

Exploring the World of Lucid Dreaming

Kyle Corry

November 20, 2017

Contents

Overview and Attribution	3
1 The World of Lucid Dreaming	4
1.1 The Wonders of Lucid Dreaming	4
1.2 Life is Short	4
1.3 Lucid Dreaming and Waking Life	4
2 Preparation for Learning Lucid Dreaming	6
2.1 Learning How to Learn	6
2.2 Sleeping Brain, Dreaming Mind	6
2.3 Social Values and Lucid Dreaming	7
2.4 Getting to Know Your Dreams	7
2.5 Dreamsigns: Doors to Lucidity	8
2.6 Goal Setting for Success	9
2.7 How to Schedule Your Efforts for Best Results	9
2.8 Final Preparations: Learning to Relax Deeply	10
3 Waking Up in the Dream World	11
3.1 Lucid Dreaming is Easier Than You May Think	11
3.2 Critical State Testing	11
3.3 Tips on state testing	12
3.4 Intention Techniques	12
4 Falling Asleep Consciously	14
4.1 Wake Induced Lucid Dreams (WILDs)	14
4.2 Attention to Hypnagogic Imagery	14
4.3 Attention to Visualization	14
4.4 Attention to Other Mental Tasks	15
4.5 Attention on Body or Self	15
4.6 Where Do You Go From Here?	15
5 The Building of Dreams	16
5.1 The Construction of Perception	16
5.2 Schemas: Building Blocks of the Mind	16
5.3 A Model of Dreaming	17
5.4 Mental Constraints on Dreaming	17
6 Principles and Practice of Lucid Dreaming	18
6.1 To Dream or Not to Dream: How to Stay Asleep or Wake Up at Will	18
6.2 Dream Spinning	18
6.3 Preventing Loss of Lucidity: Use Inner Speech to Guide Your Thinking	19
6.4 Awakening at Will	19
6.5 Two Kinds of Dream Control	19

6.6	Flying	19
6.7	Extending Your Dream Senses	19
6.8	Manipulating Lucid Dreams	19
6.9	Getting Places in Dreams	20
6.10	Doing the Impossible	20
7	Adventures and Explorations	21
7.1	Wish Fulfillment	21
7.2	Exploring and Closely Observing Dream Reality	21
7.3	Adventures and the Hero's Dream	21
8	Rehearsal for Living	22
8.1	Lucid Dreaming and Peak Performance	22
8.2	Improving Physical Skills in Lucid Dreaming	22
8.3	Rehearsal for Living	22
8.4	Reducing Performance Anxiety	22
8.5	Increasing Self-Confidence in Dreams and Waking Life	22
8.6	Creating Positive Futures	23
9	Creative Problem Solving	24
9.1	Creative Dreams	24
9.2	The Creative Process	24
9.3	States of Mind and Creativity	24
9.4	Tacit Knowledge	24
9.5	Mental Modeling	25
9.6	Producing Creative Lucid Dreams	25
9.7	Building a Lucid Dreaming Workshop	25
10	Overcoming Nightmares	26
10.1	Prescriptions for Nightmares	26
10.2	Recurrent Nightmares	27
11	The Healing Dream	28
11.1	Wholeness and Health	28
12	Life is a Dream: Intimations of a Wider World	29
12.1	A Vehicle for Exploring Reality	29
12.2	Self-Knowledge	29
12.3	Humanity is Asleep	29

Overview and Attribution

The following work is a summary of the book *Exploring the World of Lucid Dreaming* by LeBerge [1]. All ideas and techniques presented here, unless otherwise stated, are from this book. This is a bare bones summary of the book - it does not include examples, stories, some techniques, or detailed descriptions as were presented in the book. To view those, you should buy the actual book, which is fairly cheap on Amazon and worth a read if you are actually serious about lucid dreaming. This summary is meant as a way to jog your memory once you read the book, so you do not need to read it over again to find information you are looking for in a succinct format. This summary covers 313 pages into just XX pages, so obviously a lot of details are missing in this summary (buy the book to find out more!).

Chapter 1

The World of Lucid Dreaming

1.1 The Wonders of Lucid Dreaming

Most people don't realize that they are dreaming when weird things happen around them that defy all explanations. When you do realize that the explanation for something is that you are dreaming, you can become lucid (aka conscious that you are in a dream).

Upon becoming lucid, some dreamers have the opportunity to change and create the world around them as well as experience things that would be unlikely or impossible in real life. Some use lucid dreaming for fun, problem solving, personal growth, or even health.

Lucid dreaming has been known for ages, but it wasn't until recently that it became scientifically proven. Lucid dreaming is like any other skill, it can be learned and improved upon. Also, some people are naturally better at lucid dreaming.

Everyone can (and should) experience lucid dreaming, except for those who have trouble distinguishing the real world from that of their dream world. While many people believe that lucid dreaming could make you lose touch with reality, it has been shown that it actually makes you more aware and can make you better overall as you know yourself better.

1.2 Life is Short

Lucid dreaming allows you to be aware of the world around (well inside) you while you are sleeping. This expands the amount of time that you are conscious and allows you to perceive that you live longer. With lucid dreaming, you also wake up feeling positive and energized as most dreams are amazing to be in. You can also solve some of your problems in your dreams, leading to more time spent on other things in the waking world.

Exercise - your present state of consciousness: Go through each of your senses and experience what is around you. Take a few minutes for each your sight, hearing, touch, taste, and smell. Then focus on your breathing - feel the air moving in and out of your body. Take deep breaths. Become aware of your emotions and how you are currently feeling. Remember the difference between your different emotions. Now become aware of your thoughts and what you have been thinking about while doing this exercise. How real do your thoughts feel? Become aware of yourself and who you are. Become aware that you exist. Finally, become aware that you are aware.

1.3 Lucid Dreaming and Waking Life

The major difference between lucid dreaming and waking life is the fact that the world that you see in your dreams is disconnected with that of the real world. Things can happen in your dreams that can't in the real world. Also objects in your dreams are not as stable as those in the real world because they don't have anything to ground themselves to other than your thoughts. For example, the same words on this page

will be here if you look away and check again. The dream world is not stable like this, double checking on something could lead to two different apparitions - it is fluid and changeable. Lucid dreams can tend to be even more unstable than regular dreams, because you are both subconsciously and consciously changing your world. Lucid dreams also come with the sense of more freedom. There are no external actions, no laws (society or physics). Basically your dreams are limitless and you can use them to add to your real life.

Chapter 2

Preparation for Learning Lucid Dreaming

2.1 Learning How to Learn

Some people start lucid dreaming after they learn about it, but that is probably due to beginner's luck. For the majority of people though, it is a skill that needs to be learned. It is recommended to start with a dream journal. A dream journal will help to improve your dream recall, and you will discover what your dreams are like. You can then use your dream journal to find **dreamsigns** which are oddities in your dream that appear often enough to become reliable ways to discover that you are dreaming.

2.2 Sleeping Brain, Dreaming Mind

In daily life, your brain takes what your senses are receiving and turns it into what you experience as consciousness. This means that everything you experience is created by your brain on some level.

2.2.1 The mind in sleep

When you are awake and active (doing something), your brain will shift its processing toward the external world. As you become more inactive, it will shift the balance a bit to allow you to be aware of your surroundings, yet focusing on the internal world in your mind (generally described as 'autopilot' or 'day dreaming'). At this point, your brain is still generating a model of the outside world, albeit reduced. When you are sleeping, your brain becomes much less aware of outside stimuli and your external model is at a minimum (just enough to awake you if any signs of danger appear). During this stage, your brain creates its model of the world based on your inner thoughts - a world not based on the external world.

Sleep though, is composed of several different parts. They can be thought of as a quiet phase and an active phase. The quiet phase is what is known as deep sleep. Your mind does very little during this stage. The active stage on the other hand involves your mind being very active - this is known as REM sleep (rapid eye movement, because your eyes dart around as if you were awake). Breathing during this stage is also much quicker than the slow, deep breaths from the deep sleep phase. Dreams happen during REM sleep.

The body is also paralyzed during REM sleep, which you may find out if you awaken before your body releases the chemicals to stop the paralysis. This is known as sleep paralysis. Sleep paralysis can be used to induce lucid dreams.

2.2.2 The sleeper's night journey

Quiet sleep is broken into three different stages. The first stage is a transition between drowsy wakefulness and light sleep. This stage involves **hypnagogic imagery** - small, brief dreamlets. Stage 2 is characterized by little mental activity. This stage leads the way to stage 3, which is called 'delta sleep' - essentially deep

sleep. Little to no dreams occur during this stage. You typically stay in quiet sleep for around 1 to 1 and a half hours.

The next stage, is the active phase of sleeping - REM sleep. You typically stay in REM for a few minutes, then wake up. Normally you can remember your dream. You then fall asleep quickly and enter stage 2 of quiet sleep before going back into another REM. This one is a little longer than the last REM sleep. This cycle repeats approximately every 90 minutes, with REM becoming a bit longer as the night goes on. As REM sleep becomes longer, the intervals between them decrease to about 20 or 30 minutes (from 90). This typically can happen between 10 and 15 times in a single night.

2.2.3 Communiqué from the dream world

These stages have been proven scientifically, and lucid dreaming was confirmed because participants were told to do actions in their dreams, which could be detected in the waking world by scientists. This was done because your eyes look where you are looking in your dreams. They were told to move their eyes left to right a certain number of times when they became lucid - this happened during REM sleep.

2.3 Social Values and Lucid Dreaming

It is hard to talk to people about what you do in your dream world because most people can't do it themselves or wouldn't have interest in doing it in the first place. Science has helped to reduce this barrier, but it is still there.

Lucid dreams can have a significant and valuable effect on your life, and it can be worth sharing. It may be necessary to find a group to talk with and share experiences and techniques.

2.4 Getting to Know Your Dreams

2.4.1 How to recall your dreams

Recalling your dreams is dependent on your memory but is necessary to continue learning how to lucid dream. Excellent dream recall is a requirement to lucid dreaming on command. It is entirely possible that you have had lucid dreams in the past, but just didn't remember them because you were not practicing dream recall. Dream recall is also necessary for you to recognize that a dream is in fact a dream - this goes hand in hand with keeping a dream journal.

You need to recall your dreams so you can figure out what is dreamlike about them in order to realize you are dreaming in the future.

Before attempting to use lucid dream induction techniques, it is very important that you can recall at least one dream each night.

To start with dream recall, it is good to be well rested - set enough time aside to sleep each night. This will help because it will be less miserable to take the time each night to record your dreams. Dream periods also increase the longer you sleep, so sleeping more will increase your chances of a lucid dream.

You could also set an alarm clock at 90 minute intervals if you have trouble awakening from your dreams due to being a deep sleeper. Aim to wake up after the later REM periods which are at 4 and a half, 6, or 7 and half hours after going to sleep.

It is also very important to be motivated to recall your dreams. It is typically enough to remind yourself to record your dreams just before bed. Keep a dream journal beside your bed, so when you wake up you can take quick notes about what you just dreamed about - take special care to list anything you found unusual as that will be among the most valuable information from your dreams. While you are recording your dreams, you will likely begin to remember more.

Do not move from the position you woke up in without starting to remember what you just dreamed about. When you have an idea, start writing it down including your emotions. Don't think of anything else at this point other than what you just dreamed about. If you can't remember your dream, record your emotions and thoughts at the moment - they may be related to your dream.

Try to cling to any clues as to what you were dreaming, and try to rebuild the story. When you recall a dream, try to think of what the dream was before that until you run out of thoughts.

This skill won't take long to build, just a few nights after starting you should begin to remember much more dreams.

Once you can recall most of your dreams, you may already be experiencing lucid dreams.

2.4.2 Keeping a dream journal

Use a small notebook or diary which you place next to your bed. Keep a pen or pencil handy as well. Upon waking up from a dream (no matter the time of night), either write down your whole dream or take notes which will help you to remember what you dreamt about.

You can also use pictures in your dream journal to help you describe stuff: remember your dream journal will only be read by you, so it can't hurt to add stuff that only you will get. Nobody is going to judge your art!

At the start of each entry, put the date and record your dream. and leave a few blank pages. Leave some space under each dream for some later exercises like identifying dream symbols. If you manage to recall the whole dream, give it a catchy title as it can help you remember the dream quickly when looking over your journal.

Once you accumulate some dreams in the journal, look over them and ask yourself questions about them and what they might have in common/represent.

By doing this, you will get a better understanding of your mind and how it symbolizes things in the real world. Reading over your journals will also help you identify the elements of which are dreamlike so you will be able to realize them when in a regular dream to turn it into a lucid one.

2.5 Dreamsigns: Doors to Lucidity

Things that appear in multiple dreams which are out of place, or impossible in the real world can be considered dreamsigns. Nearly every dream has dreamsigns, and they differ for every person. Once you have a stock pile of dreams in your dream journal, you can use them to identify your personal dreamsigns. Use that to learn the most frequent and obvious characteristics which identify it as a dream. Most people don't recognize their dreamsigns because they are used to seeing them in their dreams and their dreaming brain comes up with an explanation of why it is happening. Dreamsigns typically fall into several different categories:

- **Inner awareness** - These refer to the things that you perceive as happening within yourselves such as thoughts or feelings.
- **Action** - This includes the actions and motions of everything in the dream world. This includes the dream ego (who you perceive yourself as), other dream characters, and objects.
- **Form** - This refers to the shapes of things, people, and places. These objects can also transform in dreams to be deformed.
- **Context** - This is the combination of elements (including people, places, actions, or things) which is deemed odd, but each item seems normal. This also includes events (finding yourself in a place you are unlikely to be), meeting other characters in unusual places, finding out of place objects, or playing a different, unusual role.

2.5.1 The Dreamsign Inventory [1]

Inner awareness If you encounter a weird thought, very strong emotion (maybe one you don't feel much), feel an unusual sensation, or have altered perceptions then you might have an inner awareness dreamsign. If a thought can affect the world around you in some mysterious way, it is a dreamsign. If you have an inappropriate or overwhelming emotion that is also a dreamsign. Dreamsign sensations can include feeling paralyzed, a dark presence, leaving your body, or any weird physical feelings. Finally perception dreamsigns

can make the world around you seem oddly clear or fuzzy and you may be able to hear stuff you shouldn't be able to.

Action If something in your dream (including you, others, or objects) do something weird or impossible - also the action must be performed in the dream environment, and not in your mind.

Form Your shape, a character's shape, or a dream object's shape is odd, deformed, or changes form. Also unusual aspects of people or things may also be considered form dreams. Also a place that you are in may be altered.

Context This is when the place or situation in your dream is strange. You may find yourself somewhere in which you are not likely to be in waking life, or you are in a strange social situation. Also you or a dream character could be in a role that you are not in in real life. Objects or people may also be out of place or the time may be off.

Exercise - Cataloging your dreams: The first step to cataloging your dreams is to keep a dream journal. You should be recording all of the dreams that you remember and your thoughts as to what your dream could have been about if you didn't remember. Once you have at least a dozen dreams, you can move on. The second step is to mark your dreams. Underline the things that you believe are dreams, or make a list of them after each dream. For each dream you marked, classify them based on the Dreamsign Inventory above. Tally up how many dreams you have in each category and then rank the categories based on frequency. Your target dreamsign will be the one that you see most often. Pick your favorite category in the case of a tie. Finally, look for your dreams while you are awake. Look for events that would fall under your category, this will help you notice when something is out of place in your dreams.

2.6 Goal Setting for Success

Like most other activities, lucid dreaming can be improved upon through goal setting. While starting out, set reasonable goals for yourself such as I want to recall my dreams tonight or later on I want to become lucid tonight (or do X while lucid). This will encourage your brain to succeed, and you will find that it will help you learn this skill.

Exercise - Goal setting for success: Set specific goals which are personal and dependent on your current ability. This could be something as simple as I want to remember at least one dream this week or something more complex such as I want to do X while lucid tonight. Setting numeric goals will also help to judge your progress as you can compare the number that you completed to the number that you wanted to complete to see how far behind or ahead you are. Keep the goals realistic, but it is also good to make them difficult. You should also set short range and long range goals - short range could be achieve X in a week while long range could be achieve Y in a few months or a year. When you have reached your goal, record your progress and then set a new, more difficult goal. If you did not reach your goal, make a simpler goal that you can achieve first and then try again. Don't give up!

2.7 How to Schedule Your Efforts for Best Results

Most lucid dreams happen after dawn, in the later hours of your sleep cycle. The probability of having a lucid dream also seems to increase as the number of REM periods increase, meaning the more you sleep, the more likely you are to have a lucid dream. So if you want to increase the occurrences of lucid dreams, you could increase the amount you sleep. You can also redistribute your sleeping hours to make more of them after dawn. You can do this by waking up much earlier than normal, doing whatever you have to do and then going back to bed for a few hours.

Exercise - Scheduling time for lucid dreaming: Set an alarm before going to bed to wake you up a few hours earlier than you normally do. Go to bed at your normal time though. When your alarm sounds, get out of bed without hesitation and do whatever you would normally do in the morning. Stay awake for a few hours (until an half an hour before the time you would normally be awake at), then go back to bed. Spend about half an hour thinking about what you want to accomplish in a lucid dream. Create a dream world in your mind. Now you can practice an induction technique and give yourself at least 2 hours of sleep.

2.8 Final Preparations: Learning to Relax Deeply

Before you can practice lucid dream induction techniques, you must be able to put yourself into a state where your body is relaxed but your mind is alert. Lucid dreaming requires concentration.

Exercise - Progressive relaxation: For this relaxation technique, lie down and get comfortable. Pay attention to your breathing and allow it to deepen. Let tension escape with each breath. For each muscle group in your body, tense it and then relax it. Start with your dominant arm and work around your body. Tense each group for about 5 to 10 seconds and pay attention to the tension. Relax the muscles and recognize the difference. Breathe deeply and slowly. Repeat this process a second time for each muscle group before moving on to the next one. The muscle group sequence should be: wrists, forearms, upper arms, forehead, jaw, neck, shoulders, abdomen, back, buttocks, legs, and finally feet. Pause between each group and take a deep breath. Once you have completed all of the muscle groups, release any remaining tension.

There is also another relaxation technique called 61 point relaxation, but I will not summarize it here.

Chapter 3

Waking Up in the Dream World

Before continuing with this section, be sure that you can remember at least one dream per night. You should also have at least a dozen dreams recorded in a journal. From those dreams, you should have extracted dream signs. If all of that is done, you are ready to learn techniques which will help you have your first lucid dream.

3.1 Lucid Dreaming is Easier Than You May Think

Lucid dreaming isn't actually hard to do, many times it is difficult because you impose mental blocks by thinking that it is difficult. By believing that lucid dreaming is difficult to achieve, it actually becomes hard to do. Basically if you practice the techniques presented in this book, you are almost guaranteed to succeed. The amount of time it will take before you are able to lucid dream is entirely dependent on you. Factors which affect it include dream recall, motivation, the amount you practice, and a bit of a natural talent to be able to lucid dream. If you are having trouble lucid dreaming, keep on practicing and believing that it is easy to lucid dream and eventually you will be able to as well.

3.1.1 Find the technique that works best for you

The techniques presented throughout the next sections will help most people lucid dream, but you may have to tweak them based on your lifestyle and preferences. You may find that the best technique is a combination of the ones presented to you in the book rather than any of them individually.

3.2 Critical State Testing

3.2.1 Building a bridge between the two worlds

Throughout the day, stop and ask yourself if you are awake or dreaming. Be serious when you ask this. If you don't ask yourself this during the day, you shouldn't expect yourself to ask this when you are dreaming, and thus won't realize that you are dreaming. By making this into a habit in the waking world, you will likely do this at some point in your dreams, and then become lucid. Ask yourself this question between 5 to 10 times a day and every time you are in a situation which could potentially be dreamlike. Use your dreamsigns to help you discover what could be dreamlike and then do a reality check (as I call it) to see if you are dreaming.

Here are some tips:

- Plan to test your state several times during the day.
- Test your state anytime you see or experience something weird (such as something that might be your dreamsign)
- Don't just answer the question "are you awake?" with yes, think about it - do some reality checks and try to think about the events of the last few minutes

3.3 Tips on state testing

Many times in dreams you see something that really shouldn't exist, but many times ignore it or tell yourself that it has an explanation and you are awake. Doing proper reality checks will help to prevent situations like this from occurring. Also, asking someone around you is not a good method - if you are awake, they will think you are crazy and if you are sleeping they will act like you are crazy.

Here are some quick reality checks that you can do (some differ from the book and are based off of the ones presented on r/LucidDreaming):

- Jump into the air and see if you stay airborne or hover for longer than you should
- Pinch your nose closed and close your mouth. Attempt to breathe in - in a dream you can
- Try to push your finger through your palm, in a dream you may be able to do this
- Count your fingers, the fingers of your dream ego may differ in number
- Read some text, look away and read it again - it should be the same in waking life
- Look at your digital watch (supposedly it won't work with analog), see if the time changes unusually or if the interface is scrambled

Remember, anytime you really suspect yourself of dreaming, you probably are (do a reality check first though!)

3.4 Intention Techniques

Intention techniques help you maintain a state of consciousness from the waking world into that of your dream world, allowing you to lucid dream.

Power of resolution technique This technique involves you believing that you will maintain a continuous stream of consciousness - meaning that you will be conscious all day and night. During the day, continue to think that everything you experience is being fabricated in your mind. Resolve to realize their true nature. At night, while trying to sleep resolve that you will realize that you are dreaming.

Intention technique Resolve to recognize that you are dreaming if you awaken during the later part of your sleep period. Visualize yourself recognizing that you are in a dream. Incorporate your dreams into that imagery. Then imagine yourself carrying out an action that you would like to do in a lucid dream after you recognize it is a dream.

3.4.1 Mnemonic Induction of Lucid Dreams (MILD)

MILD allows the dreamer to remember more dreams (improve dream recall) as well as have more lucid dreams, just by convincing yourself that you will remember dreams/have lucid dreams. This technique uses your **prospective memory**, which is strongly affected by motivation. This type of memory is how you remember to do stuff that you are not reminded to do. This works with the association that your brain makes with signs that help you to remember what your goal was.

MILD prerequisites In order to practice MILD, you must be able to remember to do stuff during the day without reminders. If this is an issue, or you do find yourself using external reminders for most tasks do the following exercise.

Exercise - Prospective memory training: This exercise will take a week to complete, Create a list of 4 different targets for each day of the week. An example would be: next time I see an animal. Look at the targets for the day in the morning and memorize them. During the day, look for your targets. On the first time each of your targets are met, you will perform a reality check / state check. Keep track of how many targets you hit or miss. If you think you hit a target, but then later remember that you saw the target earlier in the day, make note of that - you have missed the target for that day. Keep track of this every day of the week, and look for improvements. Continue this exercise for at least a week, or until you can hit all or most of your targets.

MILD Technique Before going to bed, resolve to recall your dreams every time you wake up. When you wake up from a dream period, recall your dream in as much detail as possible - don't let yourself fall asleep until you have your dream recalled. When you are ready to fall back asleep, resolve to remember to recognize that you are dreaming. Focus your thoughts on this idea alone. At the same time as that, imagine that you are back in the dream that you just had, but this time you notice that you are dreaming. Find a dreamsign that you can recognize - tell yourself that you are dreaming, and continue out your dream being lucid. Repeat the focusing of your thoughts and the imagination of being lucid until your intention is set and you are ready to fall asleep. Don't let yourself think of anything else while falling asleep. Make sure lucid dreaming is the last thing on your mind. If you follow this, hopefully you will recognize that you are dreaming.

Chapter 4

Falling Asleep Consciously

While the previous section involved taking an idea from the waking world into your dreams, to allow you to recognize that you are dreaming and become lucid, this section will show you how to become lucid because you never lost consciousness to begin with. Dreams that you enter while never losing consciousness are called wake-initiated lucid dreams (WILDs) while the ones in the previous chapter are called dream-initiated lucid dreams (DILDs).

4.1 Wake Induced Lucid Dreams (WILDs)

The idea of falling asleep consciously involves you focusing on something while you fall asleep which could include the hypnagogic imagery, visualizations, your breath / heartbeat, or senses. The goal is to let your body fall asleep, but keep your mind active enough that you will find yourself in REM sleep while still conscious.

4.2 Attention to Hypnagogic Imagery

When you close your eyes to sleep, you may see flashes of light and small dots. Focus your attention on those lights. Gradually they will begin to transform into more complex shapes, and eventually faces or objects and finally a dream scene. These images are much more likely to occur if you wake up in the night or early morning hours directly after a REM sleep. It is very difficult to have them occur while you are initially falling asleep.

Hypnagogic imagery technique While you are lying in bed, relax your body completely, either using the relaxation technique presented earlier, or if you just woke up from REM sleep, you may be relaxed already. Let your mind become calm as well. Next focus your attention on the images that appear in front of your closed eyes. Observe them passively, so without attaching to any specific imagery. Just let them do their thing, don't attempt to interact, just watch. As the imagery forms into a dream scene, let yourself be pulled into the dream, don't forcefully enter the dream. In my experience, you will see the dream scene and feel like you are being pulled down a tunnel, sometimes with bright light, and before you know it you will be in a dream. Don't become too passive, as you may forget that you are in a dream!

4.3 Attention to Visualization

It is possible to induce a lucid dream by focusing on the visualization of a symbol while you are relaxed, much like the hypnagogic imagery technique. The only difference between the two, is that instead of acting as a passive observer, you are forcing the visualizations and being more of an active observer.

White dot technique Before going to bed, resolve that you are going to recognize that you are dreaming. Once you wake up toward the later hours of the night / early morning, you must relax and focus on taking deep breaths. Focus on your breathing. Resolve to recognize that you are dreaming. Concentrate on a single white dot that is floating between your eyes. Focus on the dot until you are dreaming.

Other techniques There were several other techniques covered in the book, I will not cover them here as they seem to be several variations of the white dot technique. If you are interested in learning them, purchase the book.

4.4 Attention to Other Mental Tasks

While falling asleep, focus on other cognitive tasks which will keep your mind busy while still allowing your body to fall asleep.

Count your self to sleep technique Once completely relaxed, start counting yourself to sleep. Say each number slowly in your head, followed by the statement "I am dreaming". Repeat this until you realize you are dreaming. You may also find it more convenient to restart at 1 when reaching a certain number, like 100. Do a mental state check after a certain count.

4.5 Attention on Body or Self

While falling asleep, you can focus on your body and how it feels. After a while you will notice strange things happening, such as twitches, vibrations, or overall paralysis. Once in a state of paralysis, you can do several different things.

A note on sleep paralysis Sleep paralysis is a normally occurring phenomena, scary things may seem to be happening such as demons being around you or the feeling that you can't breathe. Ignore these things, as they are produced by your half-sleeping brain and aren't really happening. Sleep paralysis can occur before or after entering REM sleep.

Visualizing a dream scene in sleep paralysis Once in sleep paralysis, you can visualize a scene which you would like to be. Just close your eyes and picture where you want to go. You may see a bright light and feel as if you are being pulled into the scene. Allow this to happen, and you will be lucid. You can do this anytime you find yourself in sleep paralysis.

The book covers a few more techniques that you can do when entering sleep paralysis involving the brain's body image. It talks about how you can have 2 bodies (1 in the real world, the other in the dream world), 1 body (just an image of a body which can be in either the dream or real world), or no body (just a dot). I will not go into any in detail, again buy the book to learn more.

4.6 Where Do You Go From Here?

Try all of the different techniques covered in the previous sections before moving on, and try to practice the one which seems to work the best for you. If you are unable to lucid dream at this point (even for a few seconds), keep practicing the stuff covered earlier in this book until something works. In the next sections, you will learn what to do once you are lucid.

Chapter 5

The Building of Dreams

This section discusses how dreams are actually created and some of the science and psychology behind it. Essentially, dreams are our brains making a simulation of the world based on internal information without actual sensory input.

5.1 The Construction of Perception

Perception is a complex topic, but it seems to have a basis in both expectation and motivation.

5.1.1 Expectation and perception

Perception seems to be based on expectation. If you expect something will happen based on past experiences, your perception may be slightly altered to favor that outcome. Some outcomes that don't line up with what you expect may even be ignored in the real life.

5.1.2 Motivation and perception

Motivation also determines what we perceive. If you are missing a basic need, you are more likely to perceive that need in places where it is not. The example given demonstrates that if you are hungry, you are more likely to see/smell food than you would if you are full. Emotions also motivate what you perceive.

5.2 Schemas: Building Blocks of the Mind

Schemas are an idea that the brain has some type of pattern matching capabilities which consist of networks of neurons. Schemas can be learned, forgotten, adapted, combined, generalized, or specialized. Schemas can also organize different experiences by grouping features or attributes together for a specific situation, person, or object allowing you to perceive it as a whole.

5.2.1 Schemas for everything

Schemas are used for everything in your brain. They can identify certain social situations, allowing you to act appropriately, or they can identify a scene, object, or action, allowing you to know where you are and what is going on.

5.2.2 Schema activation

There is thought to be three different activation levels of the schemas: conscious, preconscious, and unconscious. Schemas that are inactive or are receiving little activity can be considered unconscious. If the schema reaches a certain threshold, and is highly activated it falls into the conscious mind. You are aware that the schema is present. If it is neither so inactive to fall into the unconscious mind or active enough

to become conscious, it can be considered to be preconscious. Being preconscious allows the schema to be easily activated when looking at patterns.

5.3 A Model of Dreaming

5.3.1 The building of dreams

As the brain enters REM sleep, it stops receiving most input from the senses. This means that when you are dreaming, you are experiencing things that are not present in the physical environment. Your brain allows for weird things to happen, because it can't double check with the senses to make sure it doesn't exist.

5.3.2 What we are likely to dream about

Dreams are determined by which schemas are activated above the conscious threshold. Going to sleep thinking about certain things, may allow them to make an appearance in your dreams. All dream worlds resemble places that we have actually seen or been to, thus expectation plays a big role in dreams. Characters in dreams may resemble what we expect and actions that happen are most likely due to expectation.

5.3.3 Why dreams are meaningful

Dreams can tell you a lot about yourself: your personal interests, concerns, experiences, preoccupations, fears, and personality. Looking through your dream journal may reveal things you already know about yourself (such as your interests or fears), but they may also reveal things that you did not realize, allowing you to be more conscious of them in the real world.

5.4 Mental Constraints on Dreaming

Be careful of having strong assumptions, as your schemas can make the world fit to that assumption, blocking your brain from learning new things. This can also affect dreams, as you can make assumptions and cause things to become impossible. If you expect that something can't happen in your dreams, it won't happen. You can use this to prevent nightmares, but you can also accidentally use this to cause nightmares or limit your abilities in a dream.

Chapter 6

Principles and Practice of Lucid Dreaming

6.1 To Dream or Not to Dream: How to Stay Asleep or Wake Up at Will

One of the biggest issues new lucid dreamers face is when they become lucid but nearly instantly wake up or fall into a non-lucid dream. Staying in a lucid dream is something that gets better the more you lucid dream. At first you may be getting frustrated, but don't worry it is only temporary.

6.1.1 Preventing premature awakening

Once a dream begins to fade visually, you can do several things to prevent yourself from waking up. Some of the following techniques may be helpful:

- Listen to voices, music, or your breathing
- Beginning or continuing a conversation
- Rubbing or opening your dream eyes
- Touching your dream face or hands
- Touching an object in your dream world
- Flying
- Spin

6.2 Dream Spinning

When you find yourself on the verge of waking up, begin spinning in place. Don't imagine that you are spinning, actually spin. Remind yourself while spinning that the next thing you will see is going to be a dream. If the world become clear again or if you find yourself waking up in bed, test your state. This method tends to cause a lot of false awakenings.

6.3 Preventing Loss of Lucidity: Use Inner Speech to Guide Your Thinking

If you are having the issue where you are lucid but then your dream turns into a non-lucid dream, you can try to tell yourself (using your inner voice) that you are in a dream over and over again. After doing this several times, you will probably be able to stay in lucid dreams longer.

6.4 Awakening at Will

Sometimes you may find yourself in a very unpleasant dream, or you learn something in your dream and you want to write it down before you forget. The best way to handle these situations is by waking up in the real world. The methods that can be used to awaken from dreams have the tendency to cause false awakenings, or even worse, they can put you in an even worse nightmare. Here are some techniques that you can use to awaken:

- Focus your eyes on a single point, don't let them move until you wake up.
- Focus on waking up
- Direct your attention away from your dream - try to yell in the real world
- Go to sleep in your dream

6.5 Two Kinds of Dream Control

There are two different ways of controlling your dreams. The first is to magically manipulate the dream. With this method, you can make nightmares go away, you can transform your surroundings, and you can spawn stuff into your dream. The second way is to control yourself. It is typical that in a nightmare, you run away from the source of danger. But what if you confront it? It could end the nightmare, and you can gain valuable skills in the real world which would help you more than if you were to magically change the scene.

6.6 Flying

This is one of the most sought after activities to do in lucid dreaming. To fly, just try jumping off of the ground and expecting that you will fly. It most likely will work. If it doesn't, you can try another method: jump off of a high building or cliff and imagine that you are going to fly before hitting the ground.

6.7 Extending Your Dream Senses

Your senses tend to be heightened when you are lucid dreaming, and the realization that you are dreaming can be breathtaking at first. Feel free to focus on your senses, this is an experience you don't get to do often in the real world. If you focus on it, you can even adjust the levels that you sense in. Imaging you are tuning a TV and you can adjust things like volume, color intensity, sharpness, etc.

6.8 Manipulating Lucid Dreams

It is possible to manipulate the world around you in lucid dreams. If you can think up a place, you can be there. You can also command characters or objects in lucid dreams. You can even change the plot of a dream just by thinking and expecting it to change. Stabilizing and flying in dreams are also forms of manipulation.

6.9 Getting Places in Dreams

In many lucid dreams you may need or want to visit a certain place, person, or situation. One way of doing this is called **dream incubation**. Dream incubation involves you practicing a technique like MILD before falling asleep and telling yourself that you will be lucid at a certain place with a certain person and doing something. Many times you may find it helpful to become lucid first and then changing the scene to something else.

6.9.1 Creating new settings

If you find yourself in a dream and you want to be in a different setting there are several possible ways to do it. You can think up a new scene and close your eyes and expect it will be there when you open them. You can also build the scene out of the old one by starting at smaller details and working your way up. You can use flying or some other form of transportation to end up in a new scene as well. The final method is to re-roll your dream using the spinning technique covered earlier in this chapter.

6.9.2 Spinning a new dream scene

Decide on where you want to go before falling asleep, practice MILD and visualize yourself at that scene while dreaming. If you end up in a lucid dream and you are not where you are supposed to be, say your MILD phrase for the location and spin, expecting yourself to wake up in the new scene.

6.10 Doing the Impossible

Remember, there are no restrictions on what you can do in a lucid dream besides the ones that you impose. Try to change things up in a dream, use both forms of dream control and try to do things that you can only do in dreams.

Chapter 7

Adventures and Explorations

7.1 Wish Fulfillment

In dreams, you are not confined by the rules of the real world, you can do whatever your heart desires. Don't be afraid to grant your wishes and experience stuff that you want to do, but maybe can't in the real world. Take some time in your dreams to have fun, this will allow you to do more things in the future, that may not be as fun, such as learning a new skill. It is best to do what you want now in lucid dreams as it will allow you to get away from some of the base distractions that lucid dreams present, this can include flying, dream sex, exploring, morphing, or many other things.

7.2 Exploring and Closely Observing Dream Reality

Sometimes, just take a step back and look at the world that you are in while lucid dreaming. The worlds can be fascinating and are constantly changing. Some of the things may look more beautiful than in real life. Take your time and explore. Also, feel free to travel to places that you want to visit using techniques mentioned in the previous chapter. Exploring and closely observing your dream worlds will also help you to better understand your dreams and recognize more dreamsigns.

7.3 Adventures and the Hero's Dream

Another thing that you could do, is script an adventure or story before going to bed. Once you become lucid, remember the script and act it out. You can be the main character, and you can do things that you would only be able to see on TV. Try casting yourself as the hero of a story, like Star Wars or something that you enjoy. Also, be open to guidance from wise dream characters, as they can help you progress your story and understand yourself in the process.

Chapter 8

Rehearsal for Living

8.1 Lucid Dreaming and Peak Performance

Lucid dreaming can help you improve your abilities in the waking world. By practicing skills that you are not an expert in during your lucid dreams, you can improve your abilities and become better than you previously thought was possible.

8.2 Improving Physical Skills in Lucid Dreaming

Sensory-motor skills which have already been practiced in the real world can be improved and optimized by using lucid dreaming. To improve these skills in your dreams, go to bed thinking about the skill you want to practice and remind yourself that you want to practice it during a lucid dream. Induce a lucid dream using your favorite method. Once in a dream, set up your practice environment by either going to a place where you would practice, or by magically transforming your surroundings. If not, you can practice where ever, it is a dream after all. Once ready to practice, just start practicing. Try to imitate what the skill looks like when a master does it. Try to push your boundaries, you can't get hurt in a dream.

8.3 Rehearsal for Living

You can rehearse anything in your dreams that you can do in real life. For example, you may want to rehearse a presentation you are about to give or practice an interview by doing an interview.

8.4 Reducing Performance Anxiety

If you are afraid that you are going to fail when doing a task, practice that task in life like conditions during your dream. Try to speak in front of an audience and see what they think if you are worried about a presentation. You can practice this the same way as you can with physical skills, except produce an audience and become comfortable with them before doing the task. If they are frowning, that is because you are nervous that you will fail and are expecting disaster. Smile at them and ease the tensions.

8.5 Increasing Self-Confidence in Dreams and Waking Life

You can increase your self-confidence in the real world by doing things that you will normally not try to do in the real world. Put yourself in uncomfortable situations and try to do your best to succeed. An example might be, if you are shy, talk to some dream characters and try not to be nervous. This will help to boost your self-confidence in the real world.

8.6 Creating Positive Futures

You can also use lucid dreams to plan things that you want to happen in the real world. If you want to lose weight, picture your dream ego as thin and experience how it will feel. You can use this technique to help stop bad habits, or to encourage good habits.

Chapter 9

Creative Problem Solving

9.1 Creative Dreams

Throughout history, there have been stories of people making big breakthroughs and solving smaller problems in their dreams. There are two options for solving problems in your dreams, the first is to induce a problem solving dream, and the second is to answer your inner questions during a lucid dream. The later option is more efficient.

9.2 The Creative Process

Everyone is creative, whether you see yourself as creative or not. Many people don't know how to foster the creativity though, and will endlessly work on a problem until they arrive at a "solution". A lot of the most creative people use a different technique; They use a method involving three stages: saturation, incubation, and illumination.

Saturation The saturation stage involves gathering information about the problem and trying different approaches to solve it without complete success. Think about the problem for a bit, and focus on it. After you feel you've thought about it enough, stop and do nothing related to the problem.

Incubation The incubation stage occurs right after the saturation stage. At this point, the problem is in your unconscious mind. Do something else that you consider relaxing, such as taking a nap, taking a drive, or going on a walk. After a while, a solution may jump into your head.

Illumination The illumination stage is the last step to solving the problem. At this point, your unconscious mind has come up with a solution, and it may occur to you as a flash of inspiration. Record what the solution your mind came up with so you won't forget.

9.3 States of Mind and Creativity

There are three traits that are conducive to creativity. The first is to be open to different experiences and beliefs. The second is possessing an internal source of evaluation, so essentially being able to praise or criticize yourself. The last one is the ability to play with ideas, experiment with different things and explore possibilities.

9.4 Tacit Knowledge

Tacit knowledge is knowledge that you can't describe or don't know you have. For example, you may know someone's name, but don't think you know it until in a dream. Lucid dreams are good places to discover

this knowledge "hidden" by your unconscious mind.

9.5 Mental Modeling

While in a dream, it may be useful to model your problem. Essentially, create a dream world in which your problem is there, and you can experiment with it until you find a solution.

9.6 Producing Creative Lucid Dreams

Before you go to bed, phrase the problem you are trying to solve as a single question. Use the lucid dream incubation technique to try and evoke a dream about your question. Once in a lucid dream, ask the question and seek the answer. If you end up in a dream where the way to get the answer to your question isn't completely obvious, you can try spinning up a new dream. For example, if you have a physics question, you may want to ask Einstein. Once your question is answered, use one of the techniques to awaken yourself so that you can immediately write it down, and the dream as a whole because it may contain the answer, but it was hidden at first.

9.7 Building a Lucid Dreaming Workshop

It is possible to build a mental model of a workshop that will help you solve problems. This workshop will contain things and experts that will help you to solve your problems in the future. Every time you end up in the workshop, you can expand it and add new features which will help you to solve problems more efficiently.

First, start by building up the environment, create a landscape for yourself which feels the most comfortable to solve problems in. Then enlist helpers, such as experts and workers who will help you to solve the problem. Finally, build some tools for yourself which will make solving the problem easier, such as an idea machine, which will generate ideas for you.

Chapter 10

Overcoming Nightmares

Everyone gets nightmares every once in a while, but if you have a nightmare and become lucid it could be scary. Just remember that you are in control of your dream if this happens. Most nightmares actually represent an inner conflict, so if you do find yourself in a nightmare try to resolve the conflict peacefully. If you are being chased or attacked by someone or something, become friends with them and ask them politely why they are doing whatever they are doing to you. Many times they will give an answer, and you will wake up feeling really good.

10.1 Prescriptions for Nightmares

Here are a few different common nightmare scenarios and how you can overcome them.

10.1.1 Being Pursued

Stop running and face the pursuer. The pursuer may disappear or become harmless and if not try having a conversation with them to resolve the conflict.

10.1.2 Being Attacked

Defend yourself and try to have a conversation with the attacker to resolve the conflict or embrace the attacker and show that you care for them.

10.1.3 Falling

Relax and allow yourself to land.

10.1.4 Paralysis

Relax and tell yourself that you are dreaming and it will end soon. Let yourself go along with what you see around you and don't become anxious as nothing can actually hurt you.

10.1.5 Being Unprepared for an Exam or Speech

You don't even need to continue with these kinds of dreams, so you can leave. Either that or creatively answer problems or give a creative speech.

10.1.6 Being Naked in Public

Who cares if you are naked in a dream, just act like it's normal.

10.2 Recurrent Nightmares

Sometimes the same nightmare happens over and over again. To stop this, try to resolve the nightmare as discussed previously. If that doesn't work, try to think of a creative solution during the day and when the nightmare happens, imagine yourself following that solution. For example, if you are trapped in a locked room with the walls closing in, reach into your pocket and grab the key to open the door and leave.

Chapter 11

The Healing Dream

11.1 Wholeness and Health

Health is defined as a condition of adaptive responsiveness to the challenges of life, therefore lucid dreaming can help to improve your health. One way to use lucid dreams to improve your mental health is to accept all of your inner conflicts, discussed in the previous chapter. You can also use lucid dreaming to seek opportunities for growth by looking for potential difficulties and facing them with confidence. Another way to become healthier is by finishing unfinished business, like saying goodbye to a loved one, or accepting their death and talking to them in lucid dreams. Finally, lucid dreaming can increase your mental flexibility and mindfulness, so you will be able to face more challenges and be more aware throughout your waking life.

Chapter 12

Life is a Dream: Intimations of a Wider World

12.1 A Vehicle for Exploring Reality

Once you have been lucid dreaming for a while you will realize the similarities and difference between the dream world and the waking world. The main take aways are:

1. Dreams can be changed by will
2. Dreams are unstable
3. Waking-state perception is as unreal as unreal dreams
4. It's all a dream - everything is just a perception that your mind is generating to which you can be aware of

12.2 Self-Knowledge

It is hard to know who you truly are, you only know who you believe you are. The first step is to realize that you are not necessarily your dream ego. "The less we identify with who we think we are, the more likely we are to discover who we really are"[1]. Sometimes to find your inner-self, you must stop looking and surrender your ego-control. Your true self will normally represent your belief of a higher power, such as God.

12.3 Humanity is Asleep

Most people walk throughout their days in a state of semi-awareness. Many will never lucid dream or even venture outside of their comfort zones. Distractions are pulling people away from their true awareness, one which can be relearned through lucid dreaming.

Bibliography

- [1] Stephen LeBerge and Howard Rheingold, *Exploring the World of Lucid Dreaming*, Ballantine Books, New York, 1990.