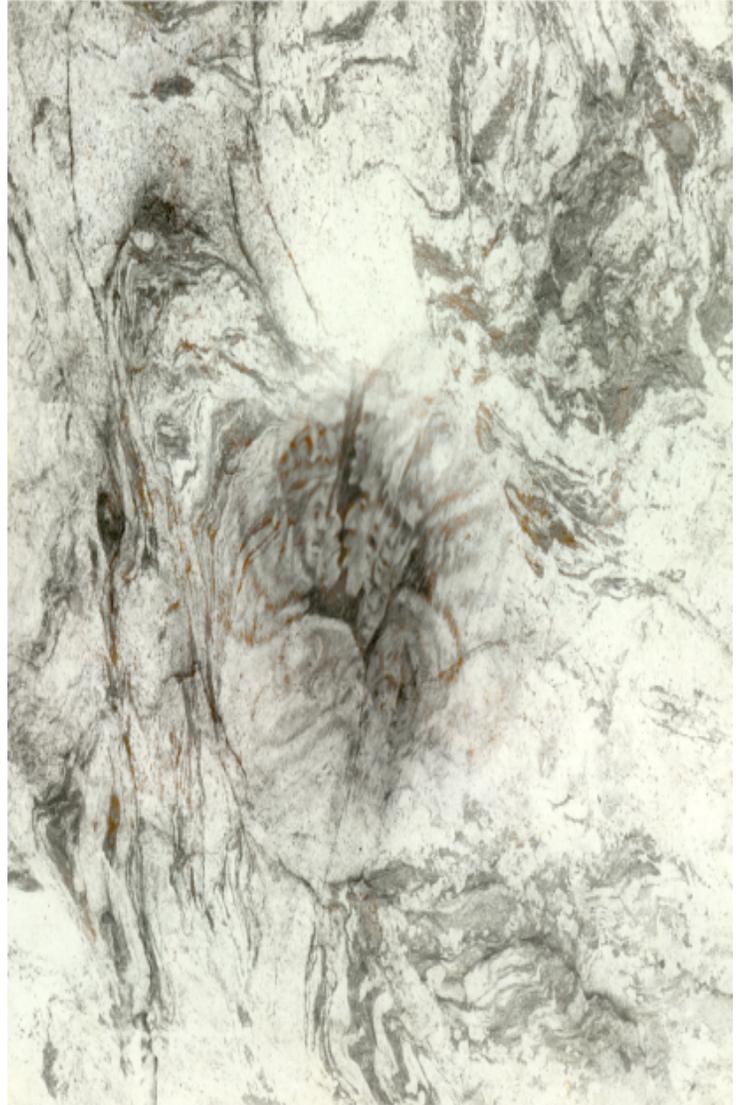

My Adventures In Lucid Dreaming



By
Jerimiah Molfese

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Metaphysical Press

Ward, Colorado

My Adventures in Lucid Dreaming

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Metaphysical Press

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**This book is dedicated to the inspiration that
begins the journey into the Inner World.**



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*My reason for using the picture on the cover of this book called **Subconscious Surrounding the Conscious**, is that it illustrates the theme of what you are about to read. The middle of the picture with the faces I call **conscious life**. This represents the consciousness of ordinary life. The area outside the faces represents the forces surrounding conscious life, the subconscious. If you concentrate on the picture you may observe that conscious life and the subconscious actually make one consciousness.*

Please take advantage of the back side of each page to use for your own personal dream journal. Remember that it is best to give your dreams a title and record the strongest feeling that you can associate with that dream, along with the date of each dream.

*Thanks, your friend
Jerimiah Molfese*





Chapter 1

Introduction

Hi! My name is Jerimiah. I was born and raised in Ward, Colorado, a beautiful little town high up in the Rocky Mountains. When I began writing this book three years ago, I was a junior in high school. It started as a simple homework assignment, but has become much more, as you will see.

I would like to begin by telling you what this book can do for you, and what kind of things you might expect to learn from it.

This is a personal narrative based on many of my experiences with lucid dreaming and other Altered States of Consciousness (ASCs), and my theories about how these things work. You may want to use it as a guide or manual for entering the inner world. By “inner world,” I mean any altered state of consciousness of which a person is aware.

People can enter the inner world in a number of ways. It might be through meditation, through a martial arts workout in which the student builds the necessary Chi, or through a dream. The way in which I have chosen to enter the inner world at this time is through my dreams.

Sleeping is a natural occurrence, so you don't have to make yourself do it as you would with meditation or working out. Since you have to sleep anyway, this method takes advantage of time you are already spending without adding to your normal routine.

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The Inner World of Lucid Dreaming

All dreams occur in the inner world. When you become conscious of the inner world through dreams, you are in the state of mind people now call Lucid Dreaming.

In a lucid dream, you can sometimes have almost total control over what is happening around you. It is as though you are performing some everyday event and things are just happening. The moment you realize you are dreaming, you can think of something and it happens! But if you feel too excited, you might wake up.

When I am in the inner world, I perceive a voice that gives me information to help me when I am confused. I think that this voice is my own higher intuition, and that all people have such intuition and use it in everyday life, especially when making difficult decisions.

The Need For Emotional Control

When you are in the inner world, everything seems to be based on feelings. In order to fly, you need the feeling of flying . . . then you fly.

For some strange reason, one difficulty I have encountered in my lucid dreams is that the dream characters sometimes try to wake me up with different types of challenges. It is here that my higher intuition can help out.

For example, I might be enjoying a lucid dream when I will suddenly be challenged to a martial arts fight. The sensation of being in this situation excites me and alters my feelings so much that I have a tendency to awaken. I hope to develop control in my lucid dreaming through more experience.

Reading the experiences of others can give you the inspiration and enthusiasm to begin your own inner world journey, but

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Chapter 2

My Childhood:

Character Building Through Martial Arts

Martial Arts Are More Than Fighting

Martial arts are not just techniques for destruction and violence, as many people think. Their real significance is in teaching self-discipline, self-confidence and character building.

For the purposes of this book, character building can briefly be defined as will-power and discipline. Will-power enables you to do the things you say you are going to do. Discipline gives you the ability to say no to any tempting situations you might feel are wrong. Attaining the qualities of will-power and discipline through character building can help you resist the lure of potentially harmful situations in life.

I'm sure you have seen examples of people drawn into harmful situations through weakness of character. A strong character

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will ensure that you cannot be taken advantage of by such things as addictions and coercive situations.

My Martial Arts Studies.

Let me tell you how I got started. When I was five or six years old, my Dad suggested that I study the martial arts. I thought about it and decided to learn Tai Kwan Do, so we went to Boulder Karate and I enrolled. I was just a little kid, so I didn't take it very seriously at the time. Gradually, though, it began to appeal to me more and more.

I continued in that class for six or seven years, until I began working during my freshman year of high school. After a year of bussing tables, I went back to my martial arts studies. At that point I was a high blue belt, which is one degree from the brown belt. For some reason, I just couldn't get into it. So I went to a Kung Fu school and trained there for six months. I got a lot out of it, which I will explain later.

I quit Kung Fu because I didn't think I had enough discipline to do it properly. I thought that I should master Tai Kwan Do first. I wanted to take private lessons, but that was too expensive. Then I got the idea to start my own class. Since I knew Ronnie Sayers, a former black belt at Boulder Karate, I asked him to teach a class in Ward two nights a week, Tuesdays and Thursdays; on Saturdays, I would teach the class myself. That is how I got where I am now in my martial arts studies.

Self-discipline and self-confidence are always to be taken seriously.

I would like to tell you how the arts of Tai Kwan Do and Kung Fu have helped me. They have given me self-confidence, helped me

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Feeling _____

to believe in myself, and let me know that I can do something well. They have given me the chance to develop more self-discipline than I could have achieved in any other way.

Many people think that in the martial arts, “discipline” means someone beating you up or pushing you into doing things. But that’s not it. Discipline involves doing something you like doing, keeping a regular schedule, and going all the time without blowing it off.

The most important thing that Tai Kwan Do gave me was a feeling of self-defense. It also gave me the dedication that I needed to take the first steps in character building.

Kung Fu was a lot harder than Tai Kwan Do, and took a lot more discipline. But it was my next step upward in building character.

Dedication and loyalty are the next step.

The main things that Kung Fu taught me are that there are no limits to the martial arts, and that the human body is closer to invincibility than most people think. Kung Fu gave me many of the same strengths as Tai Kwan Do, but it also showed me how to bring out my Chi power. The power of Chi is inside every person. It can do the most amazing things if you learn how to access and utilize it. This takes a lot of time and dedication.

Many people think that the martial arts are designed only for self-defense. This is, of course, just one of their many uses. As an adult, I am continuing my martial arts training because being loyal to the art is helping me to attain inner awareness.

What I mean by “loyal” is that when you are a blue belt, you should put half of your time into the art; when you are a brown belt, you should spend three-fourths of your time on the art; and when you become a black belt or above, you should dedicate all

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of your time to the art. It is the willingness to make the martial arts a top priority, and not give up, that I call loyalty. And it is loyalty that is necessary to make progress in the inner world.

Two Steps in Character Building

From experience, I feel you need to take two steps in character building for every one step you take in the inner world.

While practicing the martial arts, you may also be meditating. Through meditation, you can eventually attain an Altered State of Consciousness (ASC), thus giving you access to the inner world. But before you do, you must work on strengthening your character.

As I previously mentioned, a strong character will help you resist the lure of potentially harmful situations in your everyday life. This is even more true when it comes to inner world experiences. Once you attain inner world abilities, you need a strong character to resist the temptation to misuse those abilities for selfish ends. A strong character is also necessary for maintaining self-control in the inner world. These are very important considerations that must not be forgotten.

The discipline and hardships you go through while practicing and persevering in the martial arts are just one way to build character. There are many other ways, such as quitting a strong addiction, or being as honest as possible all the time, or even just going to school. Forgiving someone who has wronged you and letting go of selfishness are most important in character building. Building character is the most crucial preparation for entering the inner world.

I used the martial arts to set me on the road of character building. I have therefore used these experiences to show what is needed to build character. It is possible, though, to build character through whatever means you wish, preferably something you enjoy. But it is very important that you begin building character

Dream Journal

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Feeling _____



Chapter 3

My Adolescence: Growth Through My First Lucid Dreams

The Importance of Recording Your Dreams

Once I began my long journey into the inner world, I realized that it started to have a carryover effect into my everyday life. During my junior year in high school, I began discussing my dreams with my friends Jack and Fred. At their suggestion, I began recording my dreams when I woke up in the middle of the night. I also heard that it helps in dream-recall to go over your dream records before going to bed. I hoped that such techniques would help me to get to the same place in my dreams, to resume dreams, and to attain dream control.

My friends and I spent a lot of time discussing lucid dreams and thought about starting a lucid dreaming club. We wanted to record everything we did in our dreams, hoping that we would eventually all find ourselves in the same dream and communicate with each other, make journeys together, and remember these experiences in the morning.

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We had been coming up with different ideas. The most important idea dawned on me when Jack shared an insight with me. He said that normal everyday life could actually be a dream, as the Buddhists claim, and that when you are sleeping you could actually be awake. I took this to mean that everyday life is the illusion and the dream world is the reality. If this were true, you could bring ordinary wakefulness and its control into the dream world.

One night, after discussing these things with my friends, I had my first lucid dream. I was so excited by this experience that I shared it with my friends. Jack ordered a book on the subject called *Exploring the World of Lucid Dreaming*, by Stephen LaBerge, Ph.D. and Howard Rheingold. I avidly read the book and practiced the many techniques.

My friends and I started meeting every Sunday at Jack's house. We talked about what we had experienced during the past week. We agreed to get a picture which we all liked and put it up on the wall. We would all become familiar with this picture and its surroundings. Then when we went into a lucid dream we could visualize this picture and the things in the room, hoping that when we awoke in the morning we would all remember each other and remember the picture from our dreams. In other words, as we learned, we were trying to have a "mutual lucid dream."

The benefits of so-called "learning disabilities."

This was about the time I realized that I had a "learning disability" known as dyslexia. Then I began noticing that people who have such difficulties are often more aware of the inner world.

I have been considering this. Perhaps when you have a so-called learning disability, you don't get a conventional education. When you are a child, the first few years of school just go right

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by. I think that when you go to school in this way, the disability may create blocks to the outer world, and break down the blocks to the inner world. Perhaps such children have less of a barrier to the inner world and can expand their minds more easily.

A childhood experience with lucid dreaming.

I am now fully convinced that the world that I have been going to in my dreams is a full ASC, as real as the state of consciousness you are in as you read this book. Furthermore, I think that there are different levels in the dream world. I'm not sure what they are yet, but I have experienced distinctly different levels in my ASCs.

Through the use of various techniques, I began to induce lucid dreams at will. At the time of my first lucid dream, I realized that I had actually once had a lucid dream as a child, around the time I started my martial arts training.

“Ants”

I am six or seven years old. One night I seem to awaken with ants all over me. Then I notice, when I look down at my blanket, that I am actually still asleep. This is what some call a “false awakening.” I get scared of the ants, even though they are just dream ants, and I awaken for real as I throw the blanket off my bed.

This was my first experience of lucid dreaming. Of course, I didn't realize what had happened.

Ordinary Dreams Versus Lucid Dreams

The big question that has come up for me is this: What is an “ordinary dream” as compared to a lucid dream? I think part of

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the issue is that most dreams seem so real you cannot realize you are dreaming. Therefore, it isn't a lucid dream since "lucid" implies "awareness."

Another problem in lucid dreaming is getting there. It is very hard to develop conscious control of our dreams. To throw light on this issue, let me describe some of my own experiences. After reading LaBerge's book, I began to enter lucid dreams at will. Here is one dream which illustrates how I became lucid:

"Discoveries"

Here I lie in my bed hoping that maybe I will enter the dream world tonight. I close my eyes and visualize until I am asleep. But I don't want to go to sleep and wake up in the morning with my dream just a memory in my mind. I want to be able to control my dreams. So here I am, almost asleep and all of a sudden I am in a place of beautiful colors. Everything is like a hologram! Instead of just being there, I feel like I am awake. I am looking at my hands and thinking to myself, "I am dreaming! I am dreaming!" This isn't any ordinary dream. I have some sort of control this time, so I think, "If this is my dream, then I can do anything that I want!" At that moment, I think of a mushroom and one appears before me. That is when I realize that what you think is what will happen, because you can create anything in your dream. As I am fooling around with my new discovery, a man comes up to me and challenges me to a fight. I get scared and wake up.

When I awaken, instead of my dream fading like a memory, it still seems as real as anything in waking life. It is as if it really happened in what we call waking reality.

Soon after this first experience of control, I had the following lucid dream.

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“Realization”

Suddenly I am awake on the roof of a tall building and I realize I am dreaming! I am running to the end of the building and I jump off. I am falling; but when I hit the bottom, I don't wake up as is usually the case in my falling dreams. I land on my feet and then I wake up.

My feeling when I woke up was one of amazement that I hadn't splattered all over the ground. But more than that, I experienced for the first time the characteristic heightened energy state of the lucid dream. It lasted all day and even into the next day. This experience made me even more determined to pursue lucid dreaming. Soon I began writing this manuscript.

Shortly after this spontaneous lucid dream, I had another. I attribute the next spontaneous lucid dream to conversations about my first one with my friends Jack and Fred.

“Schooling”

I wake up in a town where I am with some people I don't know. The next thing I know, I am in a car driving with these people. I have to get to school, so I say, “Take me to school.” At the same time the driver pulls out a kitchen knife, so I fly out of the car all the way to school, and then I wake up.

Research begins.

After these intense spontaneous experiences, I began studying up on lucid dreaming. When I started reading Exploring the World of Lucid Dreaming, I experienced three lucid dreams in one night. It was on February 7th, 1992. Before I went to bed, I tried a technique which I developed myself. I wanted to fool my brain into

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going into Rapid Eye Movement (REM) sleep, since this is the state in which most dreaming occurs. I laid on my back until I was fully relaxed. I closed my eyes and moved them back and forth to the beat of some music I playing. While I was doing this I started to see something in front of me in my mind's eye. After about ten or twenty minutes of this, I got into REM, so that my eyes were moving by themselves. Then I fell asleep and began to dream.

Spinning Can Bring Back Lucidity

“Levels”

I realize I am dreaming and say to myself, “I am dreaming!” I am remembering that LaBerge’s book says to spin like a top or fall backwards. I am spinning like a top, and when I stop I am so dizzy that I fall backward and hit the floor. At that moment I am in a lower level of my dream. I come right back around and hit the bottom of the floor again. I am back at the same place I was when I started spinning. After spinning and falling back three more times, I awaken.

After I woke up from this lucid dream, I went back in using the same technique of spinning.

“Patterns”

This time I am flying above my house in Ward, when I realize I am dreaming! I fly straight up past the clouds, trying to get to Space. Suddenly I hit a wall of patterns. There is a box with different shapes and patterns inside of it. I go inside that box. When I am inside, the shapes and patterns of that box become the background, and I

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discover that there is a box with a smaller box inside of it. Once I am inside the smaller box, the patterns in the smaller box become the background, and there is a box with a smaller box inside containing a circle of checkers. When I am inside that, the checkers become the background, and there is a box with a smaller box inside which contains a circle or a spiral of checkers going inward. When I finally enter the spiral of checkers, I wake up.

I drew an illustration of the place I went to in the lucid dream called “Patterns” - the place with the series of boxes and circles (see Figure 1) On the back cover of this book.

The third lucid dream of this night is the most important.

“Mutuality”

I close my eyes and visualize the series of boxes and circles from my previous lucid dream. I go into the last circle, but instead of waking up, I find myself in Jack’s living room, and I realize I am dreaming! I see Jack walking toward his bedroom. I call to him and say, “Jack, you’re dreaming!” He looks back at me, takes off his glasses and says, “So I am.” Then we split apart and I wake up.

The next morning I asked Jack if he had a lucid dream last night. He said “Only for a moment. I was in my living room when I heard somebody call me. I thought it was my brother. When I awoke I taped the dream.” He handed me the tape recording of his dream. He thought it was his brother, but since his dream occurred around the same time as my lucid dream, perhaps he heard me calling to him. We must have had a mutual lucid dream that night!

So far, that night has been one of the highlights of my life, not only because I had three lucid dreams in one night, but also be-

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cause I communicated with Jack and we were both together in a lucid dream.

Now Jack and I have met in our dreams for the first time. Even if he didn't realize it was me, he still felt and heard someone call him. This dream means a lot to me. After it happened, we decided to call ourselves "the astronauts of the inner world." We hope to have more mutual lucid dreams, meeting and taking journeys together through the inner world, trying to keep each other from waking up.

On the afternoon of February 19th, 1992, I decided to enter a lucid dream during an afternoon nap. I chose the daytime because I felt this might give me greater conscious control over my entry into the lucid dream state. I went into my room in Boulder, turned off the light, and listened to a Led Zeppelin tape through my earphones. I closed my eyes and slowly started to see a picture.

"Hotness"

Eventually this picture becomes my room. All of a sudden I start to get this feeling in my stomach. It's a hot feeling. As this feeling gets stronger I start to see patterns again, and I feel like I am being pulled into a different place. The next thing I know I am standing in my room, listening to Led Zeppelin next to my bed, when I realize I am dreaming! And I say to myself, "I am dreaming!" I look at my hands. They are radiant with a pinkish-red aura of light around them. I look across the room at my dresser. There is a glass filled with liquid. I go over to it and start to drink it. It is so real that when it goes into my mouth I feel it sliding down my throat, until it hits my stomach. The next thing I know, I am lying on my bed and it takes me a moment to realize that I am still dreaming. When I get out of bed, still listening to Led Zeppelin, I decide that I don't want to be in my room any more. I spin around and around like a top. When I

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stop, I am so dizzy that I fall backward. I hit the floor and I am somewhere else. When I fully realize what is happening, I wake up.

When I woke up, I was surprised to discover that this lucid dream had taken only half an hour. Within the lucid dream itself, it seemed to last much longer.

The Inner World Influences My Outer Development

Since I began my journey into the inner world, I have been noticing a great effect on my outer life. First I noticed that I felt emotionally higher more of the time. The typical lows of adolescence began to smooth out a bit and my ordinary daily mood improved. Then trees, plants and other natural things began to seem more radiant to me and to stand out more.

In addition, I have been working on thinking positively all of the time. It is not as likely that we will do negative things if we carefully consider everything before we do it. This new awareness of positive thinking helps me consider things better.

Another development in my waking life around this time was an experience of telepathy. One Friday night I was with a friend when I realized that we might be able to use telepathy while we were together and fully conscious. We decided to experiment. I closed my eyes and visualized my friend. He closed his eyes and did the same with me. I held a red lighter in my hand. I was going to visualize the lighter going from my hand to his hand. He was going to visualize the same thing. When the lighter was about half way between us in my visualization, I realized that I was talking to my friend in my mind. All of a sudden the lighter was on his forehead. I said in my mind, "Avery, you have the lighter. Now give it back to me." At that moment, I felt the lighter hit my hand with

Dream Journal

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my imagination, and I opened my eyes. We talked about the experience. It had been identical for both of us!

As my study and experiences of lucid dreaming became more developed, I found I could do more interesting things. For example, as LaBerge emphasizes, goal setting is very important. So, I set myself this goal: to have one lucid dream each night for seven nights. That time I only had five lucid dreams, but I was not disappointed because five is close enough.

More about self development.

Some of the things I can do in my waking life that are amazing to me are telepathy and transferring feelings from myself to others. These are things that most people think are almost impossible in the waking world, but in the inner world they are the easiest things you can do. I am hoping that someday I will be able to have as much control with these things in the waking world as I do in the inner world.

There are many things that you can do in the inner world that seem totally irrelevant in the waking world. But if you learn control in the inner world, you can start to learn the same things in the outer world. Don't forget, we only use ten percent of our brain during waking life. If we used more, or even all of our brain, we could probably do the same kinds of amazing things in the waking world.

As lucid dreamers realize, weeks can pass between lucid dreams. I keep wondering why this is. My theory is that when I concentrate too much on waking life, it messes me up when I try to enter the inner world.

I also have been trying to consider my feelings in waking life, and I have been finding out the power of those feelings. I have been hoping that if I become aware of my feelings in waking life, it will help my growth in the inner world. In the inner world anything you do or see, anything at all, is based on how you feel.

Dream Journal

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Exploring the inner world.

I have been finding out a little more about how things work in the inner world.

When you are in the inner world and you want to contact someone, you have to somehow get on the same level as they are. Think of it this way: people are like radio stations, bouncing thought-waves through the air. When you pick up on one, you can get in contact with that person, as long as you are on the same level. Otherwise you probably won't see them. You might hear them, as Jack did with me in the "Mutuality" dream.

If you recall my dream "Levels," I spun around and around, then fell backwards and found that I had moved to another place. After a bit of thinking, I came up with this explanation: spinning is a means of transportation without gross movement. Your senses aren't activated, so excitement won't take place and wake you up.

Some people worry that their lucid dreams don't last long enough. Lucid dreams have a tendency to fade out. Here is an example of a lucid dream which began to fade out and what I then did to preserve it. It was a Friday night and I was trying to get into a lucid dream using a slightly different technique. I closed my eyes and held my breath, counting "ONE, I am dreaming, TWO, I am dreaming . . ." up to "ONE HUNDRED," and then starting over. This is a variation of one of LaBerge's techniques.

"Door of Reality"

The next thing I know, I am dreaming! When I realize this, the scenery starts to fade. I know that I am being drawn back to my room. I am very far out there in the lucid dream, where everything looks strange. Then all of a sudden, the doors of reality start to close behind me, and I am being pulled back to my room. When I realize what is going on, I start to feel myself spinning, saying, "I want to be with my friend, Sequoia. I want to

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be with Sequoia.” When I stop, I am in another lucid dream, and it is fully vivid again. This time I am underneath a huge table, floating right through it. When I realize what has happened, the doors of reality start to open and I am drifting back to my room. I repeat the spinning exercise. Then I am in another vivid dream, fully lucid, at the place of patterns, when I realize I am still dreaming. This awakens me instantly.

This dream made me realize that when you find a lucid dream beginning to fade, you can gain full lucidity again by spinning, just as LaBerge advises.

More explorations of the inner world.

We have been looking at some of the interesting features of the inner world as revealed by lucid dreaming. Another such feature is the difficulty of convincing other dream characters that this is a dream.

It was a Tuesday night and I set my alarm clock for 2:00 A.M. When it went off, I woke up and turned it off and went back to sleep, repeating to myself, “When I am dreaming, I will tell myself I am dreaming and go find Jack.” I repeated that over and over until I was not in my bed anymore.

“Aggravation”

I am in the backyard of my old house in Boulder when I realize I am dreaming and I say, “I am dreaming!” Then I start to fly. When I get about forty feet up, I can’t go any higher, so I try to swim. In two or three strokes, I go up about two or three hundred feet higher. I look down and see the ground and realize how high I am. I get scared and start to fall. I catch myself on some telephone wires across from my house in Ward. The next thing I know, I am at a party and all my friends are there. I go up to one of them and say, “This is a dream! This is a dream!” He doesn’t believe me and laughs. So I go over to my brother, Orion, and say, “This is a dream, Orion. This is a dream!”

Dream Journal

Date _____

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He doesn't believe me at first, but then he realizes it, and says, "Everybody! This is a dream!" At that moment everybody looks at me, so I decide to prove it is a dream by falling backward, hoping that I will disappear into another level. But when I try, I fall forward and hit my face on the floor. Everyone is laughing at me so I get mad and wake up.

. . . Or so I thought. I wake up on a couch at the same party and look around, and realize I am still dreaming. Then, amazingly, I am there across the room, sleeping on a bed. The second I see myself, I seem to wake up again. But when I look around I am still at the party, still dreaming, and still fully lucid. The second I realize it, I want to go find Jack. Boom! The next thing I know I am on the road across from my Ward house following Jack. I go up to him and say, "Jack, this is a dream!" He looks at me and laughs. After what happened at the party, I am not going to stand around and listen to him laugh at me, so I go into my house and my Dad is there. I tell him that I have flown tonight. He doesn't believe me, which aggravates me, so I go up to my bed in a fury and go to sleep in the dream. In fact, I am really waking up . . . this time for real.

I had tried for a mutual lucid dream, but neither Jack nor Orion nor my Dad could remember having any dream which involved me on that night. This was the longest lucid dream I had so far. Another strange aspect of this dream was the two false awakenings. The first was when I woke up on the couch at the party, and the second was when I looked at myself lying on the bed and woke up. Maybe it's not strange, but it's the first time I've ever had such a conscious experience with false awakenings. Trust me! It's quite scary at first, but fascinating.

We have seen that my lucid dreams deal with material from

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my waking life as well as wonderful, unusual material from my inner world. The following lucid dream is an example of some typical themes from my waking life, which some writers call “day residue.”

It was a Sunday night and I was trying to have a lucid dream. I decided to look at Sequoia’s drawing of patterns and shapes (Figure 1). I stared at it and then closed my eyes and visualized it, doing this three or four times. This is a technique for re-experiencing visual imagery which I developed myself. I think of it as taking a polaroid shot of an image, and then being able to visualize it very clearly later. Think of the eye closing as being like the blinking of a camera shutter.

Well, I had the image in my head and could see it well. I started to count: “ONE, I am dreaming, TWO, I am dreaming . . . “ up to “ONE HUNDRED,” as LaBerge suggests. Then I started over.

“Fighting”

As I am counting, I can feel myself being pulled into the image. The next thing I know, I am driving a car to a concert. My brother, Orion, and some friends are with me. When we get there, we go inside and find our seats. I look up and see the person who robbed my house life about two years ago in my waking life. When I see him, I start to walk away to get a drink of soda. On my way back, I bump into him and his friends. He orders a Chinese guy to fight me, but I just keep walking. I get back to our seats and my friend is very mad. The next thing I know, I am fighting the man who robbed my house. I beat him up and all of his friends, too. But when I get back to the seats the concert is over and everyone has left, including all of my friends. All of a sudden, I am at my Ward house, telling my Dad about the concert and how I had kicked these people’s ass. Then it dawns on me, how did I get home? That is when I realize that I am

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dreaming. I say to myself, "I am dreaming!" At this moment, Orion and all my friends walk in the door. I realize that I have the keys to the car, so I look down in my fanny-pack and the keys are still in there. This surprises me so much I wake up.

Conclusion

Here you have seen a few of my early lucid dreams and the ways in which I induced and interpreted them. Of course, by reading and talking about lucid dreaming continually over the past two years, my friends and I have come up with a few ideas about them.

Jack has had two interesting ideas. The first one is about human evolution. He thinks that a long time ago, when there was no modern technology, people used all of their brains, not just ten percent. Because they could access more of the inner world, people could create the things that they needed, like food and shelter. But greed and the feeling of having power over something or someone else came in, and they lost everything to do with the inner world. Then they became totally dependent on the outer world.

Jack's second idea is that all people who lucid dream establish a new kind of world without government or a feeling of power over others. And one day, after this ordinary waking world of ours is destroyed by the power brokers, those who have been investigating the inner world can function freely there.

My idea is similar but a little bit different. I think that a majority of what happens in our lives comes out of our subconscious minds, whether we want to realize it or not. And our subconscious is always functioning in this inner world anyway. One day, if the outer world became completely unfit to live in, all of our subconscious minds would know it and every living thing would resume its conscious life in the inner world. How they lived their

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lives in the outer world would determine to what level they went to live in the inner world.

However this may be, it is certain that lucid dreaming gives remarkable access to the inner world. Therefore, those who lucid dream will be more familiar with the inner world should such a transition take place.

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Chapter 4

My Junior Year:

Learning Through Visualization

As my junior year moved along, I felt that I was moving very quickly in my growth. I was beginning to feel that I needed to slow down and think about things in waking life a bit more thoroughly. We are all here for a reason, and the hardships and difficulties are here for a reason, too.

I noticed subtle psychological changes in addition to those mentioned in the previous chapter. I was pleased with my progress, and as my experiences increased, I began noticing a dramatic change in my intuition. My inner voice began to speak to me all the time, telling me things that were important. What my intuition told me usually came up in conversation or just happened within a few hours or days. I liked this change because I could ask questions and my inner voice would answer. It was correct about ninety five percent of the time, depending on whether I listened or not. There was also a change in my memory. It got a bit better—not much, but to the point where I noticed the improvement. My memory especially improved in dream recall and important personal experiences.

I was trying to find out what the different types of feelings meant. In our waking life we have feelings of anger, love, hate, etc. But there are other feelings that tell us things. You only have to allow such feelings to surface and let go of inhibitions. I was paying more attention to these feelings, and the one I was most clear about was the feeling of being in danger.

Here is an example: You are feeling good. All of a sudden

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someone who has just done something wrong and is scared comes up to you. If you are aware of this person's feelings, you begin to feel the same sensations, sometimes without knowing why. This is, of course, transference of emotion.

The more sensitive you are to the inner world of feelings, the more you can absorb such transference of emotion. The reason why I am so concerned about feelings is because, as I have already emphasized, when you are in the inner world, everything—and I mean everything—is based on how you feel. If you can master the different kinds of feelings here in the waking world, then things should come easier there. Many people don't seem to understand the power of feelings, or the amazing things that feelings can do for you. I believe that when you have mastered the art of feelings you can begin to use their wonderful powers for healing, among other things.

I haven't gotten very far with this in the waking world yet, but I have been able to pass a little heat from myself to another person using inner methods in the waking world. In order to do this, I first create a feeling of warmth in my right hand, preferably the palm. Once I have this feeling in my palm, I close my eyes and visualize this heat going across the room, feeling it being pulled from my hand until I can perceive the heat entering the other person. One night I tried this with my brother, Orion. This was the same night as the telepathy experiment I described in the last chapter. Orion and I were sitting across the room from one another as I practiced heat the visualization. When I finished, Orion said that he felt a little heat in his chest. As you get better at this, other people should feel more and more heat.

Visualization is not to be taken lightly. It is a very important skill to develop for inner plane work. Now that you have read about it, I would like you to try a visualization exercise.

Exercise One: Visualization

Select an object carefully—something which has good feelings attached to it for you. Close your eyes and see

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this object. Once you have the image clearly in your mind, bring your hands up in front of your face-not your physical hands, but your dream hands. When the image of your hands is vivid in your mind's eye, visualize a new object, any object, in front of you. Reach out to the object and take it in your hands. Draw it slowly toward you. Next, let yourself go into the object, becoming one with it. At first you will see blackness. Then it will become a blur. Gradually, it will become an image. When you go inside of your image, you may feel a pulling sensation, most likely in your stomach.

Don't become disappointed if your visualization skills are not very strong yet, or this exercise did not come easy for you, or you could not do it at all. Start small. If you don't have a complete experience at first, work on one part at a time until you can do it all.

The Dangers of Using Inner Powers Without Character Building

On a Tuesday night in my junior year, I went to see a movie called *The Lawnmower Man*. In this movie, some people find an "alternate reality." The way they get to this reality is through drugs and computer technology. I think that this alternate reality is possibly a version of the inner world.

These people then take someone who has a lot of problems, an abused orphan, and bring him into the alternate reality. When he realizes the kind of power he has there, he follows up on it and eventually becomes fully aware. In the movie, the man who attains awareness unfortunately hasn't done any of the character building I stressed in Chapter 2. He has many problems from his past, and rather than facing up to them, he ignores them. He doesn't

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attempt to solve any of them. When he becomes fully aware, he has inner world powers in his waking life. But he cannot handle these powers because he has avoided moral development. In the end, he goes crazy.

While this is, of course, merely fiction, it illustrates what can happen when people gain power and awareness without first building character. This is the typical power-mad and egocentric dictator of history, such as Hitler.

If you haven't seen this movie, I recommend it. I feel that everything and everyone will get to a certain point in growth, and can then go in either a positive or negative direction. If you chose the negative direction, your life will not change for the better.

Healing and inner plane development.

It was Friday the 13th of March, 1992. I was flying to Hawaii on an airplane. I fell asleep trying to get into a lucid dream.

“Inner World Healing”

The next thing I know, I am dreaming, still on the plane. I put my hand through the window, grab the side of the plane, and pull myself out of the window. Now I am flying alongside the plane. Then I remember that my grandfather, on my Mom's side, is sick and in the hospital. I decide to go see him. Suddenly, I am with him in the hospital. I give him energy, which seems to have a pinkish red glow, so he can get well. I visualize my aura going out to him. I do this for a while until he looks better. Then he opens his eyes, so I start to leave. But he says, “Where are you going?” I tell him that I am going to fly. He says, “Take me with you!” So I grab his hand and pull him into the air. When we get about cloud level he starts to fall until he disappears. It is like he just vanishes. Then I wake up.

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This was my first attempt at using lucidity for healing. I know now that others have done wonderful dream healing. When I returned to Boulder, I found that my grandfather was better. Because of this successful use of lucid dreaming and the powers of the inner world, I decided to pursue the development of feelings in the dream state in order to develop my healing powers.

This was the first time I had used the healing power in my dreams. I'll tell you, it felt magnificent! Because of this personal experience and the available literature on dream healing, I think that if you go to people who need you in your dreams, especially people you love, and see your aura going out to them, thinking how they will be better at the end of the healing, it will work well. Try it!

Rethinking Relativity

I have been realizing that my visualization skills have greatly increased. When I close my eyes, it is not just one image I can see with my mind's eye. It is a whole world! In fact, it is similar to lucid dreaming. But instead of this inner world being constructed of feelings, like the world of lucid dreaming, it is constructed of thoughts. With visualization, I had no feeling at first. I had to visualize the organs which could do the feeling for me. When I visualized a nose, I could smell. In the altered state of visualization, I am able to go anywhere at any time, and experience whatever I want.

Albert Einstein taught that space and time are relative qualities. I have discovered that gravity, too, is relative to state of mind. Through visualization you can achieve a state similar to a lucid dream, where the ordinary laws of space, time and gravity are suspended. In the state of visualization, I can easily go faster than the speed of light, leave the earth's gravitational field, and break the time barrier, going backward and forward in time.

With this experience, I have come to the conclusion that our

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minds are always moving faster than the speed of light. When we direct our energy toward inner perception, we go to the inner world where life is moving faster than the speed of light.

Time travel.

On April 1st, 1992, I had a lucid dream which illustrated something about time. I had decided to do something different.

“Before Birth”

I am going back in time in my lucid dream. I go back to when I was a kid, back to when I was a baby, and even further back, inside my mother’s womb. I can’t go back anymore. Suddenly, I try to get out of my mother’s stomach. A giant monster with big fangs appears and grabs me, squeezing me. Then it eats me. I am sliding down its throat. It seems like it will never end, but finally there is the edge of space. Planets are passing me. Some are full of colors and some are black. A planet full of color passes me. I go inside of it. I am standing on top of the Empire State Building. I jump off, falling down until I hit my bed and awaken.

This dream illustrates that in a lucid dream it is just as easy to move backward in time as it is to remain in the “present.” As Einstein said, when you move at the speed of light, time stands still. Keeping this in mind, it is my theory that our minds are moving faster than the speed of light, which explains why we can move either forward or backward through time in a lucid dream or in the visualization state, as I did in this last dream.



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Ascending the levels of the inner world.

One of my earliest lucid dreams was about “Levels.” This idea, which I will discuss in the next chapter, has always interested me. Here is another lucid dream, from March 30th, 1992, which touches on it.

“Angels”

I am flying in the sky, looking at my hands, when I realize that I am dreaming! I start to go higher in thought and feeling, and higher in level. Then I remember that I want to ask for a higher being to guide me. So I say, “I want to see a being that exists on a higher level” over and over again. The next thing I know, I am in a place of brilliant electric colors and light. As I look into the distance, I see a figure of light with wings. This figure is shooting out streams of colored light toward me. As these streams of colored light pass through me, I have an amazing feeling—a mixture of joy, love and happiness all in one. As I am staring at this figure in amazement, the only thing that I can think of is, “Is this an angel?” And I wake up.

As I awoke from this extraordinary lucid dream, I noticed it was early evening. I felt as if I had been “tripping.” I felt a strong sensation of universal love. This wonderful feeling and the extra energy that accompanied it lasted until the next day. Such exquisite feelings are one of the main reasons people pursue lucid dreaming. This was also the first time I realized that a combination of thought and feeling determine which level you attain in the inner world.



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Importance of self development.

In the section on my inner and outer development in the last chapter, I mentioned working on having positive thoughts all the time. I want to elaborate on this because it is more important than you may think.

When you think about something long enough, it is more likely to happen in the waking world. If you do bad things, you are going to be thinking about them all the time. Therefore, more bad things will happen in your life. But, if you are always thinking positively, and doing positive things, then your life will go more smoothly. You may not agree with me, but I think this is the way Karma works in the waking world. It is possible to think positively no matter what, and many philosophical systems have suggested it.

By the end of my junior year, I began to feel that I was not going far enough or fast enough in my personal growth, despite all of these wonderful experiences and lofty thoughts. The reason was probably that I needed to build my character more. I have searched for ways to do this, even apart from my martial arts work. The last lucid dream you read, “Angels,” told about a place that I went to, and what happened when I asked to meet a higher being. I have been thinking about it. That place was the highest level I’ve ever been on. What I saw could well have been an angel.

As my high school career progressed, I began to experience more rapid learning. Everything you have read so far has been based upon my experiences and discoveries. Perhaps that is why it may seem a bit confusing. But there will come a day when I will be able to explain these experiences in more scientific terms. When that day comes, I’ll let you know.

Inner World Feelings

As you may have noticed, I have emphasized feelings throughout this book. In my “Angels” dream, I discovered that a mixture

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of thought and feeling determines the level of the inner world to which you go in lucid dreaming. In the lucid dream described next, from April 6th, 1992, I actually felt pain within the dream state. See what you think.

“Pain”

I am in Ward with a lot of my friends. We are walking on the Peak-to-Peak Highway when I say to one of my friends, “This is a dream and we can fly!” I jump off a cliff and start to fly. I tell my friend, “Come on, it’s easy. You can do it. It’s a dream!” Then I land. My friend just walks. When he gets to me, I say, “Jump into the air and try to fly. It’s a dream!” He jumps in the air and is almost flying when he falls to the ground. I grab him and keep him from hitting the ground. All of a sudden he takes off like a bird, so I start to fly beside him. Flying through the town of Ward, we get to the store. I look and there is a telephone wire. I grab it, and start to do acrobatic stuff on it. As I am twirling around, a person comes walking by and says, “What is he doing? Is that electricity?” That moment, I get zapped and fall to the ground. My hands are burned and they hurt. Then my friend says, “Come on! Let’s fly!” I tell him, “No! I am too tired.” Slowly I begin to fall asleep as if all my energy is being drained. Then I wake up.

The dream you have just read is the first time I felt pain in my dreams. I’m not sure why it happened. Perhaps it is because I was becoming more aware and more sensitive to my feelings.

Conclusion

In this chapter we have seen that as my junior year moved along, I enjoyed some dramatic developments in both the inner and outer worlds. I learned the value of positive thought and character building. I studied lucid dreaming closely and discussed it

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with my friends. And, most of all, I had many amazing lucid dream experiences.

You can see the wonders of these inner world explorations and the value of turning inward. I am hoping that you will be enthused enough to commit yourself to character building and positive thinking in your own inner development.

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Chapter 5

My Senior Year: Lucidity Through Working With Energy

The human race has gone from the depths of the sea to points in space. We can fly through the air or dig through the ground. We can climb the highest mountain. We have accomplished the seemingly impossible. As great as these accomplishments are, the greatest adventure for every human being still lies ahead: exploring the world of the unconscious. I have discovered that there are many ways to do this.

I have realized that there is a world of unimaginable depth. I believe that every person who concentrates can see this world by closing their eyes and learning to fall into the meditative (alpha brain wave) state. If you are in complete silence, you can also hear this world.

By allowing yourself to become fully relaxed, you can enter this world of the unconscious-what I have called the inner world. In my experimenting, I have learned a relaxation method that works very well.

Exercise Two: Relaxation

Start by visualizing a ball of light on your third eye (pituitary gland), in the middle of your forehead. When you feel that the light is as bright and strong as possible, slowly move it down your face to your neck. Re-

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member to think about relaxation during the whole process. Next, see the light branching out from the outside of your right shoulder, moving down the outside of your right arm. When the light reaches your hand, trace the outside of your fingers, being sure not to miss any of them. Bring the ball of light slowly back up the inside of your right arm until you reach your armpit; then move the light across your chest to the outside of your left arm, and repeat the process. Once up to your left armpit, move the light down your chest and stomach. Move the light to your right hip, then down the outside of your right leg to your foot, tracing your toes; then move it up the inside of your right leg. Suggest to yourself that the relaxation is stronger than the tension. Move the light across your genital area to the inside of your left leg and down to your foot, tracing your toes, and then up the outside of your left leg. At your left hip, start moving the light up your back to your neck, and then along the back of your head, over the top of your head and back once again to your third eye. The moment the light hits your third eye, you may feel a sensation of relaxation throughout your entire body, making the necessary connection for total relaxation.

Doing this over and over again will eventually produce deep relaxation. In order for the technique to work, you must not only see the light, but also feel it moving over every part of your body. If you let your body fall asleep while doing this, you may well go into a lucid dream.

I also recommend the “Sixty-one-point Relaxation” described in LaBerge’s book. There are many other techniques available for fully relaxing your body. You can use the one I have explained, or else find another one that works for you. My experience is that lucid dreaming will only occur once your body is fully relaxed. Visualization skills are also greatly improved through relaxation.

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The next step in practicing visualization is to learn how to use your healing abilities. Healing involves the transference of healthy energies to a sick person. What works best for me may also work for you.

Exercise Three: Transforming Energy for Healing

First, think of someone you would like to help heal. Then close your eyes and bring your dream hands up in front of your face, as described in “Exercise One.” Now, form a ball of light spinning in a clock-wise, circular motion. This time the light is healing energy instead of the relaxing energy of “Exercise Two.” In order to distinguish between these two kinds of light or energy, be sure to think constantly of healing energy while doing this exercise. When you feel sure that the light is as bright as you can make it, slowly start to enlarge the sphere until it is as big as it can be. The bigger and brighter, the more powerful the energy will be. Now feel the energy this sphere is generating.

Next, take a piece of the light in your dream hands, forming it into a ball. See and feel the light with your mind’s eye. Then create a constant flow of light from the radiating ball to the site of this person’s injury or illness. Do this for as long as you feel comfortable.

It is important to maintain the attitude of knowing that the healing energy is stronger than the injury or illness you are treating. If you feel drained after doing this exercise, it is due to thinking that the healing energy is coming directly from you. That is not the case. What is really happening is that the universal healing energy, which is present everywhere, is being focused and transmitted through you to the person you are healing. This is an energizing experience and should leave you feel-

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ing great.

As far as I know, there are three types of light that human beings can create. The first is the relaxing light used in “Exercise Two.” The second is the healing light of “Exercise Three.” The third is the energizing light which we transformed into healing light in that same exercise. The type of light you generate depends upon what you are thinking at the time you do these exercises.

Before we continue, let’s consider once again the importance of positive thinking. The thoughts of a person can at times be far more important than the spoken word. Your thoughts somehow create your external circumstances. That may seem way out of whack to some people, but I have found it to be true.

The Relation of Natural Psychedelics to ASCs

Another important point is the relation of lucid dreaming to the altered states of consciousness induced by ingesting certain naturally occurring botanical psychedelic substances. Like many young people, I came upon natural, psychedelic mushrooms. I found that in the beginning, these substances were a sure key to easily entering ASCs. Many writers have commented on this property.

The problem is that when you come back from wherever you went, you probably won’t remember what you did, or where you were, or how to get back there, even if you did reach the inner world in this way. It’s like the recall of ordinary dreams. The only way you know you have been there is by the feelings you still have with you when you come back from the inner plane.

If you want to remember psychedelic journeys, you need to treat them like ordinary dreams. The very moment you return from

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a journey, you should write it down or otherwise record it. If you don't somehow record it, the remembrance tends to vanish.

The trips you take with these natural psychedelics are not the most efficient way to access the inner world. My theory is that you use so much energy to handle the psychedelic experience that there is none left to lay down the memory traces needed to recall the experience. I'm not saying that these substances are always negative; you can learn a lot from them. But the time may come when you stop learning from them. The usefulness of psychedelics seems to be short lived.

Psychedelic substances act as an amplifier, temporarily expanding your consciousness to be more aware. They can be like a key, opening a door to the inner world which was always there, but usually locked. The "lock" is in not recognizing that the inner world exists. Once you have seen this world through psychedelics, you hold the key. It is then easier to recognize when you are there in the future.

After you have seen this, it is important to get beyond the limitations of these substances by learning how to enter this world without them. Keep this in mind if you chose to use psychedelics to enter the inner world.

The Relationship Between Inner and Outer World Vibratory Rates

Having developed some experience on my inner journey, I am able to understand more about the different levels of the inner world. In becoming more aware of these levels, I have also become aware of the levels that exist in the waking world we are experiencing right now.

I would like you to think of it this way: Imagine that there are five different levels of waking life which are distinguished from one another by the amount of harmonious or discordant thinking and feeling that you do. Of course, there are infinite levels, but for simplicity let's just use five:

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1. having discordant thoughts and feelings all of the time
2. having discordant thoughts and feelings 75% of the time
3. having discordant thoughts and feelings 50% of the time
4. having discordant thoughts and feelings only 25% of the time
5. not having a single discordant thought or feeling at any time.

If your thoughts and feelings are on the first level, your life will be surrounded by people and things from that level, and events in your life will happen on that level. The same rule applies to all the other levels. Your habitual thoughts and feelings contribute to the types of events and people you attract. This is better known as the “Law of Affinity”: Like Attracts Like. So, it is important to bring up the percentage of harmonious thinking and feeling in your life every day. It is never too late to start!

The same thing occurs in the inner world. What you experience is dependent on what you are thinking and feeling at the moment. The level at which you enter the inner world, by any technique, is determined by what is called your “dominant vibratory rate.” Dominant vibratory rate is the dominant mood you hold, as in the levels defined above.

In order to change the level you live on in both the inner and outer, material world, you have to change your dominant vibratory rate by altering your thoughts and feelings. The only difference I can see between changing levels in the two worlds is that in the material, waking world, the results take longer to manifest. This is because gravity and friction, caused by the material world moving slower than the speed of light, slow down the effects of thoughts and feelings. Whereas, in the inner world, which moves faster than the speed of light, the effects are immediate.

In case you are wondering, the level of an ordinary dream or a lucid dream seems to be the same level you were on when you went to sleep. But, when you are lucid, you have the power to change the level through controlling your vibratory rate at that time-by changing the harmony of your thoughts and feelings. The

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more harmonious your thoughts and feelings, the nicer your surroundings will be in both the inner and outer worlds. So, learn control of your vibratory rate.

This is a good place to explain movement in the inner world. The inner world is infinite in all directions. There are two basic types of movement available. One is to move laterally (sideways) to any place within the level you are already on. This is what happens when you use the technique of spinning, which was explained earlier. Lateral movement is also possible by walking or flying.

The second type of movement is in the vertical direction; that is, higher or lower in vibratory rate relative to where you are. You can move higher or lower within the same level, or you can move to an entirely different level that is higher or lower than where you started. Vertical movement requires altering your vibratory rate through your thoughts and feelings. An example of this is the “Angels” dream in the last chapter.

As my lucid dream journeys have developed, I am more and more convinced that the place we are in right now, our so-called waking world, is more like the illusion of an ordinary dream than most people believe. It is important to realize that in the same way that a dream becomes lucid when you realize you are dreaming, people need to awaken to the “dream” of waking life by realizing its illusions.

One important example of this is that in the waking world, people believe their lives and destiny are fixed. This is an illusion which lucid dreaming helps you to realize. Through lucid dreaming I have experienced how thoughts control what happens in the dream. This brought me to the idea that my thoughts could be having a similar, but slower, effect in the waking world. By becoming aware that what I think and feel is actually influencing me, I can awaken to the “dream” of my waking world and gain more control over my life.

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The desire to teach lucid dreaming.

On October 9th, 1992, the early autumn of my senior year, I had the following lucid dream. It was the first one for weeks.

“Hawaii”

I am in Hawaii with my folks. I go down to the beach and dive into a huge wave that crushes me. That is when I realize that I am dreaming! I try to breathe underwater. I can't do it, reason unknown. Then I come out of the ocean and start to fly. I fly up to some tall cliffs. Some of my friends are there. I am trying to show them that it is a dream, and that they all can fly. That is when I realize that what I really want is to ask for the higher being to come to me again. I wait and wait. Finally, my alarm clock goes off and wakes me up.

I didn't have another visit from the higher being, or angel, I met before, but this dream once again illustrates my desire to teach others about the properties of lucidity.

As my senior year moved along I began to think about teaching more and more. I began to plan a lucid dreaming class for high school students. It would be an elective worth five credits. I began to design the course outline and contents. My plan was to present it to the progressive, private schools in our area, since the public schools aren't interested in such topics at this time. I finally got the course together, converting it into a self-study outline which will allow you to learn how to lucid dream on your own. You can find the “Lucid Dreaming Course Outline” in the Appendix at the back of this book. Please read through it as though you were the student/teacher, teaching yourself the doorway to lucidity.

Having read my experiences up to this point, and having seen what a thrill lucid dreaming is and what it can give to you, I hope that you will be motivated to start lucid dreaming. I also hope you

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will put in the necessary effort to have a lucid dream soon, if you haven't had one already.

It is possible to have a lucid dream just from absorbing the information that you have read here. But, on the other hand, you might not. If not, you might experience a lucid dream after you start a lucid dreaming class similar to the one I have created. Look through your local newspapers for lucid dreaming classes in your area. Or start one with your friends, using my course outline as a guide.

If for some reason you don't experience a lucid dream after going through a class, then, whatever you do, don't give up! Keep on trying until it happens. The moment you give up trying you will find yourself set back and will have to start all over again. Learning lucid dreaming is like any other type of learning. It requires time, effort and determined dedication.

In order to better understand the lucid dreaming course I describe, you might want to read LaBerge's book, *Exploring the World of Lucid Dreaming*, which I have mentioned previously. I designed the course to correspond with this book.

The next exercise is designed to strengthen your visualization skills and to prepare you for what lies ahead. LaBerge teaches similar exercises to induce lucid dreaming.

Exercise Four: Imagining Yourself in the Inner World

First, lie down in a quiet place and get into a relaxed state as described earlier, using LaBerge's "Sixty-one-point Relaxation" or "Exercise Two" (the ball of light). When you feel comfortable, visualize the room that you are in, with your eyes closed. When you have a good image of the room and feel comfortable with what you are seeing in your mind's eye, slowly visualize yourself moving to the door of the room. See yourself opening the door if it is closed. Walk through the door and take a good look around before you go on. Next, see your-

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self moving outside the building you are in, following the same path you did when you entered. It may seem much easier to just imagine yourself outside without bothering to walk down halls and open doors, but these steps are an important part of the exercise.

Now, once you are outside of this building, chose a place that you would like to go, and go there. Take all the necessary steps to arrive, just as you would normally do in waking life. If you want to experiment a bit, you can go a little faster by seeing yourself speeding up, like a movie played at a faster speed.

Eventually, you will be able to just leave your bed and arrive where you want to go, but take it step by step at first. However you get there, once you have arrived, check it out thoroughly. Get a real feeling for the place. If it is some place familiar to you, then visualize it very carefully, making your image just like your memory of the place. If it is a new place, such as the moon, let your imagination run wild.

Using your imagination, create the scene in great detail. Return there often, noting and creating new features each time. Build various new inner world places in this way, using the power of your imagination. Vividly imagine that you are in a lucid dream. Create all the scenery and characters.

In using these methods, I have found it best to take each step you normally would in the waking world to get where you are going. This strengthens the skills you need to go on to the next exercise. It is like anything else: you have to learn to walk before you can run, jump and fly. You can find out from your own experience what is the best way for you. It will not always be necessary to go through every step to get somewhere, but it is important to use this method when you are first learning. Once you are proficient, you can begin to experiment with your own methods.

You may wish to go somewhere in the past or the future. Re-

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member our discussion on the relationship of time and space. In this visualization state (an alpha state), you have the power to travel through time if you wish. In the inner world you have great freedom of travel.

Exploring the inner world is much like learning in the outer world. You have to pass through the lower grades before you can go to college. And you must train yourself step-by-step, or it can be unnecessarily difficult and frustrating. The experiences, the exercises, and in fact, everything you have read up to now, are all in preparation for “Exercise Five.” It is very important for you to feel comfortable with all of the earlier exercises before trying the next one. Otherwise, you may have difficulty continuing. But if you have practiced, “Exercise Five” will be as easy as possible, and you will get the most out of it in the long run.

Exercise Five is important because many people have trouble entering the lucid dream state. Even those who do it naturally can have long, frustrating dry spells between lucid dreams. As exciting and instructive as these dreams are, they are neither the surest nor the only way to enter the inner world.

After studying LaBerge’s book early in my junior year I was, for a while, able to enter the lucid dream state almost at will. Then the lucid dreams became less frequent, but were still quite numerous. As I entered my senior year, the frequency of my lucid dreams fell off. I had only a few lucid dreams that entire year. The dry spell continued through the summer after my high school graduation. This was probably due to the extra stresses on me at the time.

But despite that, I kept up my character building, my martial arts practice, my self-analysis, my studying, my positive thinking, etc. In this way I was able to develop “Exercise Five,” the centerpiece of this book.

I recently bought LaBerge’s DreamLight, a device which flashes lights on my closed eyelids when it senses I am in REM (dreaming) sleep. It also produces a tone at that time. The combi-

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nation of the flashing lights and the tone reminds my sleeping self that I am dreaming. This reminder, in the midst of a dream, can induce lucid dreaming.

After having the DreamLight for about four weeks and using it about fifteen times, I had three lucid dreams. However, neither the DreamLight nor a combination of all the other techniques I have tried for inducing lucidity work all the time.

I have emphasized lucid dreaming here because it is one of the best ways I have experienced to enter the inner world, and one which few people know anything about. But there are other ways to enter this world. All the ASCs, to one degree or another, allow access to it.

What you will learn from Exercise Five is how to go into your subconscious while remaining conscious, and how to move your vibratory rate up or down. In doing this, it is possible to experience many different levels of the inner world.

Remember that the content of lucid dreams is determined by how you feel at that time—your vibratory rate. Moving between the levels is controlled by feelings. Your goal here is to alter your vibratory rate and perceive a change in your surroundings.

This exercise is best done while already in a lucid dream. If that isn't possible, then being in a visualization state also works well.

Exercise Five: Instantly Altering Your Vibratory Rate

Lying in bed, imagine that you are in the inner world. Fully relax, using one of the techniques described earlier. Visualize your room again, just as in “Exercise Four.” Do this for about ten minutes so that you can clear all the things going through your mind from the day's activities. When you feel that you are relaxed, that your mind is clear, and that the image of where you are is well formed, you are ready to start the exercise.

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Take a few moments to realize what you are feeling right now. Determine whether you feel happy, sad, elated, lethargic, etc. Slowly try feeling a completely different feeling, something higher and more positive. Don't think about this; just use your imagination to change your feelings.

You might move your attention downward to your heart, for that is known in mysticism to be a major center of feeling. In Asia they call this the "heart chakra." In the western tradition, too, it is an important energy center.

Feel what you want to feel, blending all sensations of your being into one. What usually works for me is to think of a pleasant event and how happy I felt at that time. Using memory, I then reexperience that feeling, just as though it were happening now.

When you are experiencing that new and better feeling, you should be able to perceive that you have moved to a new level of the inner world. This is because you changed how you feel. If you feel worse than when you started, you have probably gone to a lower level. On the



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Chapter 6

Healing Through Working With Intention

I thought that I would end this book with the last chapter, but then I regained the ability to enter the lucid dream state at will. It is now autumn, four months after my high school graduation.

I am adding this chapter for two reasons. First, remember that I told you was having trouble achieving lucidity since my junior year in high school? Whatever the blockage was, it's gone. I've been having many lucid dreams since I wrote that section. Of course, I have been taking my own advice and doing my own exercises. Also, as you know, I got the DreamLight from the Lucidity Institute. While I have had only a few dreams in which I noticed the flashing lights of the DreamLight, perhaps its very presence on my head somehow induces increased lucid dreaming.

Second, I want to develop a theme I began in Chapter 4, where I used lucid dreaming for healing others. You may recall how I used a lucid dream to send healing energy to my grandfather, and later discovered he had gotten much better. In this chapter, I want to describe how I am using various lucid dreams to heal my friend Jack.

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The Importance of Intention

I have emphasized that if you were passing through a phase where you were having few or no lucid dreams for a while, take heart. If you don't give up, they will come back. I also want to point out that intention is very important. It helps to have not only the general intention to enter the lucid dream state, but also the specific intention of what you want to do once you are there. I have found that by not giving up, by having a clear intention, and by putting as much effort as possible into doing all the mental exercises explained in the previous chapters, I can have lucid dreams at will. That is what brought me to the point where I had the new lucid dreams I will be sharing with you. I am adding these dreams for your enjoyment, and also to help you feel the enthusiasm needed to not give up doing the exercises at any time, no matter what is occurring in your dream life.

In the early autumn of 1993, I began using the DreamLight consistently. I wear it almost every night, though I rarely see the flashing lights in my dreams. On September 14th, while wearing the DreamLight, I used the Mnemonic Induction of Lucid Dreams (MILD) technique from LaBerge's book and entered the following lucid dream:

“Denial”

I am climbing a mountain of snow with two friends. We get to the top and are looking down. I then think, “This is a dream and I can fly to the bottom of this mountain.” A feeling of denial strikes me and I convince myself that this isn't actually a dream. We walk down the other side into a forest, instantly losing one of my friends. We search for him for a long time before giving up and starting back up the mountain of snow. We are about to get to the top when we are surrounded by some of my high school class members. It turns out we are on a

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school field trip. We climb to the top of the mountain. I stop for a rest. I look over to my right. A girl jumps and flies in the air to the other side of the mountain, landing on the road. I then think, "This has got to be a dream and I can do that." But I am still scared, so I convince myself that I am not dreaming and walk with the rest of the group to the road.

Now I am at the school eating lunch. Some cops come up to me and harass me. The cops take a small packet of a hallucinogen that I was carrying in my fanny pack and eat it. They begin to trip and start to flip out. This is the last thing I need to convince me I am dreaming. So, I step back and say to myself, "This is a dream and I can fly!" instantly jumping up into the air. I am now flying toward my house in Boulder.

I pass a little girl and hear her say, "I want to fly like that man." I land on top of her house and say to her, "This is a dream and you can fly like me." All of a sudden she flies up into the air. I am flying next to her when I seem to lose altitude, for what reason I don't know. But I fall to the ground, scraping my chest on the pavement. I am now lying on the ground looking at my chest. It is bleeding badly and it hurts. The pain eventually wakes me up.

As I was waking up, I felt the pain in my chest for a brief moment until I was fully awake; then it slowly faded. I awoke in amazement from this lucid dream, at about 7 A.M., wanting to have another one.

The power of intention: I heal myself.

As I awakened from the "Denial" dream, I noticed I had a bad cold. I felt it was a perfect time for me to practice having a specific intention for my lucid dream and, furthermore, an intention to heal. I figured that if I could do a healing for my grandfather, I could do one for myself. So, using LaBerge's MILD technique, I

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began to prepare myself. But instead of repeating to myself, “When I am dreaming I will recognize I am dreaming,” as he suggests, I repeat, “I will dream that I am flying, and when I am, I will recognize that I am dreaming and I will surround myself with healing energy from my lucid dream.”

This particular preparation for lucidity had another new feature as well. Remember I have emphasized that having a specific intention is very important and can be very powerful. When using the MILD technique, with or without the DreamLight, and letting yourself fall asleep before entering the lucid dream, you have to somehow remember your waking intention. However, in this next lucid dream I was able to enter the lucid dream state without going to sleep first. LaBerge calls this a Wake Induced Lucid Dream (WILD). For some reason, I just began to frequently have WILDs.

While having the dry period I described to you, I read another book called *Lucid Dreaming in 30 Days*, by Keith Hararay, Ph.D. (1989). The exercise for Day 17, “High Lucidity” (page 55), suggests just how to enter a WILD. I find I can do what Hararay says and enter the lucid dream state from what psychologists call the hypnogogic state - the state between waking and sleeping. Hararay says that we must try to form hypnogogic images, but I find that they just come automatically.

So, there I was, having just awakened from a lucid dream, lying in my bed with a cold. I formed the intention to enter another lucid dream, and to heal myself in it. I used a combination of relaxation techniques. While relaxing, I replayed the lucid dream from which I had just awakened. Then I repeated the mnemonic: “I will dream that I am flying, and when I am, I will recognize that I am dreaming and I will surround myself with healing energy from my lucid dream.” The next thing I knew I was in the following lucid dream.

“Healing Myself”

I am talking to my Dad as we walk toward some tall buildings. I know I am dreaming and I begin to fly. Now

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I am on top of a building with some friends. I glance over two buildings away from me and see my Dad standing there. It seems that he wants to come over to me, but he can't fly. I think of bridges connecting the buildings and instantly they appear. He begins walking towards me. Then I realize my intention of healing myself, thinking I can't do it with these people disturbing me.

So I fly down to some trees and sit in a cross-legged position. I create a ball of yellow energy between my hands. I instantly surround myself with this yellow energy. I can feel its power. It becomes so strong that I wake up.

As I awaken, I am amazed to find that my cold has gone and I feel great!

This demonstrates that having an intention is very important and can help you to accomplish what you wish to do. Having a clear intention is especially important in a healing situation because the power of the dream state is most amazing, and without an intention you can't make use of that power.

This is not an isolated incident. Dr. Patricia Garfield has published a book on this topic entitled *The Healing Power of Dreams* (1991). In it are several examples of seemingly miraculous healings which occurred during or just after healing dreams.

The power & importance of intention.

It is essential that you form a very strong intention before entering a lucid dream; otherwise you might have a hard time remembering exactly what it is you want to do. However, using the WILD technique, where there is no loss of consciousness before dreaming, there is no problem in recalling what it is you want to do. You don't even have to remember. Your intention is already there because you do not go to sleep first and forget it. It is one of the

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great benefits of WILDs.

In either case, that is, in entering a lucid dream from the sleep state or from the waking state, it is important to repeat your intention to yourself to the point where it carries you along into the lucid state. By remembering your intention, once you are in a lucid dream you will be able to carry out that intention. So, add the suitable words that define your intention to the end of the MILD induction: “When I am dreaming I will remember I am dreaming.” Also, try putting a picture or object that represents your intention near your bed, or even sleep with it in the bed. If your intention is to fly, for example, then put a picture of an airplane, or of Superman, or of any other thing that represents flying to you where you can easily see it from the bed. Focus on it before you close your eyes and begin your MILD induction. These extra cues will help you remember your intention.

Keeping this in mind, let’s move on to the first dream in which I was successful in my intention to heal my friend Jack. You may recall that Jack was important to me in the original development of lucid dreaming. He has been rather ill and in need of help, so I decided to dedicate the next few months of lucid dreaming to healing him. I also wanted to share these dreams with you, hoping to teach you a good technique for healing in the lucid dream state, as well as to inspire you to heal yourself and others.

On the morning of September 19th, 1993, I awakened from an ordinary dream. As I lay there, I thought to myself that I’d like to enter a lucid dream with the intention of healing Jack. I started off with the “ball of light” relaxation technique and began repeating the dream mnemonic, adding my intention to heal Jack. At the same time, I visualized a previous lucid dream. This was another WILD, because the next moment I found myself in a lucid dream.

“Healing Jack #1”

I am at my house in Boulder and I realize I am dreaming.
I am flying around having lots of fun. I then realize my

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intention to heal Jack. I land and sit in a cross-legged position. Next, I create a ball of energy. For some reason, the energy is colored like a rainbow. I envision Jack in the middle of it. I am having a hard time seeing him there. I finally get a flash of him in the ball of energy and at that point I wake up.

The morning of that first attempt, I went to visit Jack. It turned out that he was feeling better than he had in months! Jack had a long standing case of tuberculosis, along with some secondary conditions that sapped his vitality.

I was successful in my first healing for Jack, but for some reason I had a very hard time envisioning him in the ball of healing energy. That is when I decided that next time I would not create the ball and then see him in it; instead, I would first find him, and then surround him with the healing energy.

I was dissatisfied because I hadn't been able to hold on to Jack in the dream, even though the healing itself had worked well. A few days later, on September 22nd, I had another lucid dream using the intention of healing Jack. It was morning again, and I had just awakened from an ordinary dream. I set the intention of having a healing lucid dream for Jack, and began doing the same exercises that had induced the "Healing Jack #1" dream. I was instantly in the following lucid dream:

"Looking for Jack"

I am flying toward Jack's house to heal him, and I know I am dreaming. I am looking for his house but can't find it. I keep looking for Jack, but I can't find him anywhere. I am now in a house next to Jack's, but am slowly starting to forget that I am dreaming. Then I wake up.

I include this failure to hit my target to show you the development of a lucid dreaming plan. As I practiced my specific inten-

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tion and my exercises, I hit my target of finding Jack more and more frequently. So, never give up. Always forge ahead. As you will soon see, it works.

I thought about the “Looking for Jack” dream for a while and decided that the reason I had not been able to find him was that we were not on the same vibratory level. As I mentioned above, it is important for people to have close rapport with one another and to achieve the same vibratory level in order to meet in their dreams, and even to have mutual lucid dreams which they both can recall. In this case it was not important that Jack recall the dreams, only that he be influenced by them. But the need for rapport was still there.

I had two more lucid dreams that week. But both times, I forgot my intention to heal Jack, and nothing came of them.

I have mentioned that Jack had TB, which is treatable. But he also had a suspicious looking spot on his tongue which interfered with his eating. I was anxious to heal his tongue so he could eat again.

Before attempting another healing dream for Jack, I got a crystal from him with a lock of his hair attached to it, and a picture of him. The crystal was on a chain. On the morning of October 1st, with the photo nearby, I put the crystal around my neck. I then fell asleep with the intention of having a healing lucid dream for Jack. I used the WILD technique again. Instantly, I found myself at my brother’s dorm.

“Healing Jack #2”

I am at Orion’s dorm. I jump off the balcony and fly to Ward to my friend Derick’s house. Then I fly to Jack’s house to heal him. As I fly there, I scrape my chest on the tops of the trees. I get to Jack’s house and begin to heal him. This time the healing energy is focused on his tongue and is a whitish-yellow. The energy is going from me to him, traveling through the air the way a bubble

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floats. I do this healing for a long time, about fifteen minutes. I will myself out of the dream when I think I am finished. I wake up.

This dream showed me that when I used the items Jack had given me, I had no trouble locating him in my lucid dream. If you are searching for a friend in your lucid dreams, obtain some articles of sentimental value from the person. These will help put you on the same vibratory level as your friend, and you will be able to reach and communicate with them more easily.

I continued with my healing plan. On the morning of October 5th, I had two lucid dreams. To induce the first dream, I again used the WILD technique. In the dream which instantly followed I was, again, intent on healing Jack. This lucid dream was different from the others in that it was a lucid dream within another lucid dream. As the first lucid dream opened I am apparently asleep and dreaming another lucid dream:

“Healing Jack #3”

I am sitting at the table with my Dad and Barbara, at home in Ward. They look at me and want to talk to me about some reading they want me to do, but they see that I am asleep and dreaming. Even though I am asleep and dreaming, I can hear them talking. But my real focus is on the dream I am dreaming within the first dream.

In the second dream, I am flying to Jack’s house to heal him. He isn’t home, so I go to the store to heal him. There he is. I begin the healing and realize that his wife Rosemary, who recently passed away, is also there. I am now talking to her. She is telling me something about the crystal that Jack gave me to connect with him. It is something important.

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I then wake up at the family house again, with my Dad and Barbara present. They see that I am awake and ask if I want to go to dinner. At this point I forget that I am dreaming. So I go to dinner with them and later wake up for real in my bed.

This dream is peculiar not only because it is a lucid dream within a lucid dream, but also because there is a false awakening from the second lucid dream back into the first. Only then do I lose lucidity. It is also odd because in the second lucid dream I talked to someone who is no longer on the physical plane. I know from my reading that many people visit the dead in their lucid dreams, and now I've done it. Perhaps Rosemary was helping me to heal her husband.

My high rate of lucid dreaming continued through the early weeks of autumn. Between September 10th and October 11th, I had nineteen lucid dreams, fifteen of them induced by the WILD technique. On the morning of October 11th, I awakened in my bed in Ward. Using the WILD method as usual, I found myself in Mexico. I had been planning a long trip to Mexico for some time, and there I was.

“Healing Jack #4”

I am sitting by the ocean in Mexico, watching the waves. I am fully aware of my intention to heal Jack. I begin to fly back towards Ward. I fly for one full day and land at some hot springs. I have a companion who isn't able to fly, so he walks instead. We stop at the hot springs and camp. We eat dinner. Then I fly again for another full day. When I see Boulder, I realize that I don't have to fly; I can teleport myself to Ward. I am up in the air and I let myself fall. I spin downward, thinking about where I want to be. And then I am there.

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I go to Jack's house and tell him that we're going to do a healing. He puts five crystal balls beside us. Inside the crystal balls are different figures of the Buddha. I pick one up and can feel immense healing energy coming from it. I then begin to do the healing. I somehow know that the hands correspond to the head and tongue areas. I grasp Jack's hands in my own and send the yellow healing energy of the lucid dream. I continue this for about twenty minutes in the lucid dream. At this point, I awaken in my bed in Ward.

It is interesting to note that the day before this dream, Jack told me that he intended to ask for healing Buddhas and other high beings to heal him. Apparently, one answer to his prayer was this dream, in which healing Buddhas actually appeared.

The final lucid dream I want to share with you shows how I interpreted the cue from the DreamLight while in a lucid dream. It is also an example of how LaBerge's "state-test" technique can prove to you that you are dreaming. Once you are sure that you are dreaming, you are better able to control what you do in the dream. This lucid dream was another WILD with an intention to heal Jack.

"State-Testing"

I realize I am dreaming in Ward and fly to Jack's house. As I walk in, he is sitting in his chair. I say, "Jack, this is a dream and I'm going to do the healing." I take a state-test by looking down at a piece of paper with writing on it. It is sitting on the table next to a light. I then look away, and when I look back the writing has changed. That convinces me that this is a dream. Instantly, the light sitting on the table begins to flash. I then say, "Jack, that's the DreamLight telling me that I'm dreaming. This is a dream." I immediately start the ball of healing en-

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ergy and begin to pass it to Jack when I am, unfortunately, awakened by a loud noise outside my room.

In this lucid dream, I had immediate and effective control because I was completely convinced that I was dreaming. This conviction came as a result of the state-test I took, and was reinforced by the flashing cues from the DreamLight. Once I was sure I was dreaming, I was able to control the dream and develop the ball of healing energy with almost no effort. There was no hesitancy or confusion in trying either to remember my intention or to carry it out.

In other lucid dreams, I knew that I was dreaming but was not completely convinced. Therefore, I was not always able to have complete control and do things like fly. It is when there is no doubt whatsoever in your mind that you are dreaming that you are able to manipulate the dream anyway you wish.

Conclusion

Along with these lucid dreams, I have been doing healings for Jack from the visualization state. I think this is just as powerful, as long as you can get into rapport with the other person.

Jack is now able to eat because his tongue is so much better. He no longer feels any pain, and the sore is almost completely gone. It appears that my healing work for him is helping. His condition may require several more lucid dream healings and, in fact, I intend to use lucid dreaming to heal Jack for as long as necessary. Even while I am on a long trip to Mexico this winter, I will use my lucid dreams to return to Colorado and heal Jack whenever I wish. Distance means nothing in lucid dreaming. Intention is all.

Having read these healing dreams, I hope you see the power of the lucid dream state and what it has to offer in this regard. I also hope you see the importance of having a clear intention before you enter the dream. Using this knowledge to help yourself

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and your friends in need of healing is a beautiful example of carrying out an intention in the lucid dream state.

If you decide to use some of your lucid dreams for healing, it is important that you be consistent in your healing attempts. As with any other type of lucid dream, you can't give up after one or two tries. Keep at it!

And in between healing lucid dreams, when you think about yourself or your friend, don't think "I'm going to try to heal." Rather, always think of yourself or your friend as already healed. Remember the great importance of positive thinking? Here is another instance of it. Both asleep and awake, always imagine that the task you wish to complete is already completed. This opens the path to completion.



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Chapter 7

Conclusions

Here is a brief review of the major themes and techniques covered in this book, along with a few parting thoughts.

Chapter 2: Character Building Through the Martial Arts

The next time the martial arts cross your mind, I hope you will see the power of the human body and mind when it is put to a positive use. I also hope you now realize that the martial arts are not used for violence or destruction, as you may have thought before.

I have tried to show how very important it is to take self-discipline and self-confidence seriously, with no exceptions. The character building you accomplish can be used for what is most important when you enter the inner world - strong intention and positive thinking. Having read this book, you may want to take at least two steps in character building for every one step you take into the inner world.

Chapter 3: Growth Through my First Lucid Dreams

When you enter the inner world through your dreams, you can be in the state of mind people call Lucid Dreaming.

Recording your dreams enables you to develop dream recall. With dream recall, you can begin the process of lucid dreaming.

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But, what if everyday life is actually a dream and all we have to do is realize it? The lucid dreaming state seems as real as ordinary daily life. When you awaken from a lucid dream, the characteristics of that dream can last all day, and sometimes even through the next day. This is one reason people pursue lucid dreaming, and perhaps it is one of your reasons.

In the lucid dreaming state, spinning can be used as a means of instant transportation within the level you are on, without movement of your body or the scenery. Using this technique, you can explore the inner world, going any place you choose.

The alteration of your feelings may cause you to awaken from the dream state.

Positive thinking is important to help your growth in the inner world. It can also help your waking life dramatically. Always keep in mind the power of thoughts that contribute to the highest good - Universal Welfare - especially in inner world experiences.

Chapter 4: Learning Through Visualization

Visualization is very important and not to be taken lightly. That is why I developed exercises to help develop visualization skills. Visualization is not an easy task, so if Exercise One doesn't work for you, please find one that does, or invent one of your own.

Becoming aware of your feelings in waking life can help keep you lucid in a dream because everything in the inner world is based on emotion.

It is very important to understand the significance of character building in relation to inner world experiences. Travelling in the inner world with a weak character is like giving a little kid a loaded gun ready to go off. If you don't get my meaning, please go back and read about the dangers of using inner powers without character building as explained in this chapter.

You now have all the information you need to experience a mutual lucid dream. Remember that you must first have the same vibratory rate as your friend, which will allow you to be on the same level.

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Chapter 5: Lucidity Through Working With Energy

In your experiences, you may have realized that to gain inner world control, you must be relaxed. That is the reason for Exercise Two, "Relaxation." This relaxation technique can help you enter the inner world more easily. If this technique doesn't work for you, then please find one that does, or invent one.

By combining Exercises One, Two, and Three, you may now be able to distinguish the different types of light that can be created and used for inner world development.

I hope you now have the information and enthusiasm to begin your own lucid dreaming. There are many ways to do this. Using the "Lucid Dreaming Course Outline" in the Appendix, along with Stephen LaBerge's book, is one technique that works well.

I hope you have learned the power of thought, along with the importance of positive thinking and character building. After gaining inner world experience, please do not forget the importance of the highest good - Universal Welfare. Everything done through the inner world must be directed toward Universal Welfare. All beings must prosper from your actions as much as you do.

For people who have so far been unsuccessful in having a lucid dream, I have developed Exercises Four and Five to help induce similar experiences through a meditative-like state. Exercises One, Two and Three help to prepare you for Exercises Four and Five.

It is best to repeatedly practice the first four exercises until their results come easily. This will make the results desired from Exercise Five more easily attainable. Remember that Exercise Five is best done from within a lucid dream. But if you do that yet, the same experiences can be gained from a state of visualization.

In using character building, positive thinking, and directing your efforts through Universal Welfare, you will enhance your inner world experiences during lucid dreaming and be able to al-

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ter your life in any direction that you wish.

Finally, for any readers who may be wondering what happened to my lucid dreaming companions Fred and Jack, we are all still working together develop our inner skills and achieve mutual lucid dreaming.

Chapter 6: Healing Through Working With Intention

If you would like to heal your friends in your lucid dreams, or through visualization, remember that first you must adjust your vibratory rate to that of the person you wish to heal. Your love for that person is the first step. Love for others creates rapport faster than anything else. Second, it helps to obtain some personal items from that person, such as a photo, some hair, or sentimental items like jewelry and clothing. Then, when you find yourself within the lucid dream, or in the visualization, remember your intention to heal the other person. See the healing energy flowing from the lucid dream atmosphere to the person.

The energy needs to be the correct color. There are many sources available for reading about which colors to use for healing. Each case is different.

Once you have visualized the healing energy, transfer it to the person in whatever way occurs to you. You can also focus the energy on yourself for your own healing.

Remember that lucid dreaming and the exercises in this book are skills that take time to develop. At first they may be difficult to accomplish, but with practice they can become as easy as anything else in life. Just remember that concentration is the arrow that can pierce the illusion of reality and open the door to lucidity.

So farewell, dear friends, and happy dreams!



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Appendix

Lucid Dream Course Outline

Course Description

In this course, you will learn how to become conscious while in the dream state. You will be able to travel to places you have never imagined, do things that are impossible in the waking state, and ask your subconscious mind questions about the unknown. Doing all this will also help you to improve your everyday, waking life.

Each student in the course should have a copy of the two required textbooks (this book and *Exploring the World of Lucid Dreaming*), and a dream notebook or journal for keeping daily records of dream experiences. Keeping dream records will quickly increase your dream recall and enable you to focus your attention on the dream world.

Dream recall and lucid dreaming require application, discipline and hard work. The rewards are more than worth it!

Course Objectives

1. Develop conscious awareness while in the dream state

- A. Go to unimagined places
- B. Do things impossible in the waking state
- C. Ask unconscious mind questions unknown in the waking state

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2. Improve everyday life

- A. Give aspiring emotions
- B. Uplift everyday mood
- C. Raise dominant vibratory rate

3. Gain new experiences

- A. Lucid dreams
 - B. Improved dream recall
 - C. Visualization
 - D. Expansion of viewpoint in both waking and dream worlds
- Course Strategies

4. Set goals

- A. Define long-term plan-your “vision”
- B. Identify short-term objectives-to gauge progress

4. Read lucid dream literature

- A. Molfese, Jerimiah. My Adventures in Lucid Dreaming, Ward, CO: Metaphysical Press, 1994.
- B. LaBerge, Stephen and Howard Rheingold. Exploring the World of Lucid Dreaming, New York: Ballantine Books, 1990.

5. Keep a Dream Journal

- A. Purpose
 - 1 Increase dream recall
 - 2. Provide a means to review dreams regularly
 - 3. Enable identification of “dream signs”
 - 4. Improve ability to enter lucid dreams
- B. Work Plan Write dreams daily.
 - 1. Review dreams weekly
 - 2. Compile “dream signs”
 - a. Review ten to twelve dreams
 - b. Identify recurring elements (dream symbols that occur often)
 - c. Create a list of dream signs
- d. Memorize dream signs

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- e. Classify dream signs into categories
- f. Target dream categories
- g. Provide written accounts of five with dream signs identified
- h. Look for dream signs while awake

Course Assignments

Assignment One: Relaxation

Before you can become lucid, you must learn how to relax your body. Relaxation allows your mind to go into the dream state more easily. You will also have fewer distractions from your body (like itches) if you relax well before sleep.

Your assignment is to find a relaxation method that works well for you, and then write a description of it.

Assignment Two: Questions and Answers

Read “Questions and Answers” in LaBerge’s book (pages 29-35). Write a question that you have about lucid dreaming. If you are in a dream group, the group can review these questions. If not, search the literature on lucid dreaming for your answer.

Assignment Three: Testing Your State of Consciousness

A “state-test” is one of LaBerge’s techniques to confirm whether or not you are in the dream state. A state-test begins when you ask yourself, “Am I dreaming or am I awake?” As you ask this question, look at some object around you. Then look away. Then look back at it again. If you are awake, the object will not change. If you are dreaming, it will.

Take a state-test whenever you experience anything that reminds you of one of your dream signs. This practice helps to program your consciousness, so that you can recognize when you are dreaming.

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Your assignment is to read pages 59-65 in LaBerge's book. Create a list of times when you want to take a state-test. This list can then be used as a schedule for testing your state of consciousness.

Assignment Four: Reviewing Techniques

When you have read up through page 116 in LaBerge's book, you will be familiar with the seventeen techniques that can be used to enter a lucid dream. Review each of these techniques until you find one that works well for you. Once you have discovered the technique that is most powerful for you, practice it so that it becomes easier to enter the lucid dream state.

Assignment Five: Analyzing Your Progress

This is a long-term assignment. It involves periodically reviewing the experiences recorded in your dream journal to see the progress you are making. Verify that you are achieving the goals you set for yourself. Setting and attaining goals, along with seeing your actual progress, are powerful confirmations that help reaffirm to your subconscious your commitment to attaining lucidity.

As LaBerge suggests, after you have recorded 10 or 12 dreams in your dream journal, use them to identify your own personal dream signs. When you have identified unusual dream elements that occurred more than once, compile a list of dream signs to memorize and study. After you have done this, and you encounter one of these dream signs again, you will know you are dreaming! As you read this book and LaBerge's book, these dream sign categories will become much clearer.



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My Adventures in Lucid Dreaming
by Jerimiah Molfese

**Bored with everyday life? Looking for some excitement?
Join Jerimiah Molfese as he ventures into the amazing world of Lucid Dreaming!
As a young student, Jerimiah wrote this manuscript to inspire his high school
friends. People of all ages will enjoy Jerimiah's fresh approach,
imagination and youthful enthusiasm.**

**Come along as Jerimiah explores many dimensions of the inner world.
On his adventures, he learns to use healing energy to help his grandfather,
meets a higher being, and shares the same lucid dream with one of his mentors.
Jerimiah shows how anyone can have similar experiences, giving step-by-step
instructions and exercises he developed along the way.**

(Figure 1)

The place I went to in the lucid dream called "Patterns" described on page # 33.

