

LDE

The Lucid Dream Exchange

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The Hidden Assumptions of Shared Dreaming
Out of Body Experiences and Lucid Dreams:
Explaining the Difference
Quarterly Lucid Dreaming Challenge:
Exploring the Bizarre Physics of Dreamspace

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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Send your submissions via e-mail to lucy_gillis@hotmail.com. Include the word "lucid" or "LDE" somewhere in the subject line. Please indicate at what point you became lucid in your dream, and what triggered your lucidity.

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*"Often when one is asleep,
there is something
in consciousness
which declares that what
then presents itself
is but a dream."*

Aristotle

(Submitted by Eli Willingham)



Dream Speak

An Interview with a Lucid Dreamer

By Robert Waggoner
Responses © Suzanne Wiltink

I met lucid dreamer, Suzanne Wiltink, at the IASD conference in Copenhagen two years ago, and was very impressed with her lucid dreaming skills and thoughts about lucid dreaming.

Suzanne is on break from her study of clinical psychology at the University of Nijmegen, where her fields of interest are traumatic experiences and consciousness.

Robert: So Suzanne, how long have you been lucid dreaming? Please tell us about your first lucid dream.

The first lucid dream I had that I can remember was in 1994. At that time, I didn't have any special interest in dreams whatsoever, though I did write down a few of them, including this lucid experience:

I dreamt that I was walking down a street in my home town, and that I saw a man running towards me, suited in black with two white stripes on the side of his pants. I was afraid and was thinking about the warning words my mother used to say to me. "Don't go alone on the streets at night...you might get kidnapped, raped or murdered!" So I turned around to rush home, but suddenly out of the blue, I realised I was dreaming.

I decided to use my imagination and creativity, I wanted to confront and overcome this fear that my mother had instilled in me. So I turned around. The man was already out of sight. I shouted 'Joehoe!!!' and started to wave with my hands in the direction in which the man had vanished, completely sure of myself. But...the man in black didn't appear, so I started to wonder...what was wrong? Didn't I create this scary man? Isn't he part of my thoughts? If I 'dream' that he will reappear to talk to me, than that should happen - right?

I thought I might have acted a little bit too impulsively and the fear came back...this time much bigger. I started to run like crazy to my house, thinking, "You're not dreaming at all, silly!" I went into the house, closed the doors, windows and put the curtains down. I didn't speak because I was afraid the man might hear me. I was lying down and falling asleep when suddenly my sister said, "Dad there's a man in front of the door!".

In reality I then woke up and was relieved when I saw my sister sleeping, but also astonished that I fooled myself in the dream.

Robert: Did that lucid dream change how you viewed dreaming?

From that moment on, I became more interested in writing down my dreams and occasionally I would talk to friends about them. One of them, Marco, told me that this was called a lucid dream. Although it was a new experience for me, I didn't have a clue that I could actually do something with it. But the concept of a lucid dream stayed in the back of my head. Then, in 1999, it popped back into my life. I had a lucid dream that made a great impact on me:

I was having a dream of some friendly people in a room, which had a kind of 'tent' in the middle. Oddly, the tent was fluorescent green, and light was coming out of it. There was a nude young man inside, I could see the shape of his body, and there was the sound of electricity coming from this tent

and it smelled like ozone. The young man shouted, "It's amazing!"

I was quite curious and the people asked me if I would like to try it also. I was enthusiastic and approached the tent, which suddenly seemed more like a box with some sort of screen that looked as if one could go through it. I was told to undress and put on a special suit in order to protect me. I noticed I had these strange tattoos on my foot with triangles and a stripe, which would light up if I would go inside, so my foot had to be covered as well.

I asked what I should do then, and they replied that I could create anything that I wanted. So I jumped into the screen and shouted, "I'm going to have a lucid dream!!" I jumped through the screen and my body 'vanished', meaning that I could feel my 'body' but it was different than how it feels to me in real life, and I could see it if I wanted it, but if not, it was invisible. I remember that it all felt very real and vivid, as if my senses were more alert. At first I tried some Kung Fu and Jiu Jitsu, fighting some Chinese guy for fun. But it wasn't as spectacular as I'd hoped for and I got bored, so moved on. I thought I could try to have sex, but I didn't know who to think of having sex with, because I thought it wouldn't be fair to this person in real life if I would try that without asking permission. I moved on and I went to an open area where there was a music festival but I thought there wasn't much to see, so I asked a person walking there where I could find '(dream) space'. He evaded my question so I went on.

I went down a street and saw a really strange creature, which I accidentally touched when I moved by. A very nasty feeling went through me when that happened, and I concluded that it was an evil being. He reminded me of the bodiless creature called 'Azazel', from a movie I once saw, starring Denzel Washington. In my dream he looked like a strange dark cloud and he had a muilkorf (muzzle) over his head. This being spotted me and was going after me. It somehow forced me to go down a set of stairs, I walked backwards, the stairs ended up in some sort of bar with hazy people, criminals and hookers. When I went down, other people were going up and down the stairs and I was surprised that some of them noticed me, others did not. I also had the feeling that I had been there before. The creature didn't follow me any more, but two of his helpers did. One of them came really close to me, and 'touched' me; it felt like an electric shock, extremely unpleasant, which made me decide to create another dreamscape, because I didn't have to be there. Then another dreamscape appeared and the lucidity vanished.

Robert: Amazing! So what was it about these early lucid dreams that intrigued you?

I think my dream life has evolved gradually because of experiences like these. As I said, the first lucid dream made

me interested in keeping up a dream journal, because I had the feeling that something more was going on there. When Marco told me about the existence of lucid dreams, I had

said, "Because this is real...."

Whether or not the response is true, I saw my own ambivalent thoughts about the reality of lucid dreams

reflected in it. Though I call them 'dreams', to me, they ARE real.

In waking life I think there are also many states of consciousness, and that it is possible to find a suitable way for each person to learn to alter between these different states. I use meditation and shamanic journeys to become more aware of transitions in my consciousness. Practicing this way of discriminating between states automatically increased the number of lucid dreams I had. I think that our 'dreambody' can also be aware in waking life.

I also tried reality checks like jumping in the air. If I would float, this would assure me that I was dreaming. This works for me, but only when there was already some

Suzanne Wiltink

some understanding of what he was talking about, because I could relate it to my dream about the man in black.

The second lucid dream feels like a gift to me, which pointed the way to this 'new world' I was entering. It raised many questions, that later turned out to be a drive or intention for me to have more lucid dreams and explore the potential of them. Questions like how can I get lucid the next time, why did it end, and how can I prolong it? What kind of body was I experiencing when being lucid, what is that body made of and what can I do with it? Does there exist other worlds or dimensions, or is it purely imagery from my own mind? How could it be that some dream persons were aware of my presence and others not; what does this say? Are there moral and ethical boundaries when being lucid?

Robert: In the beginning, how did you become lucid? Did you have any special techniques? Has that changed over the years?

I surfed the internet and looked up some books to find out about techniques that other people use to induce lucid dreams. For instance: I tried to ask myself a few times a day, "Is this a dream?" - hoping that I would encourage that critical observation in my dreams, too. I tried to re-enter a dream when I woke up in the morning, telling myself I would dream the same thing, but now knowing that I was dreaming. I tried to look at my hands as a signal that I was dreaming (as in Casteneda's book). None of these things worked for me.

Then I read somewhere that if lucid, I could ask a dream character to alert me the next time I was dreaming and that they would usually be loyal to their promises. I had a funny lucid dream about this:

I was lucid and saw this man, I asked for his name and he replied "Otto". As planned I asked, "Can you warn me the next time I'm dreaming?" He immediately replied, "No!" I was really surprised and asked him, "Why not?" Then, Otto

lucidity, otherwise I couldn't even come up with the idea of jumping. I also created my own reality checks while dreaming, but my mind is good in fooling me. One time I became a bit lucid and stated, "If this is a dream, then in 10 seconds a dream character will appear." I started counting, but it was extremely difficult to do so; I never got to 10! Another time I asked a dream character, "If this was a dream, what would you do?" But this person couldn't come up with anything either, and 'poof!' my little bit of lucidity was gone. This is why I always keep a list of things I want to explore when I might get lucid. It also told me that I have to be careful and specific about how I formulate my goal or intention.

Another reality check I read about was turning on the light switch; if the light doesn't turn on, this would be a signal that I'm dreaming. Well, just like Otto, I think whether or not reality checks work for you, depends on the way you define reality. In my real life, it happened often enough that a light got broken. It didn't help me to discriminate between different states of reality. And here lies the key in the way I become lucid nowadays. And as a matter of fact, it is in exactly the same way as my second lucid showed me already, but what I hadn't grasped at the time. There was this screen which appeared as a border between the dream I was in and the lucid dream I was entering. Going through this screen gave me a bodily sensation or transition, if I might say so. The sensation of going from 'thick and dense' into something 'lighter and elevated', or in other words from a state of 'form' into a state of 'formlessness/'shape-able' became my trigger. Now, I can 'feel' in my dream in the imagery, whether or not there's the possibility to 'shift'.

In my dream journal, I would write, "I feel that I can become lucid" or "it feels permeable." In waking life I think there are also many states of consciousness, and that it is possible to find a suitable way for each person to learn to alter between these different states. I use meditation and shamanic journeys to become more aware of transitions in

my consciousness. Practicing this way of discriminating between states, automatically increased the number of lucid dreams I had. I think that our 'dreambody' can also be aware in waking life.

Robert: For me, I often visually can tell that the dream looks "dreamy" and become lucid, but you might be the first person to mention kinesthetic feelings prompting lucidity. As you had more lucid dreams, did you have any surprising lucid experiences?

When I write down a lucid dream, I also try to formulate statements about what I've experienced. Even though the lucid dream is short, or seems insignificant at first. I use these statements as hypotheses when I look over my lucid dreams and think about the lucid dream state. If I can, I try to test them or use them as an affirmation in future lucid dreams.

In one dream I was lucid and wanted to visit a friend, he lives 100 km away. I was flying through the sky and it took a long time, so I decided to land on a house and affirm that this house would be the place where he would be. And it was. The statement that I wrote down was: "There is no distance, you must imagine it and you're there." This way I have collected a bunch of statements (or lucid dream hypotheses), and the main thing that I took from them so far is that for me, belief and intention seem useful 'tools'. If I firmly believe something to happen, the effects seem more manifest in the lucid dreams. Having a clear intention seems to give me a kind of confidence that I'll become lucid if I want to and can learn something in the lucid dream world, and that it will unfold in the direction of my intention.

Robert: I like that idea of really looking at one's lucid dream and trying to pull possible meanings about lucid dreaming and the dream state from that experience. For example, we normally assume that our dream characters are the products of our dreaming mind - as you did in your first lucid dream. Have you ever had an encounter, where the dream character seemed to be independent of you?

In my second lucid dream where I was confronted with this Azazel and his helpers, I assume that the characters were independent of me because of the bad feeling I got when I passed by and the electric shock that I got. It's hard for me to explain, but it didn't feel as if it was generated from within myself, it didn't

feel like the same 'substance' as the images I was creating and the characters that dwell therein (which I consider to be a product of my own mind).

Also, I had a very strange lucid dream once where there appeared a being with three wings on each side with eyes upon each wing, who spoke to me with a very penetrating voice. It felt like the words that it spoke were loaded with energy that is not mine. It said that I haven't been in touch with real evil. Which I interpreted as meaning that it is watching me, but that I will know it, when it is really there. This raises questions to me about 'protection' while dreaming lucid. Although I think that good and bad are relative, it is not to say that nothing unpleasant can happen in lucid dreams, just as in real life.

Robert: This issue of the "independence" or independent agency of some dream characters encountered in lucid dreams seems to come to all experienced lucid dreamers at some point. It's a complicated issue. Have you ever had any interesting lucid dream encounters with dream characters that gave you advice?

I have tended to see dream characters as aspects of myself that somehow relate to my 'core (sense of) self'. I once had a dream in which a girl committed suicide, and when I became lucid later on, I wanted to comfort a friend of this girl who died and told her that it was a dream so she wasn't really dead. This friend shouted, "No", then started crying and ran away. I think this might have something to do with a suppressed aspect of myself. So in that sense, it doesn't really surprise me that dream characters have knowledge and independent action.

I think aspects can be more or less conscious in our-selves and there's a diversity in the way these aspects can be integrated. I had a series of lucid dreams in which I kiss a dream character. I thought that kissing a dream character would be some kind of integration of psychological aspects/contents of my mind, and wanted to see what effect kissing dream characters would have on my lucidity. I expected it to increase. But the opposite occurred mostly. What this might say is something that I want to explore further, perhaps in exploring what different characters stand

... I have collected a bunch of statements (or lucid dream hypotheses), and the main thing that I took from them so far is that for me, belief and intention seem useful 'tools'. If I firmly believe something to happen, the effects seem more manifest in the lucid dreams. Having a clear intention seems to give me a kind of confidence that I'll become lucid if I want to and can learn something in the lucid dream world, and that it will unfold in the direction of my intention.

Suzanne Wiltsink

for. But perhaps there isn't really a connection between assimilation and absorption of dream images/energies and different levels of lucidity one can experience.

Robert: Your point that a suppressed aspect of our selves in the form of a dream character could seem to have independence is a good one and shows how complicated the lessons of lucidity might be. Have you tried any experiments in lucid dreaming? What did you learn?

I tried to visit people from real life, with different outcomes:

I wanted to meet S. I didn't know where to look, so I decided to enter the first house I saw. I was in a street and saw a house with a green wooden door and decided to enter. It's an old house which reminded me of an orphanage, around 1800-1900's. There are stones on the floor, a fire place, and wooden chairs. It's small and sober. There was no one downstairs so I went upstairs. Upstairs it was 'the current time'. I came in a room with a lot of beds next to each other with all kinds of men and women sleeping in them. Between these beds was no bed left for S. I was allowed to lie on a bed next to a tall man with dark hair and a Slavic appearance.

When I woke up I had several associations, the first floor reminded me of the first chakra and it made me think of loneliness, the second floor made me think of the second chakra and of sexual confusion. When I told S. about this dream, he said that he and his wife at one point in time were

going to a meeting about Tantra, it was given by a man that fit the description I gave, and it was indeed in a former orphanage and had a green wooden door. He said that there were orgies taking place, he felt embarrassed talking about it, and that he had felt awful about it and didn't want to sleep there. I was astonished by these resemblances.

Also, I tried to visit you, Robert, several times. (**Note: Suzanne and I had some interesting lucid dream experiences in which she sought to contact me, and I tried to learn unknown things about her, while lucid. - RW**)

In other lucid dreams where I tried to visit people, it wasn't such a "hit" like the dream I just described. But the images did contain symbols that more or less meant something to the person I tried to visit. Although I must say, to some extent, they also applied to me, as well. So maybe I was picking up on something that we had in common

Robert: Thanks for agreeing to an interview about lucid dreaming, your experiences and ideas. I have to say that when I saw you for the first time in Copenhagen, an inner sense within me just knew that you were an excellent lucid dreamer. Any parting thoughts or comments?

I underestimated the time I needed to translate from Dutch to English, but I really enjoyed answering these questions, since it made some of my ideas more insightful for me while writing about them.

The Thoughts of Your Dream Characters

Dr. Amit Goswami, quantum physicist, author, and "What the Bleep Do We Know?" celebrity has a question/experiment for readers of The Lucid Dream Exchange:

Have any of you, while in a lucid dream, found that you knew all the thoughts of your dream characters, "from the inside"? In other words, have you ever, in a lucid dream, been able to "hear" or "just know" what other characters in your dream are thinking?

If you haven't, why not give it a try in one of your next lucid dreams? Program yourself (using whatever dream incubation method works best for you) to be able to "hear" your dream character's thoughts, or somehow get inside his/her head and know what he/she is thinking.

What thoughts did you hear? Were they coherent? Did they sound like your own? Did they sound/feel very "not-your-own"?

If you already have an experience of this sort, or when you try the experiment, please send a description to LDE and we will pass it on to Dr. Goswami.

Good Luck!

The Hidden Assumptions of Shared Dreaming

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Drawings by Suzanna Hart

"I had been spending the evening with two friends, Slade and Elkington, and our conversation had turned to the subject of dreams. Before parting, we agreed to meet, if possible, on Southampton Common in our dreams that night."

Drawing upon their common bond of friendship, three young men agreed to encounter one another in a very uncommon place. The time was the early 1900's; the place was England. The three college buddies were Slade, Elkington and a young man who was just beginning his dream and out-of-body adventures. This was Hugh Calloway, who wrote under the pseudonym, Oliver Fox.

No fine private place did these three consider dreams. No secret package of personal guilt and delight. No battlefield of individual conflict and catharsis. No random generator of unconnected imagery. Fox and his friends conceived of the dream as a place in which their dreaming selves could interact. Fortified with the belief that dream reality could be a shared human common, they were poised to make the quantum leap into shared dreaming.

"I dreamt I met Elkington on the Common as arranged, but Slade was not present. We both knew we were dreaming and commented on Slade's absence. After which the dream ended, being of very short duration. The next day when I saw Elkington I said nothing at first of my experience, but asked him if he had dreamt. 'Yes,' he replied, 'I met you on the Common all right and knew I was dreaming, but old Slade didn't turn up. We had just time to greet each other and comment on his absence, then the dream ended.' On interviewing Slade we learned that he had not dreamt at all, which perhaps accounted for his inability to keep the appointment."

A Perfect Meeting?

Fox and Elkington had participated in an extraordinary event. They intended to meet in a dream, and apparently they did just that. But we really don't know for sure. Even if we set aside any doubts of honesty and judgment, there are still some weaknesses in this tale. Their story was told from a *single person perspective*. We hear Fox's voice; we don't hear from Elkington or Slade. We don't have the raw data of each dream report. We can't tell if the words spoken by one dreamer were exactly the same as those heard by the second.

The story has had *no detail*. The dreamers knew each other. So they didn't bother to comment on the particulars of appearance. It's a pretty good guess that neither of them was nude. But were they wearing bedclothes or street clothes? Were they bearded or shaved? Smiling, somber or with blank expressions? We don't know.

The Fox/Elkington experience was *short-lived*. There wasn't enough time to look around the dreamscape and discover if Fox's tree was Elkington's bush. The dreamers knew the meeting location. They were living at college and probably passed through the Common on a daily basis. They had similar pictures of the Common in their memories to serve as a general backdrop. Because they didn't bother to check on the particulars of place, we don't know if they were meeting at the same spot. Was one in the middle of the green and another at the foot of a stairway? How was the weather? Was it nighttime or daytime?

Some Myths of Mutual Dreaming

Shared dreaming requires that two (or more) people go to sleep with the intent to meet in a dream. Question: Per the nature of dream reality, which of these *must* be true for shared dreaming to occur?

- You and I will appear as distinct and separate individuals.
- Each of us will have a dreaming body.
- Our dreaming bodies will look like clones of our waking bodies.
- We will act like we do in the physical reality and remember those actions as being exactly the same when we wake.
- We will be within the same scenery, surrounded by the same characters and props.
- The space in which we meet will be as fixed and stable as a waking state location.
- The dream will be visual; it will appear as pictures like we *see* in physical reality.
- The dreams will occur at exactly the same waking time.

Answer: None. Nada. Zero. Zilch. Dream reality may conform to material world rules, but it need not do so. It is only constrained by the limits of its native behavior.

To his credit, Fox was aware of some of the drawbacks of this example. He wrote, "Some people have raised the objection, 'Oh, well, you expected to meet your friend and so you dreamt you did. That's all.' But if expectation is to explain the experience, then I expected to meet Elkington and *Slade*, while Elkington expected to meet *Slade* and me. How is it, then, expectation failed us both with regard to *Slade*? Why was he absent? How is it expectation failed to make him dream of meeting us?"

Fox and Elkington may well have experienced ESP. On the other hand, they might have picked up some reluctance to participate from *Slade* when they met the evening beforehand. Conscious or subliminal, his attitude could have impacted their dreams.

"Elkington and I were unable to repeat this small success," wrote Fox. "The whole question bristles with difficulties; but I believe it is an extremely rare occurrence for two people to share apparently the same dream-experience and for *both* to remember it on awaking."

Rare or not, the Fox/Elkington story has stirred the imaginations of today's lucid dreamers. It fits so closely with the image of a shared dream in myth and legend and eons of out-of-body lore, the image that's been portrayed in books, movies and TV. Go to sleep with the intent to meet in a dream, and it's this type of experience that you're usually trying to match. It's the standard by which you will probably judge whether you have truly accomplished your task or not.

How Presumptive We Are

But if you do use this sort of yardstick, you've got a problem. The core presumption is that meeting in dreams is just like meeting in physical reality. There's only one catch. You are *not* in physical reality! You're in an imaginal reality, an altered state of consciousness and you're fast asleep. Your dreams will be mediated by perception, communication and behavior unlike that of the material plane. You're not going to be seeing with your eyes, hearing with your ears or talking with your mouth, even if your dreaming body gives a good imitation of these activities.

In addition, the dream has qualities specific to slumber. Unlike waking altered states, dreams can play in alpha, theta and delta states of consciousness, in REM and non-REM sleep. The chemical composition of body and brain differs from non-sleep states. As a result, the dream displays a natural tendency to morph or scene shift rather than remain fixed. Then, if your dream is communicating non-sensory information, you've got to contend with all the peculiarities of psi phenomena.

Taking Time to Prove Psi



Have you heard of "clear dreaming"? This kind is often linked with the assumption that the only real dreampsi experience is one that clones its physical counterpart. Clone dreaming is especially useful if you are trying to preview an upcoming event in material reality or catch a current criminal on the physical plane. The closer your psi vision is to camera-perfect, the more likely you are to find a lost child. Anything that diverts from this result is thus considered to be flawed and every effort is made to repress, avoid or change it.

This is also the sort required by skeptics to prove that psi exists and by scientists to perform many material world lab experiments. It's the kind that stirs our imaginations as examples of real-life magic, fortifying the hope that miracles, spiritual revelation and an afterlife will naturally follow. All told, there's quite a compelling conglomeration of reasons why the literal, copycat version of psi is held in such high esteem. To our benefit, dreampsi sometimes does clone physical qualities, or we probably wouldn't recognize its existence. But these instances tend to be spontaneous, not deliberately induced, and thus harder to analyze.

I went surfing the 'net recently because I was curious to see the current status of presumptions concerning shared dreaming. I'm afraid they haven't budged much in the 20 years I've been tracking them. There's yet very much a dichotomy between those who believe they've had a shared dream and those who don't believe it can happen (because it hasn't happened to them!). Shared dreaming is still caught in the trap created when people try to demonstrate that dreampsi exists.

Let me give you a tip. If you seriously want to "prove psi" to yourself, don't go to sleep. Try remote viewing or Ganzfeld procedures instead. Review the literature on these phenomena (they're a lot more controlled than dream experimentation to date), then set up some experiments for yourself. Overall, you have a better chance to enjoy clone experiences and tune down the volume of your inner skeptic if you participate in waking psi first.

The Shortcomings of Success

If you've already had a vivid shared dreaming experience, you may actually be at a disadvantage. Wow, I had a shared dream! Wow, wow...ho, hum, big deal. Check that one off my list and go on to something else. Or, wow, I want some more! So I try and I try and I try and then give up in frustration. Either the stubborn skeptic or true believer mindset can keep you at the kindergarten level of understanding. You got just what you wanted or didn't want, end of story.

It's rather like watching a monkey balance on a ball in a circus ring. Whether you get tickets to this circus spectacle or not, your understanding of monkeys is limited to a trained performance. You really can't comprehend monkeyhood unless you see the animal in his native environment. And, believe me, although dreams can ape the material world, they are under no compunction to do so. That they do so sometimes is an act to get our attention.

Once we are alert to their presence, we have a choice – either stay at the circus or trek into the wild. It's a big decision. For, to have a successful trek, you have to take most everything you believe you know about dreams and psi and put it aside. The best attitude for the journey is, well, I think something is going on here, but I don't really know what it is. Let's try things out and see what happens. Only then will you truly be open to the unusual and unexpected.

The Literal Person

As I become lucid, I realize that I am seated at a long, flat table. There are people seated to the right of me, but none to the left. Across from me is a man who also has people seated to his right, though not to his left. At first he has a grey beard and mustache and I do not recognize him. But his face shifts and clears with no beard or mustache to be seen. Now he has darker hair. Astonished, I lean forward and exclaim, "Dad!" He looks at me, unsurely, then says tentatively, "Linda?"

"Yes!" I reply, surprised that he has recognized me, too. "Will you remember this dream?" I ask. But he indicates, no. "Why? Don't you want to be lucid?" He just looks at me.

This dream occurred during a time in which I was not in contact with my father. The next time I saw him, I hardly recognized him. From a clean-shaven dark-haired appearance, his hair had turned strikingly grey. To complete his new image as a hypnotherapist, he was sprouting a Freudian-looking beard and mustache. In the dream, I first saw an image that was literally true at the time. However, in order to identify him, I had to perceive my father in his younger guise, so the dream obliquely shifted to adhere to my memory and expectation.

A spontaneous precognitive dream – this is the type of dreampsi most likely to produce a clone of physical appearance. Nice of my psyche to let me know I could have a standard psychic dream while I was lucid, because it wasn't going to become the norm. This dream occurred at the beginning of my exploration. The same thing happened during shared dreaming projects. All the precognitive and clairvoyant clone dreams were apt to occur at the start of the project...and then, suddenly, there would be no more. Just like my experience, just as with Fox and Elkington. You'd think we'd get better at psi, not worse, wouldn't you?

An "Imperfect" Meeting

Me:

I am seated at the table across from a woman who I seem to recognize. "Melonie!" I exclaim, "Tell me a secret...that I don't know in waking reality." Melonie begins to say something that sounds like it's going to take a while. Since I'm anxious to catch the least bit of information before the dream ends, I interrupt with "...like your mother's maiden name." Melonie pulls back, as if she thinks the idea is too dull, too dry a fact, and continues speaking as before.

Melonie:

I am sitting at a table with two other women. One is Linda Magallón and the other is someone I knew a long time ago who has long brown hair. I do not react to their identities but say to them, "This is not (waking) reality for me. I am dreaming. Are either of you dreaming?" I am consciously trying not to imply that they aren't real. The woman with the long hair asks Linda Magallón to hypnotize her so she can find out if she's dreaming.

The woman with the "long brown hair" was our third partner, Linda Reneau. She did not remember a dream similar to Melonie's or mine. Maybe I hypnotized her too well.

The Literal Place

Known locations involve the same quandary as known people. If you and your partners have previously seen each other or the meeting place, then dream images are likely to be memory clips from the past. To get around this problem, the first shared dreaming projects involved participants who didn't know one another. Only the facilitator knew how everyone looked (because they had sent in snapshots). When I served as facilitator, I often invited the group to meet at my place. I knew the layout, but no one else did. Some folks attempted to come out-of-body, although they usually had a lucid or non-lucid dream instead. One dreamer had to try several times before he found himself inside my home. Previous to that, he dreamt himself as far as the exterior of my house. And prior to that, he found himself wading in the waters of San Francisco Bay! Persistence does increase the probability of targeting a physical location in-dream. However, out of four attempts, my intrepid explorer dreamt of me only once.

The difficulty with dream clairvoyance is that, even if you are successful in dreaming up a literal location, it has a quirky component to contend with. When you concentrate on a location, you may get to the location...but there's no one there. I call these "missed meetings." Perhaps your dreaming partner is "out" for the night. (Or the day, if he's already awake.) But there are other explanations, like time slip or failure to dream in the same "frequency."

Thus, dream clairvoyance of a location is not the best choice for shared dreaming. You may have to give up the luxury of a dream meeting place looking exactly like one in physical reality. Does it matter? It shouldn't. After all, you are trying to meet a person, not a piece of property!

News, Not Noise

Only the most literally minded individuals, such as engineers and architects, will focus primarily on the surface of reality. Most dreamers appreciate the products of imagination as well, so they tend to have many memories of non-physical events from which to form their dreams. High-interest dreamers are very aware of the hidden aspects of daily life, like thoughts, emotions, feelings and sensations. Especially if they have a creative bent, their minds will prefer analogy when describing such unseen aspects. Thus, the source of anger may be displayed as a roaring monster, rather than an irate man. Analogy is often dismissed as "noise" by those who seek the perfect literal depiction, under the mistaken assumption that the source of all analogy is always the dreamer's information or personal projection. As we have seen, it certainly can be, and we need to own it when it is. But for the truly perceptive dreamer, there's another possibility to be checked out. That's when the analogy is description of your partner's thoughts, feelings, emotions and sensations, especially when the analogous picture comes directly from your partner. Then it's a literal depiction of his imaginal life, not his physical life. It's not your projection, it's dream perception of *his* projection.

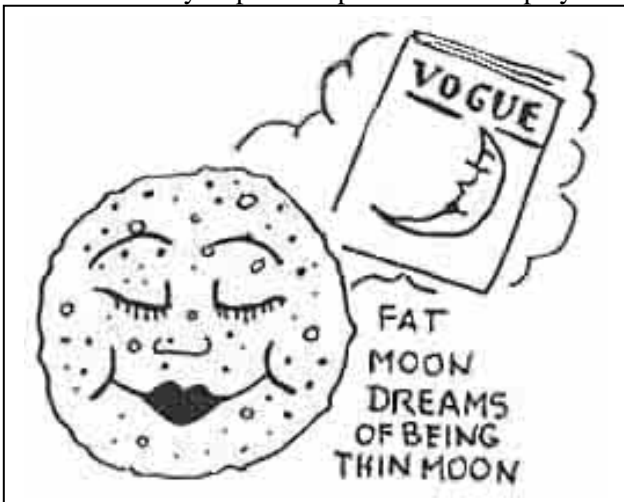
If you are a creative, imaginative dreamer, what happens is simply this. When you meet a person, the first thing you're likely to notice is his physical façade. But, after you've been around him, even for a short while, the quirks of his behavior became obvious. He's no longer a two-dimensional photograph; he's a living, breathing organic being. At the initial stage of psi perception, your dreaming mind performs the same trick. It displays exterior appearance and goes no deeper. In effect, you observe from a distance. But, as you become more familiar, more at ease with your partner, you move in and begin to pick up non-visual clues. You switch from clairvoyance to telepathy and empathy. In the process, your analogous mind follows its natural tendency to produce pictures that display hidden information. For instance, you won't just hear your partner's thoughts

in verbalized form, you'll see them. Thoughts not pertaining directly to your partner may appear as part of the dreamscape. But self-descriptive thoughts can appear as part of his body image.

The Ideal Self

I go over to the center of the room and begin spinning again while calling, "Linda Ravenwolf!" I've turned so slowly that when I stop, it's not surprising that I'm still in the same room. The room has meat market counters along two walls, but they're filled with vegetables. Placed at the end of one counter is a child's table and chairs where two dark-haired women are seated. I walk toward them, looking fixedly at the woman on the left. She gazes levelly back at me with a slight smile on her face.

I ask, "Linda Ravenwolf?" "Ravenwolf," she corrects me. I peer closely at her face and say, "I want to remember: dark brown hair;



caramel colored eyes at the corners.” Her straight hair is parted in the middle; the top, on both sides is a bit crinkly (a natural wave or cowlick?) She is wearing a brown shirt with multicolored trim, perhaps trimmed with Indian beads.

Melonie (our third dreaming partner) comes over and stands behind her. “Melonie,” I say, “Meet Linda Ravenwolf.” Linda tilts her head and shifts her eyes, as if she’s aware of Melonie, but doesn’t turn around. I ask, “Are you lucid? Will you remember this dream?”

Linda wrinkles her nose to consider and replies, “I just fed him. Probably not deep enough.” I wonder briefly if she means she’s been nursing a baby in the middle of the night. “Deep enough?” I repeat.

“Yes, you know,” she responds, gesturing down and up with her right hand to indicate a trough. I think she’s referring to REM sleep curves.

I sent this dream to Linda and she replied by mail, “The meat market counters filled with vegetables – I have almost completely stopped eating meat lately. That night I got up to gorge on some leftover guacamole. I had some trouble getting to sleep. Got too excited over some ideas. A dark-haired woman has appeared in several dreams this year. She’s helping me get my beliefs and feelings clear. She looks Latin American, but we don’t speak Spanish in the dreams. I often wrinkle my nose when “considering,” and I have a slight smile; even when I’m very happy and amused, I seldom smile big.” Further, Linda told me that “Linda” really doesn’t go with “Ravenwolf”; Ravenwolf was a pseudonym she used for writing; her birth name is Linda Reneau.

It’s important to note that at the time of the dream, neither of us had met, except through brief written correspondence which did not include any of this information. I had seen a black and white photo of Linda, in which she wore long straight hair and bangs. Though not recorded, I recall wondering in the dream why her dreaming self didn’t have bangs.

“My hair is long, and I often use a curling iron to put some wave right on top,” Linda continued. “Just a slight wave, which falls to either side. I wear bangs – did I have bangs in the dream? I don’t like them, but I wear them here because without them my face is too long. I’d like to do away with them, however. (Wonder what beliefs lie under them?)”

Folks who dream of deceased relatives often remark that they don’t perceive them as they last appeared, right before death. Rather, family members display themselves years younger, in good health. It’s an ideal self-image they show, not a literal one. Evidently, we can do the same thing, even if we aren’t dead! I didn’t perceive Linda as she appears in waking life, even though I’d actually seen a photograph of her. Rather, I saw an idealized version of Linda. How she pictures herself in her own mind. And I saw a character image drawn, not from waking life, but from her dreaming life. Plus an analogous picture displaying her mental intent to become a vegetarian: meat counters filled with vegetables.

Now, that’s telepathy.

We have begun with the conservative version of shared dreaming. To use analogy again, we start by viewing dream monkeys like tourists peering through the tinted windows of an air-conditioned bus. But, if we want to go beyond coach-potatohood and become explorers of the unknown, we’ll have to set aside old assumptions and try out new ideas, see with new eyes, interact under wild circumstances. At least a little, we’ll have to leave the domestic path and traipse through uncharted and unexpected territory, territory that’s much more complex than we might like to admit.

But one step at a time. Let me nudge you in that direction by presenting an alternate sort of standard, so we won’t be so rigid when trying to detect dreampsi. How about instead of the fixed physical world, we treat dreams like virtual reality?

Next: The Dream As Psiberspace

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Linda Reneau

Out of Body Experiences and Lucid Dreams: Explaining the Difference

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Within a few months of my first lucid dream, I began to have strange sensations. As I lay down to sleep, I felt this incredible energy and buzzing around me, particularly my head. "Jeez, what's happening?" I wondered, unsure whether to be alarmed. The buzzing sounded like a thousand bees or some intense humming motor. In the Castaneda tradition, I told myself not to fear.

Then after one of these energy/buzzing episodes, I noticed that I viewed the room from a perspective about 5 feet above my body in bed. That seemed odd! How was I getting a view like that, when my body lay in bed with eyes closed?

That summer, another strange incident occurred. I experienced myself flying around the sycamore trees in the front yard, doing loops and loops -- really enjoying myself in the early morning dawn. It felt very real, and not dream-like. Suddenly, I saw someone coming down the street on a bicycle! I decided to hide, so I flew to the roof of our house, and hid behind the roof's peak to watch. Moments later, the young person on the bike threw something at our house!! What!?! Why would someone throw something at our house?

I woke up, alarmed at what I had just seen. I put on some shorts and rushed to the front door - it must have been about 6 am. I opened the door, and then I saw something shocking -- yes, someone indeed had thrown something at our house -- and right where I expected. There it was!! The morning newspaper. Apparently, I had seen the newspaper boy ride his bike by our house, and throw the newspaper. Could I have witnessed that?

Imagination creates beautiful imagery, and so I wondered if this was an

interesting case of imagining a scene in my dream that just "happened" to contain elements of a daily event. I decided to ask one of my brothers. He listened to my story, and said matter-of-factly, "You're having out-of-bodies." He continued, "I have them, and normally I fly around the neighborhood. Sometimes I fly through these sycamores." I asked him how he knew, and he mentioned a book by Robert Monroe. He gave me some advice on dealing with the buzzing and rolling out of my body.

"Out-of-bodies," -- holy smokes! I didn't recall asking for them. Besides, all the buzzing and humming and energy felt weird sometimes. Comparatively, lucid dreams seemed fun and easy to understand, since my dreaming self played in the playground of my mind (or so I assumed). Even the term, "out-of-bodies" kind of creeped me out.

The years and decades passed; dozens of lucid dreams added up to hundreds and hundreds, then to a thousand, and I became more experienced with nocturnal events and changes in awareness. The OOBes persisted, as well - not as frequent, but noticeable in their uniqueness. Finally, after reading and talking to other lucid dreamers, I realized some of the differences between OOBES (or OOBes) and lucid dreams.

So here goes, lucid dreamers! Five ways to distinguish OOBes from lucid dreams:

First, research by LaBerge and others has shown that dream initiated lucid dreams occur (most frequently) in the second half of one's sleep cycle, while OOBes normally occur as one prepares for sleep, or after one has awakened in the night, and begins to fall asleep again.

Second, most lucid dreams occur when one's awareness realizes the dream state while dreaming -- one realizes they dream within the dream. Most pre-announced OOBes simply begin at the fuzzy juncture between waking and sleep, or a near wake state, and the person begins the experience "aware." (Note: a second set of OOBes exist, I feel, which occur without any conscious intent or preceded sensation; in these OOBes, one seems to have a very interesting, stable dream, which occurs in a stable environment, often the local environment, and one can remember all the details; it does not seem like a traditional dream, so sometimes people call them lucid dreams. One might call these unintended OOBes.)

Third, OOBes frequently have reports of buzzing, energy, vibrations, and other phenomenon preceding the experience, which lucid dream reports normally never mention. OOBes sometime mention "shooting out," "rolling out" and "landing back" into their physical bodies; comments normally never mentioned by lucid dreamers about lucid dreams.

Fourth, as Robert Monroe mentioned in a note to the *Lucidity Letter*, the "most common" difference between an OOB and lucid dream involved the lucid dreamers "changing" the environment that they experienced; by contrast, those having an OOB do not report changing their environment. OOB reporters seem to accept their environments and move about them without changing them.

Fifth, as lucid dreamer, Ed Kellogg has noted in *The Lucidity Letter*⁽¹⁾, the memory of a long OOB experience seems crystal clear and easily recalled, while his memory of an equally long lucid dream seems less detailed and more difficult to recall precisely. Many lucid dreamers,

myself included, report this memory problem with long lucid dreams.

To re-cap then, OOBERS report OOBES occur as they fall asleep; OOBERS recognize their state from the start, normally; OOBERS often report unique sensations preceding their experience; OOBERS seem to accept and not change their environment, and lastly, OOBERS seem to recall easily the details of their experience.

By contrast, lucid dreamers report lucid dreams normally late at night and occurring with a dream; lucid dreamers note a distinct change in awareness from non-lucid awareness to lucid awareness; lucid dreamers normally do not report any unique sounds or sensations preceding their lucid dreams; lucid dreamers frequently change the environment; and finally long lucid dreams seem very hard to recall in exact detail.

Okay, so we must address one special case to the above, namely, WILDs. WILDs denote a particular type of lucid dream known as "Wake Initiated Lucid Dreams". In these lucid dreams, the lucid dreamer normally tries to maintain conscious awareness as he/she drifts into sleep; thus the resulting lucid dream occurs almost immediately (rather than approximately six hours into the sleep cycle). Obviously, WILDs are consciously initiated at the time when OOBES seem most likely to occur naturally (between waking and sleeping), and most WILDs begin with an immediate awareness of one's state.

For those of us who have played around with them, WILDs seem a special subset of lucid dreams. However, I feel we must go further and distinguish between nap WILDs and late night WILDs, i.e., dream re-entries. In my napping experiences with WILDs, I often manage to pull my awareness into the dream, and though I feel aware and lucid that I dream, my ability to direct the dream seems less than normal -- almost like an experience of "lucid-lite." Yet in my night-time "dream re-entry" (by that I mean I wake up in the night and decide to either re-enter the last dream lucid, or simply become lucid in a dream immediately), these dream re-entry WILDs seem much more like a normal lucid dream with normal feelings of lucid awareness and abilities. I make this distinction, because it prepares the reader for LaBerge's experience (next paragraph) on dream re-entry.

When discussing "dream re-entry" in the *Lucidity Letter*, volume 4, # 2, Dr. LaBerge reports that in 62% of his attempts to "re-enter" the dream state (note: I assume upon awakening during the night), he experienced some accompanying event, such as vibrations, buzzing, paralysis, weight on chest, etc.

Since these "symptoms" seem to accompany an OOBES experience, one might conclude that dream re-entry

WILDs lead to either lucid dreams or OOBES, or secondly, that dream re-entry WILDs seem to be between traditional OOBES and lucid dreams - a hybrid of sorts. Perhaps another explanation exists. Suffice it to say that some WILDs lead to experiences sharing characteristics of OOBES, while some WILDs lead to experiences sharing characteristics of lucid dreams. (As a side note, one popular book on OOBES published about 10 years ago seems to me about 75% WILDs and 25% true OOBES -- as I read the experiences, I kept saying to myself, "Sounds like a WILD to me." As I recall, most of the so-called OOBES would be nap WILDs in my terminology.)

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(Next issue -- more insights into lucid dreaming and OOBES! Plus, moving from lucid dreaming into OOBES!)

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LDE Quarterly Lucid Dreaming Challenge

June, 2006

by Ed Kellogg

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(This feature provides an unusual lucid dreaming task for **LDE** readers with each new issue. Participants agree to accept personal responsibility for any risks should they choose to undertake them, which may possibly bring about mental, emotional, and even physical changes. We invite those of you who accomplish these tasks to send your dream reports to **LDE**.)

Exploring the Bizarre Physics of Dreamspace

Part 3: "Dreamspace"

"All matter originates and exists only by virtue of a force which brings the particles of an atom to vibration and holds this most minute solar system of the atom together. We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter".

Max Planck, Nobel prize winner.

"M stands for "Magic", "Mystery", or "Matrix" - according to taste"
Definition of the "M" in M-theory by its originator, physicist **Ed Witten**. (1)

In order to come up with a consistent model of our universe, reconciling quantum mechanics, Einstein's theory of relativity, the Standard Model, etc., including everything from gravity to subatomic particles, physicists found that the standard 3 + 1 dimensions (space-time) just won't do - that a workable model requires 10 or more dimensions to explain how the universe behaves. When they did this, they came up with not just one, but many "Superstring Theory" solutions that can elegantly and accurately model how our Universe works. (Dr. Ed Witten found a way of uniting these variations with his much acclaimed M-theory, but had to add another dimension to do so.)

Some interesting consequences also fall out of such models, including time travel, parallel universes, etc. Unfortunately, to put superstring theory to the test in (3 + 1) space-time requires such enormous amounts of energy that scientists may not have the resources to do confirming experiments for thousands of years. Yet, humans have routinely experienced phenomena such as those described above in their dreams (2), which opens the possibility that dreams may take place "outside" of (3 + 1) space-time.

Also, if this model holds, this would mean that each of us exists as ten or more dimensional beings, to which our (3+1) physical reality selves would be only an infinitesimal aspect of our Higher-Dimensional Selves, of less significance than a two dimensional square in a three dimensional cube, which contains an infinite number of such squares ... Similarly, even our "brains" would consist of far more than the (3 + 1) space-time component focused on by most scientists, but could also bring into play an additional 6 or more dimensional component, a possibility that mechanistic models of consciousness promoted by most neurophysiologists ignores entirely. Perhaps dreams do occur "all in our brains" as some scientists like to believe, but not in our (3+1) space-time brains, but in 10 or more dimensional brains.

If we do experience these other dimensional components of self, it makes sense that we would do so in our dreams, visions, and OBEs. We would usually 'translate'/remember these dreams in terms of the (3+1) space-time templates that we have built from our experiences in waking physical reality, but I've noticed that **IF** people pay mindful attention to their dreams, they report dream experiences that do not fit in a (3+1) template, any more than a square peg fits in a round hole

In his book *Hyperspace*, Michio Kaku wrote that according to superstring theory, before the "big bang", our cosmos actually existed as a perfect ten-dimensional universe. (3) However, because of an instability of this ten-dimensional world, it broke down into "two" universes: an inflated four-dimensional (3+1) universe and a collapsed six-dimensional universe.

If waking reality space-time corresponds to the physical reality universe, to what reality might this coupled 6 dimensional universe correspond? I suggest that we entertain the hypothesis that we experience this higher dimensional universe in our dreams. If so, dream reality space-time might extend through 6 dimensions, just as physical reality space-time extends through 4, three spatial, and one temporal dimension. Based on my own experiences, it appears that dream reality space-time has 4 + 2 dimensions, four spatial, and two time dimensions. Three of the spatial dimensions would correspond to the length, height, and depth of physical reality space-time, but dream space-time would also have a fourth spatial dimension, a hyperspace dimension, in which dreamers could also move. In this fourth spatial dimension movement might take the dreamer into parallel dream universes, most of them differing only slightly from the ones adjoining them (like moving up in a cube would move us through a series of squares). Also, having a fourth spatial dimension would also allow our dream bodies to go through things, through a wall for example, to teleport, or even to "flip" ourselves so that our right side becomes our left side, and visa versa. (4)

However, even if we have the capacity for movement in this 4th spatial dimension in dream reality, dreamers don't bring any learned navigational skills for moving in 4d from physical reality space-time. As a consequence, one might expect dreamers to tend to drift, and to move through, parallel universes, as well as to teleport, and even to occasionally reverse orientation without much control. Perhaps this explains the apparent mutability of many dreamscapes.

Why two time dimensions? Well, for one thing, having a second time dimension makes time travel easy, and many dreamers report precognitive and time travel experiences in their dreams. In dream reality we would have the capacity for movement in this 2nd temporal dimension, but as we would not have learned navigational skills for moving in it

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LDE Quarterly Lucid Dreaming Challenge

from physical reality space-time experiences, we might tend to drift and to move through dreamtime without much control. This would result in a two-dimensional time, where we would experience two times, a personal timeline (what we sequentially experience), and a world timeline. Instead of likening time to a straight line, in DR it corresponds more to a two dimensional plane with the forward edge corresponding to the future, and the backward edge to the past. (For more on this, see 5.)

If we do experience a higher dimensional universe, how might "superstrings" show up in our dreams? How might we perceive them? Perhaps a lucid dreamer might notice anomalous structural elements, subtle signs of a higher dimensional dream matrix below surface appearances. Although computer game graphics may look realistic at first glance, careful viewing reveals distortions due to an underlying hexagonal or tile matrix structure. If such a matrix underlies dream reality, perhaps lucid dreamers can perceive underlying distortions due to that matrix, when mindfully looking at their surroundings. How might lucid dreamers perceive superstrings? Perhaps they have some relation to "power lines", which many people report encountering in dreams, often unexpectedly.

The Challenge: Exploring the Properties of "Dreamspace"

When you next become lucid in a dream (where you know *that* you dream *while* you dream) pay attention to the structural level of your dream environment. Does the dream environment appear stable, or does it change? If so how does it change? As you move around in that environment, how do changes in your perspective change what you see? Does your perspective sometimes shift unexpectedly, or even reverse itself? Look for anomalies, distortions, or unexpected regularities in the fabric of dreamspace such as "powerlines" or geometric patterns. Pay less attention to the foreground, and more attention to the background, of experienced dreamscapes. Record your experiences and interactions with dreamspace in your dream journal in as much detail as possible - include drawings and diagrams if appropriate.

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Dr. Jayne Gackenbach's website: www.spiritwatch.ca

Appendix 1. Just for fun: a lucid dream in which I attempted to manifest a superstring with interesting consequences . . .

5/26/2000 " . . . In a 'Maxfield Parrish' type setting, in order to demonstrate that we dream to two doubtful, but beautiful (and naked) women bathing in a small, white marble pool, I fly across a very large, elegantly furnished, wood paneled room. As I fly I remember my 'Superstring' task, and chant aloud the incantation 'By the power of Alkahest / Let a Superstring manifest!'

Nothing much happens - I expected a delay - but in a moment a 'radio' comes on, and I hear a voice that tells me that 'it does not seem a good idea to do an experiment of this type, at this time, as you still seem too unfocused and distracted.' The voice tells me further that 'to do an experiment of this kind requires careful consideration beforehand as to what to do, and clear mindful intentionality while doing it'.

What the voice says makes sense to me - the naked young women definitely distracted me, and still somewhat cloud my intent. However, this remarkably stable dream environment seems perfect for an experiment of this kind, and at this point I can now work undisturbed.

Rather than miss an opportunity, I decide to wait and see what happens. I go outside, and see another pristine dreamscape view in a sort of rectangular plane like space - unlimited in two directions, but of only limited height and breadth - perhaps a mile for those dimensions. The whole dreamscape changes as I watch - it becomes gray and desert like. In the sky, dark, almost black, clouds materialize, roiling and moving, as if about to give birth to something awesome and terrible. From a Maxfield Parrish scene it has become El Greco!

Reluctantly, realizing that I do not have clear intent, and have not carefully considered the implications, I decide to abort the experiment.

Looking up at the sky I intend/shout 'Cancel!' The clouds lighten and begin to disappear. I intend/shout 'Cancel!' again, and the dreamscape returns to normal.

I think of what else I might do, and decide to try manifesting a hypercube. As I think this, three entities show up, two 'men' and one 'woman'. One of the 'men' says 'Go ahead - if you don't mind having six or seven more of you!' I think further, and tell the three excitedly 'I have it!' and compose a simple chant: 'By the power of Alkahest / Let understanding of a hypercube manifest!'

However, just after I've completed the first line of this chant one of the 'male' entities grabs my left hand, keeping me from completing a gesture. As soon as he touches me I immediately return to waking physical reality, my experiment incomplete, even though I'd felt solidly embedded in the lucid dream reality right up to that moment."

Meeting the Challenge

Exploring the Properties of "Dreamlight"

By John Galleher

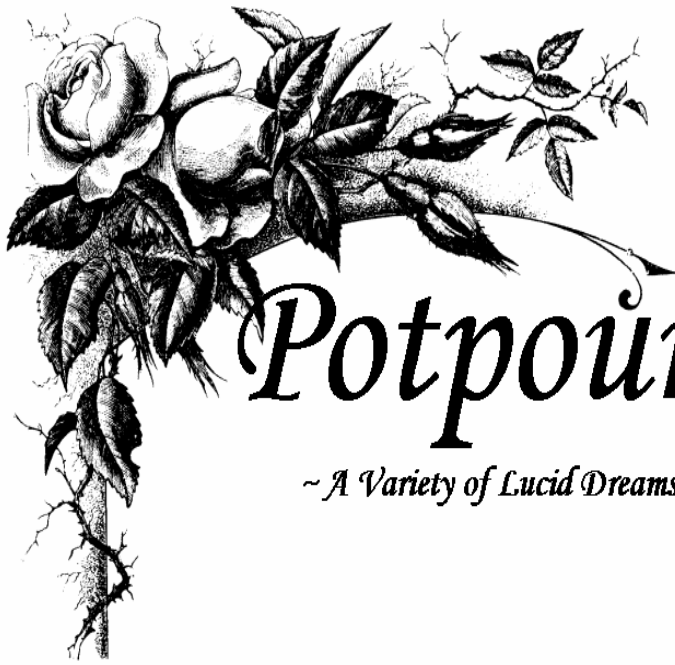
This an early lucid dream of mine when I was fasting:

I dreamed that I was in my own bed but when I looked at a picture on the wall I didn't remember putting it there. I became lucid and looked at my hands. There was a Star of David on each of my palms. I sat up in bed and decided to examine my bedroom setting.

I looked at the small coffee table next to my bed where I kept my dream journal. I said to myself "Since I'm dreaming I should be able to stick my hand right through this table." I then passed my hand through the table.

I stood up and walked over to one of the walls in the room. I stuck my hand into the wall with no resistance. I wondered what the wall must be made of to allow this. I leaned in and looked very closely at the surface of the wall.

I was amazed to see that the wall was made of millions of tiny light particles, vibrating together to give the wall the appearance of being solid.



Steve P Parker February 5 2006

Reality Time Checks

I find myself on a busy sidewalk in a city during the daytime. Many people are coming towards me. I am already lucid. Since I know I am dreaming I decide to see if I can pass directly through these people. It does not work, the people appear to be as solid as I am.

I decide to do a reality check. I spot a clock tower not too far away. The time reads 6:25. I look at it again. It now reads 6:26. I look again, it has jumped to 6:35. Where did those minutes go? I am definitely dreaming. It is so realistic that it feels that I am not dreaming.

I now find myself in a room with my wife. I am explaining to her that this is a lucid dream. I explain this is what it feels like to be in a lucid dream. How real it is and how different it is from a dream. I don't think she really grasped what I was implying.

I now find myself in my work cafeteria. The afternoon shift has arrived at 6:00 am. This is strange but the clock reads 6:00 am. This is an hour before my shift begins. A co-worker sits down with me. She looks different from her real self. She is slimmer and pretty. She explains that she is only married some of the time.

She now passes a small creamer around. There are five people sitting at the table. Each uses a portion of the creamer for their cereal. I see a man and try to get inside his mind to know what he is thinking. The

experiment does not work. I now walk up to double school doors to go inside. As I approach them I wake.

Robert Waggoner December 3-4 2005

Affirmation Denied

Susan and I walk along a street in a residential neighborhood of tall trees and older homes. From my left, a Kim Cattrall-ish (*Sex in the City*) blonde woman comes walking by in a bra and panties. I think, "odd"...and then it hits me, "This is a lucid dream!"

I announce this to Susan and grabbing her wrist, I say, "Let's fly!" We get almost 25' off the ground, when I can feel her become anxious, which seems to make her become heavy.

We start to float to the ground. I tell her, "Concentrate on the tower of that school. See yourself there, and it will be easy to fly." We look towards a three-story school building with a central Norman tower area. In a matter of seconds, we arrive there.

Standing on the tower, I recall the events of the day past (and something from the immediately past dream), and decide to use this time for affirmations.

I announce that extra energy will come to us easily! Then I turn to Susan and encourage her, "Say this with me, 'I will' " To my utter surprise, she says, "No, don't say that!" I feel confused, and wonder why. I wake.

C.S. February 6 2006

A Wake Initiated Lucid Dream

I had awakened in the middle of the night and could not fall back asleep. After an hour passed...I told myself that I would have a lucid dream about flying. I keep saying, "I'm dreaming, I'm dreaming, etc."

I opened my eyes while lying on my left side. The room was not my bedroom. I was still saying, "I'm dreaming" over and over. Then, I really meant it. I thought about flying to the ceiling as a reality check, but I was absolutely sure I was dreaming. I got out of bed and walked down the hall. It was large and vividly colored in different shades. I had never seen it in my waking life.

Then I remembered that I wanted to fly. I jumped into the air and really woke up! I was lying on my left side.

Lucy Gillis April 9 2006

Only One Question Next Time

I become lucid when looking at a room and noting the furniture in it. It doesn't seem "right" and that triggers my lucidity. I then seem to be in what looks like a glassed-in patio that has grey wooden flooring. Knowing I'm dreaming, I easily walk through two glass walls.

Outside, it is very overcast, dim. There is dark water where a lawn should be. I see people off in the distance go into the water. I think I'll walk on the water to show off. For a nanosecond I wonder if doubt will make me sink, then I dismiss the idea before it can take hold, and I step out onto the water making a little splash with my feet as I step on but not "into" the water.

I'm so pleased that I have succeeded. I walk out a bit further, then I choose to fly. Instead of flying though, I seem to just rise into the air and hover. I'm so happy to be lucid again! I then decide to ask the dreamstate for a message:

I holler at the top of my lungs, knowing that my waking voice is silent. I call out to the dream, "Inner Self! Give me a message through these characters!"

Dozens of characters are then near me, below me, and I notice some gasp and moan at my request, while others clamber to form a queue as if anxious to acquiesce to my request. I wish I could think of a specific question. I have so many of them that I can't

get just one to form clearly in my mind. I know that, unfortunately in this case, a character's answer will be as vague as any muddled question I try to ask. I wake.

That'll teach me to take a **list** of questions into the dreamstate!

Craig Sim Webb April 20 2006

From Straight-Jacket Peril to Freedom of Flight

I see these guys leaping off this high cliff or wall with birdman (Batman style) suits and flying down a little into the water below. I think how fun and spontaneously leap off before I can think much about it myself. I realize, in the air, that I am wearing a straight-jacket (!) and wonder how I will make out underwater with that!

Then I decide why not skip that whole plan and not even hit the water, so I fly along the surface for a while and then zoom up into the air free as a beautiful great bird. Woohoo! I realize I am also free of the straight jacket and fly around some more. I begin telling some character there how it's silly to get caught up in illusions because it's all really a dream anyway.

I awaken and laugh at myself, realizing I was also caught up in the illusion of trying to convince another part of myself about illusions and limits!

Craig Sim Webb is a long-time oneironaut (dream explorer) and Executive Director of The DREAMS Foundation (www.dreams.ca)

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C.S. March 27 2006

Searching for Information

During the week, I programmed to get some information about my heat pump problem in the next lucid dream. I woke up in the middle of the night...and then I could hear loud voices of people talking in my bedroom. This was my indication that I had a false awakening. Then, I could hear my going-lucid energy field buzzing around the top of my head. The energy picked up my head and twirled it. I just relaxed, observed and waited.

Suddenly, I was walking and looking at very colorful shapes and sizes of blocks of wood and cement. Some were squares, triangles, rectangles, circles, etc. All were in brilliant colors of red, blue, yellow, etc. I kept on walking and thinking that I wanted information on my heat pump.

When I saw three people to my right, I approached them. I told them that I was interested in purchasing the right heat pump, and I need information about them. They just stared at me. I remembered that it was foolish to ask dream characters questions....I looked carefully at the face of the woman so that I could remember every detail when I woke up. She had light blonde to grey hair and light blue, no-expression eyes that looked like glass. She was old and had a small frame. She wore a pinkish dress. The most prominent thing that I remember is that the dream characters looked dead.

Someone said the second floor. I kept walking...then, I saw many elevators to my right. One door opened so I went into the elevator. Suddenly I remembered that my dream elevators usually go sideways and rarely go where I request. I told the operator I wanted the second floor. She started to go down. I said I wanted to go up. I figured I was on the street floor. I couldn't understand what she said to me. The door opened and I asked her if I was on the second floor. She said, "No, go around the corner to the heat pumps."

I walked into a place that is hard to describe with concrete pillars, walls and containers, etc. It looked like a warehouse. I looked up to see if the signs said anything about heat pumps. A man approached me and I asked him for some brochures on heat pumps. He took me up metal stairs. He gave me the information, and I went downstairs. I noticed that I left my purse upstairs. As I went back upstairs, I lost lucidity and

went into a non-lucid dream. (Now) I was feeding a baby some ice cream from a spoon.....

(Note: Even though I didn't get definite information in the dream, I felt that I should have my cousin use the Internet. I remembered a website that I had forgotten, which was very valuable for me in making a difficult decision.)

Steve Parker April 08 2006

The Church

I am in a very vivid dream. I am driving through a small town. On my left is an amazing church. It is very old and the architecture is gothic. The church has tall spires with small windows in the spires. I say to myself "This is going to induce a dream for sure". The church has huge gothic figures. It is amazing. There is also another impressive church beside this one. It is incredible how this small town has these churches.

I am now standing in front of another church with Rosa. It is still daytime. A man is standing at the entrance to the church. He does not acknowledge me but gives Rosa a strange look. This man makes me feel uncomfortable. I walk into the church. There are only steps descending to the bottom level. I start down the steps and when I reach the bottom I turn around and look up at the stairway. While looking at the steps I realize I am dreaming. I now become lucid.

Still I want to do a reality check. I say to myself "If I am dreaming I should be able to float". I start walking and my feet are barely touching the ground. I know I am lucid and start floating. I am still in the lower level of this church. It is dark down here but there is still sufficient dream light to see around. I do not know where the source of dream light originates.

I start flying around, often finding my feet pointing at the ceiling, while I am looking at the ground. I float back down and stand up again. I remember thinking that the next time I became lucid I would like to visit the great pyramids of Egypt. I try this by visualizing and saying it over and over. Nothing happens. I try the spin technique. When I stop spinning I am still standing in the church basement. Now my environment does change and I find myself floating through the corridors of my lucid house. It does not look like my real house. While floating I can tell what my wife is dreaming through telepathy. I am receiving her dream voice. She is dreaming about an Indian village. I

continue floating through the house until I find her. When I enter the bedroom I find she has just woken up. She is talking to T. who has just dropped by for a visit. She has an old world view of life after death and other paranormal experiences. I ask Rosa if she dreamed of an Indian village. She would not answer me directly but I could tell from her expression that I was right. T. does not believe that I can read Rosa's mind and that I just finished floating around the house.

I am still lucid at this point. Rosa explains to T. that I am a dream psychic. This is normal for me. I then slip into vivid dreams and wake up. Now in waking time I did ask Rosa if she had dreamed of an Indian village. She could not remember her dreams that night

Robert Waggoner 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 a 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.

I see that there is a class of some sort. I walk into it, and then levitate above the students. Some students seem to notice. I slowly float around the air, even doing the sidestroke as I swim through the air. Some students want to know how to do this. I stop to explain it to them. At this point, (my memory is fuzzy) I decide to place my feet in the lotus position and hover above the students. As I focus on manipulating my legs correctly, I concurrently seem to lose altitude, and land with a thump on a chair! (I believe I have a false awakening here, and then try to write the dream down, but realize that even that seems goofy because of the setting; so then....) I seem to be back in the classroom setting.

Seated in a chair, I look forward with the other students. We seem to be able to look into another classroom or building. Students (who seem to have old Asian hairstyles and long, ponytails) apparently listen

to some religious or Shamanic teachings. At that, I realize this too is a dream! I fly up and around the classroom, then talk with some of the students. One long-haired young man tells me that he wants to share in or benefit from my energy. He suggests that if we line our backs up, this will take place. We sit back to back, as he tries to "tap" into energy.

C.S. February 10 2006

I was awake for over an hour, suffering from hay fever symptoms. I lay on my back doing a sleep exercise I created for myself. I visualized the blue indigo light energy field cover my head while sleep sand lights of many colors fell into my eyes. I kept repeating – "relax, sleep", etc.

Then, I clearly saw a hallway. With all my experience in lucid dreaming, I knew I could just go into the dream scene and continue my dream. There were many doors I could open. Since I didn't care about the theme, I decided to open a door and see what happened. I walked into another colorless hallway. However, the walls and ceilings were distorted and twisted.

A woman was walking towards me. She was all white. Her hair, face, eyes, dress, etc were white. There was no expression on her face. She lay on a bed. I didn't like her and wanted her out of my dream. So I grabbed her left breast to throw her out. I woke up.

Lucy Gillis May 14 2006

A Sudden Rush of Lucidity

I had been experiencing a long and involved story-like dream when at one point I am looking out of a window and see a dark-haired man walking away:

The man outside rises up a few centimetres into the air and continues walking. I turn to someone who is in the room with me and say, "That can't be!" and as I say that, I know I'm dreaming. "It's a dream!" I shout.

I'm then outside in a dim twilight and I want to fly. With that thought, I rush upwards, almost without my own control, as though I was propelled by something other than my will. This surprises me, as I usually fly "from" my will or desire and with a sense of "control" and almost never at this speed. It is not frightening, it is a wonderful rush, as I race toward the stars that I see behind thin, filmy clouds.

Perhaps my wonder at the unusual (for me) flight,

affects my flying. I soon begin to slow down and lose altitude. Below me I see a forest, and in the middle of it, two campuses side by side that figured in the earlier "story" part of the dream. As I descend from the sky I notice a freshly cut tree stump and think I'll try to use it as a "launch pad". I descend to the stump, touch it with one foot and am impressed and surprised when the action works as I had intended. With that one touch I go rocketing back into the sky.

I view the stars above me, and the forest below, and note the campuses, knowing that to get back to where it was I wanted to go earlier, I'll need to fly more to my right – perhaps touching down one more time to launch myself into the air again. But these thoughts curb, and finally smother, my lucidity, as I get caught up in the story; once again trying to get to another place. I soon wake.

Anne Masterson March 2006

I am walking along a train track bridge. The bridge becomes mangled, and the tracks torn up, and an entire section of track is gone, and far below me I can see a train wreck, with cars scattered everywhere. I wonder how I can get down to help, but there is no way down without falling. Then I see emergency vehicles and men assisting the people, and that I am not needed there.

So I turn around and start walking along the track. Suddenly, there is an oncoming rushing train in front of me. At this point I become lucid. The bridge is narrow, and there is so little room and time to get off the track without being crushed by the train. I jump to the rail on my left, lay down and grasp the rail with my hand, but the train is so fast, I feel my grasp is slipping. I see a track lever I could hold to support myself, but I know my body weight would switch the train track, and the train would crash, as the other train wreck below.

I consider the karma of injuring people, and decide I don't want to cause that to happen. So I grasp onto the rail, but it is slippery, and the train is so powerful and fast. Then I just decide to let go of my hold on the track. . . and when I do I have an OBE, and I am being swept along with the train, on the track that leads away from the train wreck. I feel a rushing, swooping sound, moving faster, being swept along with the train, which

is now just energy. I wake up with a start, like a falling dream.

When I woke up I instantly felt as though a lot of thought obstructions were being swept away, and clearing a path for this fast moving train.

A few days after that dream, I set a dream intention that my inner power reveal itself in a form that I could accept. The resulting dream: I can hear a train whistle in the distance. Suddenly a huge rushing train appears in front of me. I feel I am being swept away by the force, as it morphs into a current of rushing wind, and I am swept along with it, transformed. I realize the train/wind is the form of my inner power.

C.S. April 8 2006

Carol Can't Fly; Myself in the Mirror

At about 1:30 am, I turned onto my right side and fell asleep. I woke up about 15 minutes later, remembering a lucid dream.

I was lying in bed in a very small room. Cousin Carol was lying next to me on my right. I could see a window located high on the wall next to the ceiling. People were looking in. I asked Carol to draw the drapes. Then, at my feet, Carol and a man were embracing each other. Neither was wearing any clothes. Suddenly, they grew larger and looked like balloon figures. I thought that was very bizarre.

Next, I was standing up, looking at Carol. I asked, "Do you know that you are a dream character and not real?" She answered, "Yes". Just to be sure that I was dreaming, I told her to fly up to the ceiling and put her hand through it. She couldn't get off the ground. I decided to fly, but couldn't move up. Carol grabbed me by the waist and pulled me up. It didn't work. Determined to fly, I found myself two feet off the ground moving around in a prone position. I was in front of a mirror. However, the mirror reflected me as a young, attractive girl, standing up and dancing. I noticed the image was wearing a light blue, printed, sleeveless blouse and light blue striped slacks. I thought that I would never wear that combination.

I flew upright and higher, yelling for Carol to watch me fly. Then I remembered that I wanted to ask, "How can I feel well?" in my next lucid dream. I woke up fast.

Wrestling with Ghosts: A Personal and Scientific Account of Sleep Paralysis
By Jorge Conesa, Ph.D.

<http://www2.xlibris.com/bookstore/bookdisplay.asp?bookid=23899>

Submissions to LDE

DREAM SUBMISSIONS - Some Suggested Themes:

Lucid Dream Healing

Have you had lucid dreams in which you tried to impart healing to yourself or to another? What happened? Did you meet with success?

Lucid Dreams of the Deceased

Have you had a lucid dream in which you met with a deceased friend or relative? Did anything unusual happen? Did the dream bring you comfort, or a sense of closure, or a resolution?

Problem Solved

Have you used lucid dreaming to solve problems in your waking life? How did you go about it, and what kind of success did you have?

Potpourri

As always, whether we are featuring a particular theme or not, it's a variety of lucid experiences that we're looking for!

Also, please feel free to include any relevant comments about your dream that may help to frame it in the context of your waking life. In other words, does your waking life situation seem to be affecting your dream? Has your dream helped you with a waking life problem? Have you tried to interpret your dream?

ARTICLES

Have you written something that features lucid dreaming and would like it to reach other lucid dreamers? (Poetry and short fiction focusing on lucid dreaming is welcome too!)

FAVOURITE QUOTES

Do you have a favourite quote about lucid dreaming?

TIPS AND TECHNIQUES

Do you have any tips for inducing or maintaining lucid dreams? How about some technique or trick you do to accomplish certain goals (i.e. like flying)? Remember, what may be old hat to you, could be a valuable aid to someone else. Please share your expertise!

REQUEST FOR ARTWORK

Would you like to see your artwork on the cover of LDE? Have you sketched or painted scenes from your dreams, or have interesting photographs that inspire your dreams?

BOOK/MOVIE REVIEW

Have you read a book that mentions lucid dreaming, or seen a movie that illustrates lucid dreaming? Care to share a review? Help keep other lucid dreamers informed about new, or even not-so-new, books and movies.

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For further information go to
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

Ralf's "Maui DreamCamp Picture Show"

<http://home.t-online.de/home/Ralf.Penderak/index.htm>

Richard Hilton's Lucid Dream Documentary

http://www.BulbMedia.net/lucid_dream_documentary

The Dream Explorer

Linda Lane Magallon's website featuring lucid, OBE, telepathic, mutual and flying dreams. Some dreams and articles have appeared in LDE.

<http://members.aol.com/psiflyer/dream/explorer.html>

Linda Magallón's Flying Dreams website

www.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>

the5aint's website

www.angelfire.com/ca/auricles/lucid4.html

Lucid Dreaming Links

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

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

www.dreams.ca

Lucidity Institute Forum

A thought-provoking, inspiring place to participate in on-going discussions about the very stuff that lucid dreams are made of.

www.lucidity.com/forum

Reve, Conscience, Eveil

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

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

The International Association for the Study of Dreams

www.asdreams.org

Christoph Gassmann

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

www.home.sunrise.ch/cgassman/tholey2.html

Werner Zurfluh

"Over the Fence"

www.oobe.ch/index_e.htm

Beverly D'Urso - Lucid Dream Papers

www.durso.org/beverly

The Conscious Dreamer

Sirley Marques Bonham

www.theconsciousdreamer.org

Fariba Bogzaran

www.bogzaran.com

Robert Moss

www.mossdreams.com

Electric Dreams

www.dreamgate.com

The Lucidity Institute

www.lucidity.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

Dreams and Lucidity

<http://www.spiritonline.com>

Janice's Website

With links to lucid dreaming and out of body sites.

<http://www.hopkinsfan.net>

Oniris - Le Forum des Rêves

A French site dedicated to lucid dreaming.

<http://reveslucides.free.fr/index.php>

DreamTokens

www.dream-tokens.com

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