



“Dreams are illustrations...

From the book your soul is writing about you.”

~Marsha Norman

Lucid Dreaming Techniques



What is Lucid Dream?

Dreams are today's answers to tomorrow's questions.

~Edgar Cayce

Lucid Dreams could be defined as the art of being aware while you are interacting inside of dreamscape dimension.

Lucid Dream is a term coined by Mr. Frederik Van Eeden. The word *lucid* is used to express the qualities of mental clarity and awareness. To have Lucid Dreams is to be conscious and responsive to the wide variety of experiences that can be manifested in the dreamscape-dreamtime dimension. The Seeker must be able to perceive these experiences and be completely conscious that they are not happening on the physical reality, but are manifestations of symbols and realities of another intimate dimension.

It is a source of questioning for the seeker on how to define and distinguish between the experiences of Lucid Dreaming and Astral Traveling as both seems to occur on the extra-corporeal level. This is a

good question, since both experiences manifest during the period where the physical body is supposedly asleep: both experiences happen when the body is slumbering but the mind is still active.

In Lucid Dreams, the sense of perception is low-grade and may be defined as similar to that in the state of Vigil. In Astral Traveling, the state of awareness touches the super-conscious. In certain ways, it is very much superior to the lucid experiences within dreamtime, and, therefore, the experiences of Astral Projection cannot be confused with any other.

But the difference between them resides only in physical aspects of these

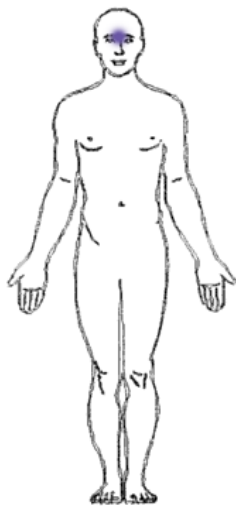


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occurrences. During dreamtime, we have an increase of cerebral activities and these increased activities are accompanied by REM, or Rapid Eye Movement. When awakened during one of the REM dream stages, the person will recognize they were dreaming.

With Astral Traveling, it is just the opposite. They happen when there are cycles of lower cerebral activities. This is the time when there is a predominance of delta and theta waves in the brain. During these stages, the physical level of activity is at a minimum: even the heartbeat slows down. Some believe that is the main reason many people feel a type of paralysis when they experience Astral Projections. This is called "Projective Catalepsy" and it can be a very scary experience. If this happens, one should try to abort the experience by consciously making a small movement, such as the little finger in one of the hands. This is enough for one to recover the functions of the entire body.



The Conditioning of the Mind

Training your mind

Dreams are necessary to life.

~Anais Nin

As you start to study how to self-project yourself in a lucid and awake state of mind inside of your dreams, you need to start practicing exercises that increase concentration and your visualization skills. In doing this, you will notice the enhancement of your Oniric activities. Your dreams will tend to be more active and colorful, and easier to be registered inside of the conscious mind. You will progressively realize that your dreams are more than just portals of internal worlds.

Even though by definition to dream lucidly represents a developed ability to be conscious during occurrences of the dreamtime experiences, Lucid Dreaming falls into two different categories: High Lucid and Low Lucid. The difference between these two categories is the level of awareness the dreamer has during the process that the dreamer and conscious understanding that the elements presented are result of their own unconscious mind expressing itself through symbols, and archetypes.

A typical lucid dreamer that is experiencing dreams at a higher level of lucidity knows that everything is a result and projection of their own mind within their inner planes. The dreamer knows



that they are actually dreaming and that there will not be any damage coming from the interactions with the dream. There is a level of independency and detachment in dealing with these elements which does not occur in lower lucid experiences.

In dreaming in the lower lucid stages, the dreamer will not necessarily be aware that all that they are experiencing is a projection of his own mind, and, therefore, some of the occurrences may be felt as threatening and dangerous.

To have a Lucid Dream is to have a very intimate experience that is not necessarily transferable, because it is difficult to explain the existence of an oniric character and relay the level of interaction inside of the dream to others that have not experienced the same level of consciousness inside of themselves.

Why to Practice Lucid Dreaming

From Common Dreams to Lucid Projections

"I am going to dream tonight that I am flying".

Repeat this command slowly but with assertiveness, preferably in Alfa stage. If the command does not manifest itself at the first attempt, do not give up; continue to affirm to your conscious and unconscious mind. The dream will start as a suggestion, but as this dream manifests as part of the self-induced process, you may wake up in the middle of that dream and then you start a new state, transforming the experience into a lucid

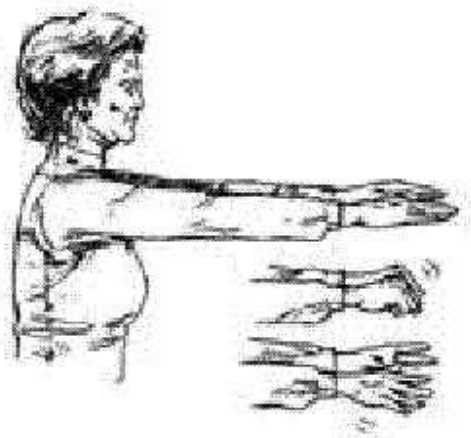
dream one. From this point on, it will be easy to you to take control and interact with your dream world.

The key to the control of the lucid dreams is self-suggestions and also systematic observation and awareness of symbols and meanings.

To start this process, you need to reevaluate your attitude towards your dreams, and start accepting the fact that they are important messages directed to you by your subconscious. Accept them as part of your communication with your higher self. When you respect and accept your dreams, they will be more clear and easier to de understood.

There are two basic techniques that should be learned to improve the experience of lucid dreaming. The first is to program yourself to see your hands during your dream stage. It may seem a silly exercise, but it actually take a lot of effort to see your hands and tried to keep your hands in front of you without them shaking inside of your dream.

As you perfect your technique, you will perceive that you are gaining control over the elements and the environment of your





dreamtime.

The second technique is to program suggestions to your conscientious mind about people, issues, and situations you want to dream about. To really gain with this technique, we suggest the practice of journaling, because as soon as your mind understands you are paying attention, it will show you more clear and understandable messages.

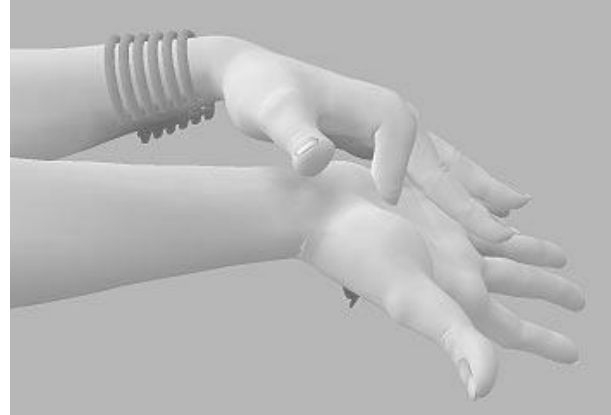
Dr. Scott Rogo MD in his book, "*Leaving the Body*", says that when you feel you are ready to induce nightmares, because according to his teachings the nightmares are the best to direct you to a stage of alertness, making it easy for you to wake up in the middle of the dream performance.

Make an effort to embrace all the incongruence of your dreams and repeat to yourself that they are not real; and know that when you really internalize this, you will keep a mindful state in dreamtime, all the time.

Lucid Dreams open the door for the possibility of a deeper understanding of our psyche and our base of reference. It is also an enlightened way to experience our fears in order to control and overcome them. Through our Lucid Dreams we can have a direct contact with our shadow aspects in order to exorcise and heal them.

It is an invitation to interact creatively with the limiting aspects of ourselves; both situations and emotions, and can be

very useful as an auxiliary practice to deal with the daily challenges in our lives.



Dreams are excursions into the limbo of things, a semi-deliverance from the human prison.

~Henri Amiel

Learning how to test reality

One way to keep your state of Lucid Dreaming is to test the consistency of the reality around you while dreaming. To start testing, trying to pass your finger through the walls or through the palms of your hand. Look at the mirrors, if you see one, attentively. Try to keep tab on the clocks. Theoretically, if you do these things during the day, when you are awake, you will naturally tend to experience and test reality during the dreamtime. If you are able to do these things during the dream, it will facilitate you to realizing you are dreaming and awake inside of the dream.

Before going to bed, make suggestions to your mind such as: *tonight, while I am sleeping and dreaming, I will be fully*



aware of my dreams. You can also enter the dream state consciously, while relaxing. Try to induce the impressions and commands to your dream and let the images show up in your mind-screen, behind your eyelids.

To increase the performance of your dream control and lucidity, place the alarm clock two hours before the regular



time, and while you are still in sleepy conditions, insert your self-suggestions to your mind.

Keep in mind that the level of lucidity in dream state can be lost, due to various factors, from level of concentration to external interruptions. To prolong the experience, you may rub your hands together and concentrate on the interior reality. While doing this, ask your

subconscious mind to increase the level of perception and lucidity of your experience. Even inside a dream, if you feel elements and environment is getting a little fuzzy, please scream internally: ***“Give me more lucidity, now!”***

The Lucid Dreams are a scientific reality and it is also known that they do not interfere in our natural process of sleep. Once you start practicing, you will open

the doors for many new different realities, the possibilities of astral projections, the shared dreaming experience and also many fascinating occurrences that can be easily accessed through the mastering of this technique.

Just as a note, many of the

threatening figures that may appear in our dreams, such as Demons, are in reality elements of our psychic world that are in need of Healing and they can be classified as repressed content from the conscious mind.