. If you have ever roller-skated, you know what doing the "barrel" is. He stands behind me with his arms under my arms around his waist. My arms are over his arms. We are close, touching his front to my back - my body and head leaning on his body. We are as close as possible (No panties under my nightgown in this lucid dream. People below look up, but I couldn't care less!) This dream changed my ideas about free love and sex forever. A good Catholic girl was finally free sexually.

Many years ago when I was young, lucid dreams did transform me. Not so much now that I'm older. Then my waking consciousness was working on emotional, spiritual insights. Not so, now. I'm more interested in answers and healing and having fun, because I'm too old to do lots of fun things.

Flying dreams come naturally to me. All I have to do is tell myself to have a flying dream. Most of the time, flying just happens.

I always fly alone. I only had the one dream that I mentioned where I flew with someone else. I'm naturally a loner. I just don't remember any other dreams where I flew with someone else. No one helps me. I have excellent control of my dreams - if I lose altitude, I just go on to another part of the dream.

Don Middendorf
April 4 2007

I'm in the house and I'm scared because I think there may be a burglar in the house. I kind of realize I'm dreaming and I try to get out by passing through the concrete wall. I know the basement has dirt only up to the level of the small windows near the ceiling, so I fly up to the ceiling where the concrete is probably over the dirt. I figure it will be easier to push through the wall if I'm above the dirt. The concrete wall sure seems quite solid and I'm puzzled that I can't remember how to fly through the concrete. I bump my head doing so.

le
Touching God Too Early

The lucid dream I had took place just outside of Flagstaff AZ while camping in the summer of 2000, or 2001.

The beginning of the dream is now vague but what triggered my lucidity was seeing my youngest brother mingling with people he wouldn't normally mingle with. At that point I told him if he were really there that it's a dream. From there the dream became more vivid and real feeling.

I floated/flew around amazed at the control I had at willing the flying to take place. Eventually I found my self inside of a tower that was lined with a spiraling staircase. All along the walls were ornately decorated clocks with their own design and character. I just floated up and down the tower observing them and enjoying the floating.

Then I warped into a scene of myself playing a pedal steel guitar. This was mind blowing to me because I was observing myself playing it and controlling myself from an outside point of perspective, very exciting. I was ecstatic and I thought well, I don't know if I'll ever have an experience like this again and I wanna take it as far as possible. And that is when the dream faded, and as it faded out a white light faded in. And just before it completely faded in I felt myself come back into my body, slowly becoming aware of my body starting at my forehead and continuing down to my feet. I was in complete divine ecstasy, I shook my limbs to make sure I was all there.

Totally blissed-out I did get the feeling that something prevented me from completely merging with this light, sorta like it was not the right time to do so. As if it was reserved for my death. I know, it's kinda strange in that sense but, after that I have been more sure of an afterlife.

Cheers,
 Le

Lucy Gillis January 18 1995
Showing Q How to Fly

... Lucid, I used a spinning technique to get the scene. When I open my eyes I am outside. It's night time and I seem to be hovering over the hills behind the house. I fly in big swooping circles doing some acrobatics in the sky. I have pretty good control. When I seem to be floating back to the ground I concentrate and my "strength" comes back and I gain altitude again. I pull "Q" off the ground by the shoulder, then take his hand, showing him how to fly.

Soon I release him. He flies on his own, nervous and a bit awkward. He is then playfully chasing me, it is a game and we are once again on the ground. Then I fly, knowing he can't keep up with me. I land on Dad's roof and look back. "Q" is coming along, flying slowly.

There are electrical wires near the house that he is afraid to touch. I remind him that it's a dream and he can go through these things and not be hurt. I fly away again, in big circles in the sky. Then I let my body fall to the ground from a great height, to show myself as much as "Q" that I won't be hurt.

I feel a slight sensation as my back touches the ground. Looking up, I see the house and the night sky before me. I remember someone saying [I had read somewhere] that they fell and kept on going through the earth. I try to experience that too and do feel myself going down into the ground. I don't go far though. I see that I am in a depression of about a half of a metre.

I then want to get the sensation of moving up and back out into the night sky. I marvel that the shifting perspective of the house is exactly what it should be as I rise from the earth. I know that I couldn't do this physically and I marvel that my mind is able to create all this so vividly and expertly.

**Stand-up
 Flying:**

**Flying
 about
 inside this
 mall type
 of place.**

**I seem to
 be willing
 myself
 about
 standing in
 a vertical
 position.**

**Interesting
 technique!**

**Craig Sim
 Webb**

Steve Parker, June 10 2007-06-12
W.I.L.D. Beach

It is around 7:00 am. I am awake but extremely relaxed. I am lying in bed thinking of the beautiful beach I visited while in Nova Scotia during the last week in May. I start seeing images of the ocean. I am still awake and initiate a w.i.l.d. I am now standing on that same Nova Scotia beach. The small waves break near my feet and swirl around my legs. The water feels nice. I can hear the waves and the ocean breeze. It is beautiful here.

I know I am lucid but at the same time I know I am still lying in bed. It is so real it seems like I really travelled there again. It is daylight on the beach. The sun is warm, the breeze cool and the water refreshing. I then say, "I am dreaming". I am now floating in my bedroom surrounded by swirling purple and yellow colours. There is no imagery except this. I slowly float around up and down and spinning slowly. Sometimes I can see my hands.

Then I start descending, sinking lower and lower. It feels like I am sinking into a large pit floating down lower and lower. It is still very peaceful. I keep thinking of the beach but I am unable to return there. I float around for a while and then just open my eyes. It was a peaceful and joyful lucid w.i.l.d. experience.

Karl Boyken
Flying for Science

I'm a young boy taking part in an experiment. I can fly fast and far, confounding the scientists. While I'm flying, I realize I'm dreaming.

I fly toward someplace that seems important, some place that seems to be where I should be. I fly into an old white house. My old friend Jerry is here. I try to get his attention. It seems to me that he's awake and doesn't see me. I concentrate on producing a physical effect. I flick his hair, and then I turn on the lights. Jerry is befuddled and doesn't realize what's happening.

Don Middendorf
April 6 2007
Think Forward

I walk down an alley with Frank. When we reach a dead end with a garage with some people I think we should avoid, I say, "Take my hand" and we fly upward. We are floating, but unable to fly forward. I see someone coming toward us and I tell Frank "think forward". We both do this and then we're able to go forward.

Ana
Spring 2007

Hello,

Since I've not had any flying dreams lately, I'd just like to share that the experience of flying in my dreams is very, very close to what it feels like when riding the outside curve of the green "floorless" roller coaster (Medusa) at Six Flags: Marine World in Vallejo, CA. If someone is curious about the feeling, I highly recommend they try this ride.



Best regards,
Ana

Matthew Boyer Spring 2007
Wish I Could Do That Again!!!!!!!!!!!!

I had a dream once, which has been happening to me, and in my dream I was running from some bullies that were harassing me and they caught up to me and I fought them, and it seemed that my kicks and punches, weren't doing anything to them, so I ran from them.

Then, all of a sudden, I came to a cliff, but I had no way out and I knew if they caught me I was dead. So I jumped off the cliff and there was water below, and right before I hit, I started flying, and no sooner did I think, this can't be real, must be a dream, I started flying and my dream turned color, as I darted down toward the water.

As I touched the clear blue water, I felt the wetness on my fingertips and then I saw waterfalls and green plants and red, purple, blue, violet, flowers all around me, but I got too excited and I woke up, but when I woke up I felt better than ever, that I could conquer the world!!!!!!!!!!!! That was an exhilarating experience, wish I could do that again!!!!!!!!!!!!

Lucy Gillis December 5 1992
What a Rush!

Everything seems so real, but I keep reminding myself that it is a dream. I go out on the wharf. It's a sunny summer day. I start to skip farther down the wharf, feeling joyful.

I skip faster and decide I'd like to fly. I see the edge of the wharf up ahead. I run to the edge and leap up and fly into the air.

I soar slowly into the blue sky, spiraling higher and higher. I notice that just before I jumped in the air I saw the waves rise a little and the sea turn an angry grey. I refuse to let it stop or distract me.

After flying around for a while I decide to come back down to the wharf. . . . I look below me and see the gently rippling waves.

On an impulse I decide to plunge down, head first into the water. I can't get hurt since this is my dream. The feeling is so thrilling as I see the water rushing up at me. At about twenty metres from the surface I feel a pulse of energy course from my feet to my belly. I gasp at the thrilling, lurching, feeling in my belly. As I do so I feel myself "rise" to wakefulness, into my physical body, gasping for breath, my chest heaving. What a rush!!

"Lucid dreamers not only have more flying dreams than ordinary dreamers, . . . but deliberately increase the frequency of their existing flying dreams and learn movements over a series of dreams to make flying easier and even more pleasurable than its usual pleasant state."

Patricia Garfield, *Creative Dreaming*

Nic Heinz
Winter 2007

Flying seems to be one of my strengths in the Dream World. I found myself in the midst of a chase. Of course they were after me. I don't have the slightest idea why they were after me, but in those life or death situations you make the best of the situation.

I happened to jump into a taxi with no rear doors. After some urgent coaching ("DRIVE") we took off. Due to the fact that my pursuers could see me in the back seat, they continued the chase. After a few blocks I hopped out of the car and ran inside a large building. It reminded me of a church or school. Maroon, brown, tan, and white happened to be the dominant colors.

Hoping to lose them I slipped into a large room comparable to a cultural or banquet hall. At the far side of the room there was a loft. I couldn't see a ladder or any possible way to reach the top. I could hear the footsteps closing in on my location. That is when I felt the vibration of lucidity wave over my being. "Time to fly" I told myself and hopped into the air.

Alas I didn't have complete focus, and landed back on the floor. So I tried again, this time running and jumping off a wall into the air. I managed to fly across the room and take another leap higher into the air off the opposing wall. The moment I reached the upper level my pursuers entered the room.

Luckily, Dirty30 (a close friend) was already in the loft. He opened a window and we took to the night skies. Our control was incredible.

Only once did I need to look at my hands to regain my focus during my flight. We flew through clouds like dolphins swimming in water. After flying for quite some time we found a floating island. It was in the midst of a cloud so it couldn't be seen by those below, and I doubt an unbelieving eye could see it as well.

As we landed all the worries and cares from the chase or other life were left behind. Walking down the street I noticed a gas station. It was incredibly clean and the gas was free. I couldn't believe no one was in sight to fill up. Then I laughed "Who needs cars when you can fly?" And we continued our adventure into the city.

A. Dreamer Two Flying Dreams

In the years that I have had lucid dreams I have flown in many different positions, including upside down. Occasionally I have been a point of consciousness but generally I have sensed a dream body. Efforts to shift into bird forms have (for me) not been completely successful. When I fly, I often either fly so slowly and low I can't get much of anywhere or too fast, losing scenes altogether. At times, when I lose the scene, I have a feeling of being carried or moved by some "power". Only occasionally do I have the pleasure of flying at the right speed overseen. That can be immensely enjoyable. Here are two flying dreams I had after reading Edt Kellogg's challenge.

December 23-24 2006

I am out taking something to the garbage can. Both cats streak out. It is light, I realize, though I thought it was around 6 AM. It should be dark. I wonder if I could be dreaming. I jump up and float for a second. I try again and definitely float. Now I am lucid. I go through my apartment to the backyard. There I notice most of the trees are gone, not an authentic picture of my backyard at all.

I remember I want to try methods of flying. I lift off hoping I won't have my usual problem of either flying too low and slow or going high and fast, losing scenery. I want to fly at a good height and speed for viewing the scenery.

I find I am flying in the position Ed suggested, chest forward, hands back. I'm going at least a little higher and faster. The play structure in the corner of the yard has turned into a shed. I'm standing on it about 10 ft. from the ground, having a look around. Then I return to my deck. The family I live below is on the deck. I don't want them to notice me. I try to fly around unobtrusively back in the yard but can't go very high. At one point, for fun, I float on my back with my legs up.

Later I'm out in front. I fly high, losing the scenery. I soar, feeling myself "being carried" higher. I come down in some dreary, urban landscape. Then I'm in front of my place again but it is different. I see these beautiful, golden hills just a few houses in front of me.

I would love to fly over them. I lift off but now they seem further away and there is a very high fence barrier between me and the hills. I try to push between some of the pickets, hoping I won't lose the scene.

I see a lightly wooded area, trees spaced a bit, through the gap I'm making in the pickets. There are hills further down. I want to walk among the trees then fly over the hills, but

once I get through the fence I'm in a dingy urban area. I wake up.

December 29-30 2006 (WILD)

After a while awake I feel this rush of wind about me, then a vibration through my body. I know I'm going into a dream so want to remain conscious and create a WILD. The imagery isn't coming but I figure I am already dreaming so easily get out of bed and hurry to reach the door to the deck. I would like to spring up and fly through the deck window/door. Instead I seem to melt through slowly.

I seem to be in a yard which only slightly resembles my own. I jump up to fly but then decide to float upside down. I turn my body so my head is facing downward. I can't quite seem to get my body straightened out so I'm completely perpendicular. Finally I am on my back flying headfirst but I'd like to see more and move faster. I turn over onto my stomach and turn toward the play structure which, amazingly, is there and in the right place. I start moving a little faster as I try to recall Superman and how fast he flew. I fly over a section of the town with only partial success. I wake up at least part way.

I lie still and again identify with my dream body. I get out of bed and want to fly to the deck door. I melt through instead then fly a little. In the much-changed yard I see a fence to the left. Beyond the fence there is a down-slope, rather than the expected houses; ahead are beautiful, greenish-brown rolling hills with trees interspersed, sort of like Sonoma County scenery.

To fly over this I get a running start to get over the fence and fly Superman-style over the hills. I enjoy this briefly, reveling in the pleasing landscape. Then I start to see indoor furniture, large easy chairs instead of trees and know I am losing the scene. I'm starting to come down so use rigorous breaststroke movements to stay in the air, and fly faster.

That works briefly until I hear a woman saying, "Will you please help me!" I come down and am in some kind of concourse. A woman, perhaps in her forties, is sitting on a bench. I sit down by her and ask her what is wrong. She complains about plaques put on the opposite wall to honor a child psychologist. She wants them taken down because the man refused to help her child since she had no money to pay him. I partly lose my lucidity, feeling sympathy for her plight and her troubled child but don't really know how to help her. Soon I find myself in bed again.

I feel I'm not completely awake so get up and with a skip and a jump I am by the deck door. I wonder briefly if I

could be awake but remind myself my aging body isn't up to skipping and jumping. I go through the door pushing it out a bit, then fly down to the yard.

I go straight north and see the creek is not fenced away and not in a culvert, soon to flow underground. I like this alternate landscape and scabble down to the creek and across it.

There are some houses on the opposite bank. I visit one and catch a couple of gay men making out. I hurry away, meet some people. The dream goes on but I've lost my lucidity and can remember no more.

Robert Waggoner April 19-20 2007 Floating Banner with Message

I seem to come across a bridge into an intersection, but it appears foggy or misty. I see a big fire truck, and this just seems "too odd." At that idea, I suddenly realize, "I'm dreaming!"

I now find myself on a miniature red tractor (or perhaps fire truck), and decide to go investigate the area, so I roll down the road on my little tractor - but much too slowly. I mentally command the mini-tractor to go faster, and it does roll faster - but again, I realize how limiting. So now, I decide to fly - and as I hang on to the mini-tractor, we take off flying - me and the mini-tractor!!

As we zoom along going higher, I look down at the rooftops and treetops. Just briefly, I wryly think of "finding Jesus" (somehow this fleeting idea appeared in my mind, and had a humorous twist to it), as I go along. Then up ahead, I see the upper story window of a house with its light on. Curious, I decide to investigate.

Floating near the window, I look into a study area and see a beautiful, large, mostly white toned piece of art hanging on the opposite, green wall. In the painting, I wonder, "Is that a skull or someone's cap? Is that a banner or a flag?" As I try to make sense of what this painting represents (conflict, success?), and concentrate on it - suddenly, a white banner comes floating across the room with beautiful cursive writing on it. On the top side, it has two lines, which read, "Be Yourself" and then something like, "Be All That You Can Be".

Now I notice some more writing on the underside of this white banner hovering in the air. I strain to read it - as I recall the first word was "Time..." followed by about 6 or 7 words, but the idea seemed to suggest that "Time Slows to Open to Experience" or that Time manipulated itself to the situation's or person's need; in essence, enough Time exists

for one's purposes, because Time itself will change to

allow it. That seemed interesting! I tried to recall all of the banner's message as I felt the lucid dream come to an end.

(Note: Earlier in the night, I had a bit of insomnia and had become lucid but felt "removed" from the dream - as if I could only watch it, and not enter into it. This made me feel frustrated, so I woke, and resolved to have a lucid dream. Often I have found that on nights when you have one lucid dream, it seems much easier to have another and perhaps even another. Another note: Does the banner's message express the painting's message? How did this banner come into being? Who put the message there? Why that message? Why now?)

Lucy Gillis Multiple Moon Dreams

February 24 1995

. . . I suddenly realize that I have left my students on their own, I'll have to go back to the lab. I get out of the car and think about the problems that B. could cause because of this. Then I realize the unreality of this situation and know that I am dreaming. I then find myself in a building. To prove to myself that this IS a dream I fly low, Superman-like.

At some point my foot is in the air and I feel it hit something. It feels like disembodied teeth or dentures. I am floating and there may be someone with me. I pull my foot close to myself to see if there is anything gripping it. I see just my foot.

I want to get outside. . . . I am on a roof. I feel the wind and feel it push me back. I am being pushed in the sky. It is nighttime, dark, and gloomy. I am motionless in the air, on my back, facing the sky above me. I see one full moon behind thin clouds. I blink and then I see several other moons pop into existence. They come and go as I blink. I marvel at all the beautiful moons. Then I see a star on top of a moon, then others, it looks like a break in the clouds is forming.

I feel a slight rising sensation and get a bit startled. Immediately I stop rising. It looks like the Pleiades shining through the cloud break. I seem to be going backwards and I hope I don't bump into anything or anyone. Then, as I turn a bit in the sky, it now looks like the constellation Orion is showing through the clouds..

March 13 1995

. . . I am angry [from a previous dream scene, then:] . . . I seem to be at the foot of Dad's driveway at night. I look up into the sky and see two moons, then three, then four, then more. I know I am dreaming; the moons remind me of another lucid I have had recently in which there were

multiple moons in the sky. I rise into the air, still angry. I let the anger carry me. I want revenge [on a character from the previous scene]. I say in a sing-song voice "Lucid, I am lucid."

But soon the angry feeling goes and I am singing some sounds as I continue to rise into the night sky. I pass diagonally upward through a number of power lines. What an interesting sensation as I feel my body passing through each line [many more lines than in reality]. I seem to be moving up backwards and would rather see where I am going. With that thought I am then turned around and seem to have more control of my flying. I look back up into the sky, there are no moons now, just thick grey clouds. I decide to fly through them, to go into outer space. I rise up into the clouds. They feel thicker than the air, and seem never-ending.

I then see two moons close together through the clouds. The moons are very brilliant and there is what looks like a dark satin or silk ribbon of colour flickering over them. Soon the experience seems more like "thinking" than like doing and I false awake. After a brief dream scene, I wake for real.

David L. Kahn February 24 2005
Rude and Selfish

I am in a crowded place, both with buildings and outdoor areas. There is a large open sided tent, like you would use for bingo. Somebody tells me that I have a phone call. I answer and it is my friend's mom. She asks me if I am helping her move at 2:00. I tell her that I have someplace else to be at 1:00. Then I remember that I also have to pick up the kids from school at 3:00. I tell her that I was never told that she needed help moving. I also say that I would normally do it, but I just don't have the time today.

She becomes angry with me. She doesn't seem to care about anything that I said, but I still have this need to try and explain to her that I just can't do it, plus I was not informed in advance. I want to make it clear that this isn't my fault, but even so I would be willing to help if I didn't have other obligations. My friend Mike is nearby and signals to me and quietly says that it isn't worth the conversation, but I still make a futile attempt to get her to understand what I am saying. The conversation ends with her saying, "You are a rude and selfish man." She hangs up on me.

I begin walking and have my cell phone with me. I am going to make another call, but the phone changes. It now is larger, black, and rectangular shaped. It reminds me of an old AM radio. I question it, wondering how it changed or if someone accidentally switched phones with me.

Then I remember that I had the phone the whole time, so nobody could have switched with me. I then think that I might be dreaming. I am now inside of a large building with a concrete floor and a very high ceiling. It is mostly empty and it has a barn look to it. I tell Mike that I may be dreaming and, I think, say that it can't hurt to test. I tell him that I will jump in the air, and if I stay up longer than I should then I will know that I'm dreaming.

Mike grabs my arm to prevent me from jumping. I push him away and I jump. I do stay up longer than I should, and I realize that if I flap my arms I can stay up in the air. I get to the ground and say, "I've been dreaming all along" or "I've been dreaming the whole time." Mike still seems to be bugging me, so I punch him in the face, knowing it is just a dream and that he is some aspect of me. I notice that Mike looks different, with a body style that looks like mine.

Anne Masterson April 2007
Mandala

I'm in pitch black darkness and falling. I cannot see or feel if I have a body. I hear androgenous voices saying negative things like "you're stupid, you're ugly, you're pathetic, you'll never get out of here". I feel these voices or beings are taking nips out of me. It is physically irritating and painful. (Even though I can't see my body). I feel terrified, confused and I keep falling into the darkness.

Then as the voices toss more insults and taunts, I go lucid, thinking that I don't have to put up with this situation. I interrupt the next insult and in a commanding voice say "I'm dreaming. Go away. Shut up."

At that moment the voices stop. Silence. Then I see in front of me, two counter-spinning mandalas in intricate patterns of orange and earth tones. I feel the mandalas lift me up into waking consciousness. I wake up. Even though I'm awake I can see the mandalas in my mind. I still have that sensation as I write this dream down.



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The Spirit of the Dream

June 29 - July 3, 2007

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CE CREDIT The conference offers Continuing Education credit for selected sessions for psychologists, M.F.T. therapists, social workers, and other health professionals. The International Association for the Study of Dreams (IASD) is approved by the American Psychological Association to sponsor continuing education for psychologists. IASD maintains responsibility for this program and its content.

For further information see www.asdreams.org

LUCID LINKS

The Lucid Dream Exchange

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

Lucidity Institute

www.lucidity.com

The International Association for the Study of Dreams

www.asdreams.org

Linda Magallón's Dream Flights

The premier site for flying dreams. Several articles from LDE appear, especially in the new section entitled "Lucid Dreaming"

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

Experience Festival

Several articles on lucid dream-related topics

http://www.experiencefestival.com/lucid_dreaming

Lucid Dream Newsgroups

alt.dreams.lucid and alt.out-of-body

Sleep Paralysis and Lucid Dreaming Research

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

Richard Hilton's 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/>

Christoph Gassmann

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

<http://homepage.sunrise.ch/homepage/cgassman/tholey2.html>

Werner Zurfluh

"Over the Fence"

www.oobe.ch/index_e.htm

Beverly D'Urso - Lucid Dream Papers

<http://beverly.durso.org/>

The Conscious Dreamer

Sirley Marques Bonham

www.theconsciousdreamer.org

Fariba Bogzaran

www.bogzaran.com

Robert Moss

www.mossdreams.com

Electric Dreams

www.dreamgate.com

Jayne Gackenbach

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

www.spiritwatch.ca

The Lucid Art Foundation

www.lucidart.org

Matt Jones's Lucid Dreaming and OBE Forum

www.saltcube.com

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With links to lucid dreaming and out of body sites.

<http://www.hopkinsfan.net>

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