

PDF 1

DREAM DIARY

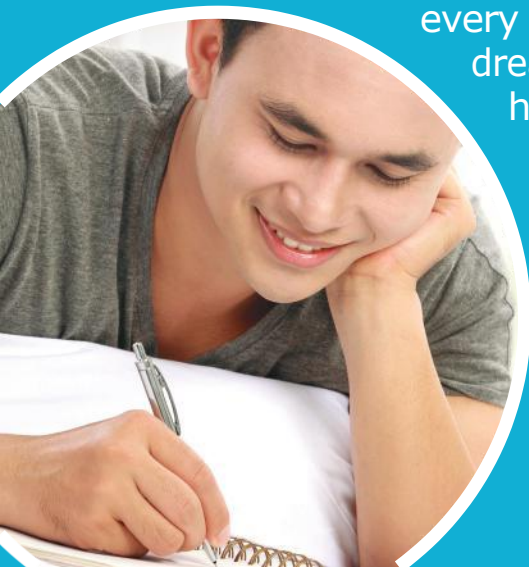
Whenever you wake up from a dream, recall as much of it as you can and then write it down or document it in some way. You don't need to record every tiny detail – you'll know what feels worth noting and what doesn't.

Focus on the main themes and feelings, the general narrative and any strange dream anomalies that you can recall. You're recording your dreams primarily so that you get to know the landscape, the atmosphere, and the 'territory' of your dreams – three aspects that will help you to recognize your dreams lucidly.

You don't need to spend half an hour every morning documenting your dreams; in fact, you'll be surprised how much you write up in just five or 10 minutes. I rarely spend more than 10 minutes writing down my dreams at night, but I often expand them further over breakfast. >>



**'YOU'LL
KNOW WHAT
FEELS WORTH
NOTING
AND WHAT
DOESN'T.'**





MONDAY'S DREAM

DATE / /

(1) What happened in the dream?



(2) How did you feel upon awakening?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



TUESDAY'S DREAM

DATE / /

(1) What happened in the dream?





WEDNESDAY'S DREAM

DATE / /

(1) What happened in the dream?



WEDNESDAY'S DREAM

(2) How did you feel upon awakening?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



THURSDAY'S DREAM

DATE / /

(1) What happened in the dream?





DATE / /

(1) What happened in the dream?



(2) How did you feel upon awakening?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



SATURDAY'S DREAM

DATE / /

(1) What happened in the dream?





SUNDAY'S DREAM

DATE / /

(1) What happened in the dream?



SUNDAY'S DREAM

(2) How did you feel upon awakening?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



PDF 2

SPOTTING DREAM SIGNS



‘MOST PEOPLE’S
DREAMS ARE FULL
OF DREAM SIGNS.’

A dream sign is any improbable, impossible or bizarre aspect of dream experience that can indicate we’re dreaming. Most people’s dreams are full of dream signs – things as far out as talking dogs and dead relatives or as subtle as dreaming of being back at school. Basically, if it’s something that doesn’t usually occur in waking life, it may well be a dream sign.

There are many different categories of dream sign, but I classify them into three main groups:

- 1 **ANOMALOUS:** random, one-off anomalies such as talking fish or ninja babies.
- 2 **THEMATIC:** dreamlike themes or scenarios such as being back at school or being naked in public.
- 3 **RECURRING:** dream signs that have appeared multiple times. These are a real boon for lucid dreamers.

One of the most important reasons for keeping a dream diary is to record and chart our personal dream signs. But how does all this lead to lucid dreams?

By acknowledging our particular dream signs in the waking state we create a lucidity trigger that’ll be activated the next time we see that dream sign, thus triggering lucidity.

SPOTTING
DREAM
SIGNS

EXERCISE 1

Let's have a trial run at spotting dream signs using this example of a dream...

"I was in a large outside area that was populated with children and adults. I realised that I was outside my old school.

I looked down and saw that I was with my dog Monty. Monty could talk and was telling me about the sadness that he experienced being a dog.

We walked down the street together like two friends and I noticed that the street was like a treadmill that would

move you along the sidewalk even if you weren't walking.

At the end of the sidewalk I saw flowers blooming very fast, like a time-lapse film, as I looked at them and behind the flowers I saw my dead grandma Jay again (that's the 3rd time in 2 weeks!) and it seems normal for her to be there, as she was linked to the flowers somehow. I woke with a feeling of calm serenity in my stomach."

- 1 How many **ANOMALOUS** dream signs can you spot? Underline each one.
- 2 How many **THEMATIC** dream signs can you spot? Circle each one.
- 3 How many **RECURRING** dream signs can you spot? Draw a box around each one.

Ready for the answers?... »

SPOTTING DREAM SIGNS



'IF IT'S
SOMETHING
THAT DOESN'T
USUALLY OCCUR
IN WAKING LIFE,
IT MAY WELL BE A
DREAM SIGN.'



ANSWERS:

- 1 There were three **ANOMALOUS** dream signs: talking dog, treadmill sidewalk and the time lapse flowers.
- 2 There was one **THEMATIC** dream sign: being back at my old school
- 3 There was one **RECURRING** dream sign: my dead grandma



SPOTTING
DREAM
SIGNS

EXERCISE 2

Once you've pinpointed your dream signs, make a determined effort to be on the lookout for them in future. This effort will permeate your dreams, and eventually you'll start recognizing dream signs while you're dreaming and become lucid.

Before bed, remind yourself again and again by reciting in your mind:

The next time I see (insert dream sign) I'll know that I'm dreaming! The next time I see (insert dream sign) I'll know that I'm dreaming!

Then, when you next dream about your particular dream sign, the lucidity trigger will be activated, making you spontaneously think, 'Aha! This is a dream sign, I must be dreaming!'



PDF 3

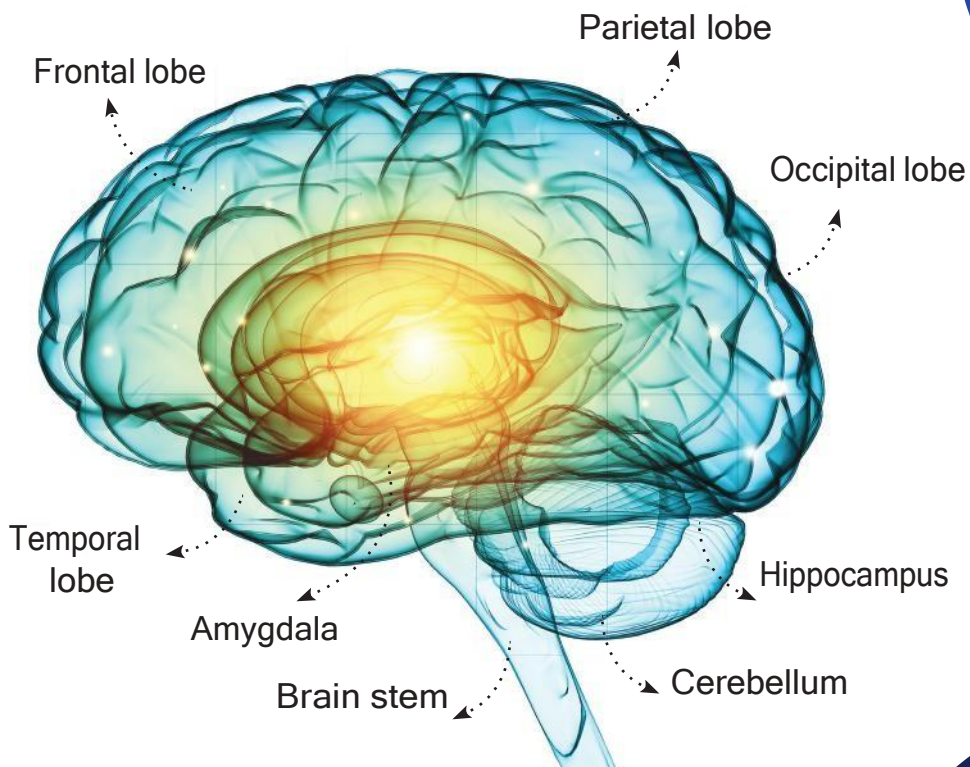
DREAM NEURO- SCIENCE



'LUCID DREAMING
CONSTITUTES A
HYBRID STATE OF
CONSCIOUSNESS'

Lucid dreaming has been a scientifically verified phenomenon of dreaming sleep for almost 40 years. It exists, and we know this because it has unique and 'discernable neural correlates', which means that it's not just psychological, it's physical. But how does it actually work? »





In 2009, researchers at Frankfurt University's neurological clinic confirmed that 'lucid dreaming constitutes a hybrid state of consciousness with definable and measurable differences from the waking state and from the REM (rapid eye movement dream state).'¹

Then in 2012, at Munich's Max Planck Institute of Psychiatry, it was discovered that when lucid consciousness was attained within the dream, activity in 'brain areas associated with self-assessment and self-perception, including the right dorsolateral prefrontal cortex and frontopolar regions, increase markedly within seconds.'²

How did they discover this? If you hook someone up to brain monitoring equipment such as EEG, or a functional magnetic resonance imaging (fMRI) device – a type of scanner that uses magnetic resonance imaging to create a live picture of the brain's activity – and watch them dream, you'll see that the brain stem and occipital lobe in the back part of the brain become highly active, whereas the very front part of the brain, the prefrontal cortex, is almost entirely inactive.





Scientists believe that the personality centres³ and the sense of self originate in areas in the prefrontal cortex,⁴ so, as these areas of the brain are 'offline' while we dream,⁵ we can happily accept that we really are, say, the queen of Egypt. Until we wake up, our prefrontal cortex comes back 'online' and we realize that being the queen of Egypt was just a dream.

But in a lucid dream a different process occurs. When we become lucid, areas in the prefrontal cortex switch back on while we're still dreaming, and so we think, *Hang on, queen of Egypt?... I must be dreaming!* Or, in the poetic terms of meditation expert Rob Nairn: 'Once we realize that what we thought was real is actually a dream we experience a direct shift in consciousness. And so the labyrinthine psyche is revealed to us.'⁶



**'ONCE WE REALIZE
THAT WHAT WE
THOUGHT WAS
REAL IS ACTUALLY
A DREAM WE
EXPERIENCE A
DIRECT SHIFT IN
CONSCIOUSNESS.'**



DREAM NEURO- SCIENCE



‘DREAMING IS
MAINLY A RIGHT-
BRAIN ACTIVITY;
THE LOGICAL LEFT
BRAIN IS ALMOST
ENTIRELY OFFLINE.’

THE NEUROSCIENCE BEHIND REALITY CHECKS

Until you’ve actually experienced doing a reality check, it can seem quite far-fetched, but let neuroscience put your mind at ease.

Dreaming is mainly a right-brain activity; the logical left brain is almost entirely offline while we dream. But when it comes to detailed information-processing, such as fluent reading, recognition of complex symbols and identifying detailed patterns, we rely almost solely on the superior processing speed of our left brain⁷. So the left brain contains the program for ‘how to read’ and ‘how to recreate detailed patterns’, but because it is almost entirely offline while we dream, if we try to process detailed patterns, we’ll be stumped. Working on this basis, we can see why all the reality checks that involve fluent reading and recreating detailed patterns are especially difficult within the dream state.

This book contains quite a few techniques that engage the respective specialities of the left and right hemispheres of the brain, so before we move on it’s worth having a look at these hemispheres more closely.



I am the
left brain...

Logic
Decisions
Accurate
Analytic
Reasoning
Practical
Strategic
Controlled
Realistic



I am the
right brain...

Intuition
Love
Freedom
Creativity
Fantasy
Sensuality
Passion
Peace
Artistic

A few years back we could get away with saying that the left brain only does this and the right brain only does that (see diagram) but advancements in brain imaging technology now show that it's not that clear cut.

However, we can definitely still say that the left hemisphere deals more with logical, calculating tasks, whereas the right hemisphere deals more with imaginative, creative tasks.

It's as if your headspace is shared by both an artist and an accountant. The left hemisphere also contains the 'I am' program, the basis of our egocentric sense of self, whereas the right hemisphere contains a potential for interconnected oneness that is usually subjugated by the dominance of the left brain and its 'I am' motherboard. Neuroscientist Jill Bolte Taylor says that the right hemisphere operates like a parallel processor (it can carry out multiple tasks simultaneously), but the left is like a serial processor (it carries out individual tasks in sequence), and although the two hemispheres do communicate through the corpus callosum, the link between the two, they are in many ways each quite unique (see diagram over).

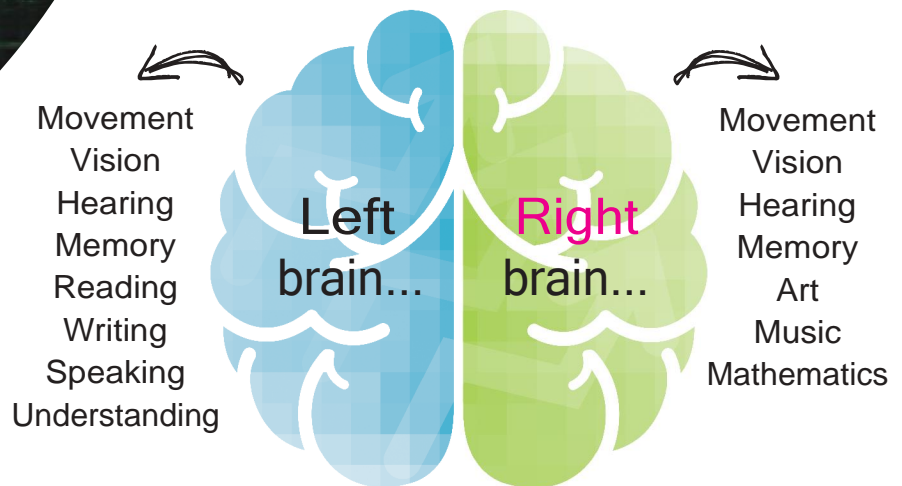


**'IT'S AS IF YOUR
HEADSPACE IS
SHARED BY BOTH
AN ARTIST AND AN
ACCOUNTANT.'**



PDF 3

DREAM NEURO- SCIENCE



Interestingly, research has shown that once we actually have the 'Aha!' moment of lucidity, left-hemisphere brain function comes back online within about 30 seconds⁸, meaning that reality checks may become less noticeable as the lucid dream progresses.

Although opportunities for reality checks will often crop up in your dreams naturally, they are usually only engaged once you spot a dream sign and need confirmation of your present reality.

You can, however, actively hasten the process by getting into the habit of conducting reality checks while you're awake. This habit will naturally carry over into your dreams, so that soon you will actually dream about doing a reality check.



**'ONCE WE
ACTUALLY HAVE
THE 'AHA!' MOMENT
OF LUCIDITY, LEFT-
BRAIN FUNCTION
COMES BACK
ONLINE.'**

References

1. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2737577/>
2. Max-Planck-Gesellschaft (July 27, 2012). Lucid dreamers help scientists locate the seat of meta-consciousness in the brain.
3. DeYoung C.G., Hirsh J.B., Shane M.S., Papademetris X., Rajeevan N. and Gray J.R. 'Testing predictions from personality neuroscience' (June 2010). Psychological Science 21(6): 820-828. doi:10.1177/09567610370159. PMC 3049165. PMID 20435951.
4. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3707083/>
5. Activity within the dorsolateral prefrontal cortex ceases entirely during REM sleep.
6. Rob Nairn, Tara Rokpa Centre Christmas retreat, 2013
7. Jill Bolte Taylor, My Stroke of Insight, Hodder and Stoughton, 2008
8. <http://www.lucidity.com/NL53.ResearchPastFuture.html>

PDF 4


HYPNAGOGIC AFFIRMATIONS

Let's take some time to look at how to create a hypnagogic affirmation.

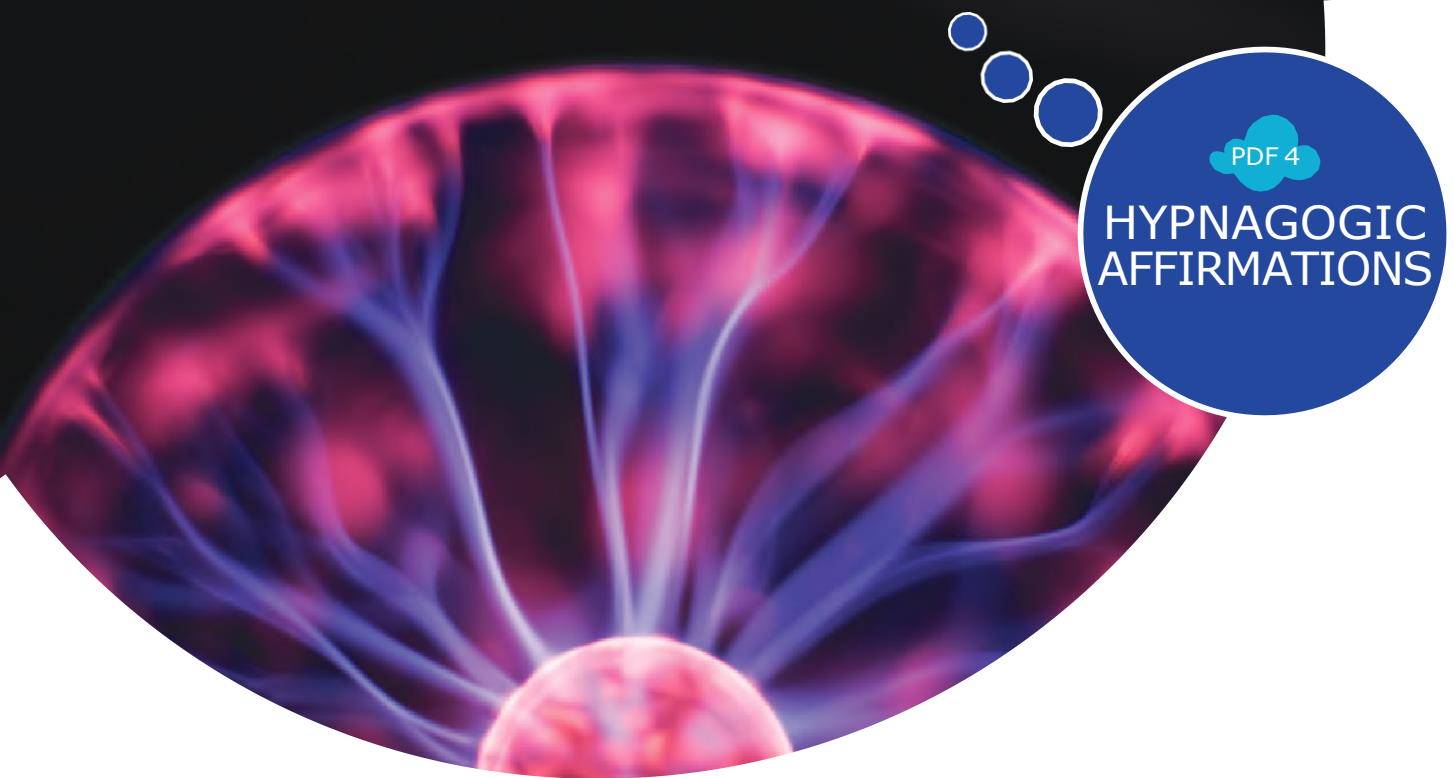
We want the affirmation to be as close to present tense as possible and definitely affirmative rather than negative (mentioning what you don't want to happen).

Below is an example of an affirmation that needs some serious work, but can you highlight what's wrong with this affirmation? Circle all the negatives and future tense words.

→ 'I don't want to black out when I sleep and I will become lucid soon.' »


'THE AFFIRMATION
SHOULD BE
AFFIRMATIVE RATHER
THAN NEGATIVE.'





ANSWERS: 'don't', 'black out', 'will' and 'soon'

The affirmation mentions what we don't want to happen, it puts the focus on the negative (blacking out) and then it uses "will" and "soon" in a future tense.

A far better affirmation would look like these ones:

- 'I recognize my dreams with full lucidity.'
- 'Tonight, when I dream, I know that I'm dreaming.'

These two affirmations are great examples of how we can use the present tense and keep only positive statements of intent. Feel free to use these affirmations of course but why don't you try and write your own affirmation below?

.....

.....

.....

.....

.....

.....



HYPNAGOGIC
AFFIRMATIONS

‘THE
HYPNAGOGIC
WILL LEAD YOU
DIRECTLY INTO
THE DREAM
STATE.’



You can do this technique as you first fall asleep at night, but for best results practise it after an early-hours wake-up about 5 or 6 hours after you went to bed. At this time the hypnagogic will lead directly into the dream state.

Whenever you practise it though, the important thing is to saturate your sleepy consciousness with the strong aspiration to have a lucid dream.

- As you enter the hypnagogic state, you continuously recite your affirmation in your mind.
- Try to recite your affirmation with real feeling and gusto – this is vital, because without determination, this technique simply won't work.
- The important thing is not so much that you're repeating the affirmation right up to the point at which you enter the dream (although that would be great), but more that you saturate your last few minutes of conscious awareness with the strong intention to gain lucidity.
- Aim for your affirmation to be the last thing to pass through your mind before you black out.





PDF 5

KEYS TO STAYING LUCID

There are loads of techniques for maintaining lucidity, but here are a few of my favourites, which I've found can maintain lucid awareness for extended periods of time.

»

STAYING LUCID

'KEEP CALM AND CARRY ON!'

Older readers may remember the famous slogan of the British Home Office that encouraged Londoners to 'Keep calm and carry on' during the bombing raids of the Second World War. We need to 'keep calm and carry on dreaming' in order to avoid the panic of waking up when the bombs of distraction start falling.

The first part of this technique is simply to apply whatever we would do to keep calm in the waking state to the lucid dream state. Once we realize that we're lucid, we might feel the tightrope start to wobble a bit, but if we actively try to keep calm and mentally stable, we should be able to regain our balance. For me, this usually means saying to myself, 'OK, Charlie, keep calm. Breathe. It's all a dream. Keep calm.'

The second part of the technique is to 'carry on', because the lucid dream likes movement and if we stay too still or prevaricate about what we want to do, we may find that the lucidity begins to slip.



'KEEP CALM
AND CARRY ON
DREAMING.'



LUCIDITY BOOST

If we feel the sense of lucid awareness start to fade, we can enhance our lucidity by stating out loud within the dream, 'Lucidity boost!' or 'Amplify lucidity!', which will lead to an increase in lucid awareness as well as a sharpening of detail in the dreamscape.

I know this sounds crazy, but it seems that while we are lucid dreaming, an aspect of our mind sometimes called the 'conscious-unconscious' is aware of what we are doing and so can increase lucid awareness upon command. The command is at its most impressive just at the point at which the lucid awareness is fading, but it can also be used right at the start of the lucid dream as a way of increasing clarity and mental focus.



STAYING
LUCID

SPINNING

This is a classic technique used to maintain lucidity and simply consists of spinning around in your lucid dream. It works by harnessing the vestibular system of balance, which is found in the inner ear and not only helps to integrate information about bodily movement into the neurological system (which creates our visual experience of the world) but is also linked to the rapid eye movements of REM sleep.

It seems that the act of spinning around in a lucid dream tricks the mind into activating the vestibular system just as it would if we were spinning while awake, and this helps to maintain REM sleep and thus the stability of the dream.

As the visual dreamscape in your lucid dream begins to break up or fade, stretch out your arms and spin around like a whirling dervish. As you do this, the dreamscape will often blur into a haze motion or fade to black.

While you are spinning, hold the intention 'The next thing I see will be the reformed dreamscape' or 'I am spinning in order to maintain lucidity.'

After you have spun around for a few rotations or when you feel confident that you have set your intention strongly enough for the technique to work, stop spinning and you should find yourself in either the same or a newly formed dreamscape with full-level lucidity.

It should be noted that spinning can often lead to a false awakening, so be sure to apply a reality check immediately after this technique.



'STRETCH OUT
YOUR ARMS AND
SPIN AROUND
LIKE A WHIRLING
DERVISH.'



PDF 6

DREAM PLANNING & LUCIDITY TANK

5

STEPS TO LUCID DREAM PLANNING

- 1 Draft some ideas of what you'd like to do in your next lucid dream. What question would you like to ask? What activity would you like to engage in? What part of your psyche would you like to interact with?
- 2 Once you've decided what you want to do, begin to formulate your dream plan. Start with 'In my next lucid dream I...' and then write a description of what you want to do once lucid.
- 3 Next, draw a little picture of your dream plan in action. I just use stick men and speech bubbles when I draw my dream plans, but if you're artistic then of course feel free to do more.
- 4 Now write your sankalpa, or statement of intent. Sankalpa is a Sanskrit word which means 'will' or 'intent' This should be a pithy statement that sums up the essence of your dream plan. For example, if your dream plan is a complex description of how you want to meet your inner child and embrace it with loving kindness, your sankalpa might be the much more concise 'inner child come to me!' Your dream plan can be as long and detailed as you like, but I recommend that you keep your sankalpa short and sharp.
- 5 The final step occurs when you next find yourself in a lucid dream. Once you get lucid, recall your dream plan, call your sankalpa out loud and then carry out your chosen dream plan.

In my next Lucid Dream I...

Diagram or illustration of the dream...

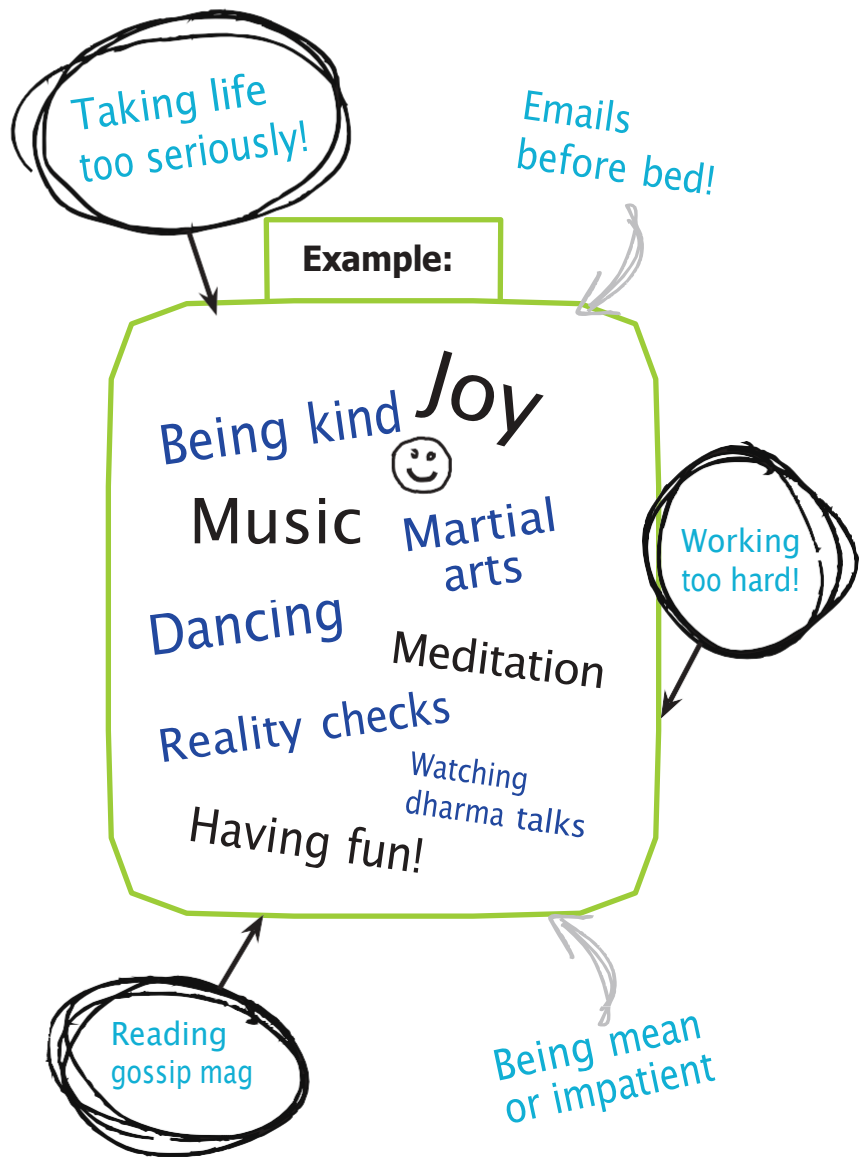
Sankalpa...

DREAM PLANNING & LUCIDITY TANK

4

STEPS TO FILLING YOUR LUCIDITY TANK

- 1 Have a think about what kind of things make you feel more aware, more energized and more lucid in the waking state.
- 2 On the inside of the tank, write or draw all the things that stock up your lucidity levels.
- 3 Now consider what kind of things make you feel less lucid, less aware and less energized. Then, on the outside of the tank, write down all these things that deplete your lucidity levels. You can even draw little arrows going from them, trying to pierce the tank and leak out the chi energy. Be creative – you can't get this wrong.
- 4 Finally, make a commitment to do more of what stocks up your lucidity tank and to do less of what depletes it! Keep your picture by your bed or in your dream diary as a reminder of the practice.



DREAM PLANNING & LUCIDITY TANK

