

LDE

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LUCID DREAMING *EXPERIENCE*



June 13-17, 2026

Annual Dream Conference

International Association
for the Study of Dreams

Ashland Hills Hotel & Suites
Ashland, Oregon

June 13 - 17, 2026

Please join us in the magical dream-town of Ashland in 2026 for the 43rd annual conference of the IASD. You will be in good company with world-renowned keynote speakers and more than 100 presenters from around the globe, offering lectures, symposia, panels, workshops, and morning dream groups, in a multidisciplinary program including the scientific, psychological, spiritual, artistic, healing, lucid, extraordinary, and multicultural aspects of dreaming.

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Follow the Ladder © Laura Störtzer 2025

Statement of Purpose

The Lucid Dreaming Experience is an independently published, reader-supported quarterly magazine that features lucid dreams and lucid dream-related articles. Our goal is to educate and inspire lucid dreamers through sharing lucid dreams, exploring lucid dream techniques, and discussing the implications of lucid dream activities.

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Submissions

Send your submissions through our website or via e-mail to lucylde@yahoo.com. Include the word "lucid" or "LDE" somewhere in the subject line. Please indicate at what point you became lucid in your dream, and what triggered your lucidity. *Submissions are printed at the discretion of the LDE editors.*

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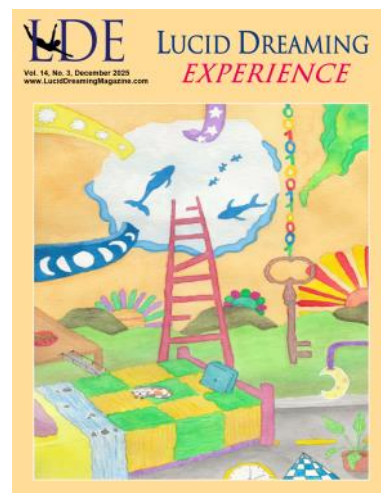
Next Deadline

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We welcome your articles, lucid dreams, and artwork on any topic related to lucid dreaming.
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dream speak

By Robert Waggoner © 2025

DREAMSPEAK INTERVIEW WITH HENRIK HOLMER

**Author
Henrik Holmer
shares his
decision
to become a
lucid dreamer
in midlife
and write
a book
about it!**

Henrik, welcome to the LDE! Tell us about your early dream life. When did you first learn about lucid dreaming? What did you think when you heard about it?

I remember dreaming a lot as a child, as most kids do. I believe that's partly because they sleep more, but also because children are more aware of everything happening around them—since the world still feels new and exciting to them. As I got older, the dream world started to fade, and for most of my adult life, my relationship with dreams was what I would describe as average. I'd never had a spontaneous lucid dream and typically remembered my dreams only a few times a month.

I first heard about people who could influence their dreams when I was a teenager. It sounded like magic, and I wanted to believe it was possible. But the people I met who claimed to do it belonged to an occult circle with beliefs that didn't resonate with me, so I dismissed it and went on with my life.

Decades later, in my early forties, I happened to pick up an old book about dreams that I'd been given as a child. There it was again—a short section about influencing your dreams. I was fascinated, and this time I had access to more information. I started researching whether it was truly possible and decided to see if I could learn to do it myself.

I read books, watched YouTube videos, and listened to podcasts; I took in as much information as I could and began putting it into practice in my daily life.

Did you have immediate success with lucid dreaming, or did it take a while? What happened in your early lucid dreams?

No, for me, learning lucid dreaming turned out to be difficult. Even though I devoted a lot of thought to it and consistently did the practices I'd learned, it still took about three months before I had my first lucid experience. But that experience made all the effort worthwhile—and convinced me that this was something I wanted to keep exploring for the rest of my life.

To this day, I'm surprised that my first lucid dream was such a success,

more than should be possible for a beginner. I had a full-blown experience of lucidity that felt like it lasted forever. It was as if everything I'd absorbed over the past months wanted to be tested and fulfilled at once. In theory, I knew exactly what to do in a lucid dream, and now I could finally turn that knowledge into action.

The experience was like no other. I'd never seen such bright colors or perceived reality so vividly. I jumped off high cliffs, flew into space, had sex, and even managed to transform into animals. I also remembered to stabilize the dream when it was about to collapse. When I woke up, I was beyond excited, in a state of total bliss that lasted for days.

And although it took me months to achieve lucidity again, and even longer to reach that level of lucidity, that experience made me certain I would never stop pursuing it. I was fortunate to have such a profound first lucid dream, which kept me practicing even when later dreams were less intense and I had to work my way up again. Knowing what was possible kept me motivated to continue.

As you went along, did you have lucid dreams that surprised you? Or led to unexpected events? Tell us about those.

First of all, what surprised me was the realness of the experience. I think this aspect is often overlooked when lucid dreaming is discussed. It's about so much more than being able to do anything you can imagine in a dream. Regular non-lucid dreams are often diffuse and blurry experiences, so simply becoming aware within one shouldn't change much. But the main thing here is the shift in consciousness itself. Suddenly, everything becomes crystal clear, vivid, and profoundly real.

When dreams become lucid, parts of the brain that normally rest during dreaming become active and create a unique state of consciousness different from both waking life and non-lucid dreams. You can enjoy all the beautiful weirdness of the dream world and still know exactly where you are—that you're in a dream, walking around inside your own mind. After experiencing this, I was puzzled that such a sublime ability, which so clearly resides within us all, wasn't a bigger thing. Why isn't everyone doing this?

When it comes to unexpected events, I'm constantly amazed by what my lucid dreams deliver in terms of surprises. For a while, I experimented with transforming into animals, and although I had planned the actions ahead of time, the outcome was never quite what I expected. From my dream diary:

...as I'm underwater, I see a fish and remember that I can become anything in lucid dreams. The moment I think that it's as if I get pulled in and become the fish. It's an incredible experience unlike anything I've ever felt before; I swim with a jerky agility and speed that feels both uncontrolled and controlled at the same time. I feel a constant flow of water rushing through my gills. The closest comparison I can make is to the sensation of a hose spraying water continuously into my nose and mouth. It's a series of completely new physical sensations all at once, and in a way, it's unsettling. I can only handle it for a short time.

Later, I transform into an eagle in flight, and it's a totally different but equally new physical sensation. It involves speed and jerky agility as well, but in a completely different way. The rush of wind and the quick movements are almost painful for my human perception, which is accustomed to entirely different motions.

I had several more transformations like these, and each animal gave me a completely new experience. I honestly don't know how to explain how my mind creates these powerful yet alien physical sensations. Regardless of the origin of my experiences, it's clear that lucid dreaming offers entirely new perspectives, allowing for experiences in ways you could never have imagined.

Most lucid dreamers know that expectations play an important role in accomplishing dream goals. If you believe you can fly effortlessly, you will—but if you expect it to be difficult, you'll struggle. But expecting success isn't the same as micromanaging every detail of how an event will play out. To get the most out of lucid dreaming, I've found that it's best to set a clear intention, truly believe in it, and then let the dream itself take over and surprise you.

What was it about lucid dreaming that you found interesting and made you wish to pursue it?

As for many others, at the beginning of my lucid dreaming journey it was mostly about entertainment and exploration. Realizing that you have superpowers and magical abilities in a hyper-realistic lucid dream world

that you could visit every night—that's life-changing in itself.

But it didn't take long before I started to realize that lucid dreaming is about so much more than being a virtual reality video game with endless possibilities. As I became more familiar with my dream world, and reached higher levels of lucidity, I discovered that there are deeper aspects to explore. It was as if the dream world guided me in this process, making it feel natural and almost inevitable to get to know my inner self better.

Lucid dreaming is the most powerful tool for personal growth I know. And it's exciting to see that more and more scientific research confirms its many benefits and possibilities.

What techniques were you using to become lucid? Which did you find most helpful?

For me, lucid dreaming is all about awareness and about recognizing the dream world as a real place. By practicing ways of becoming more present in all kinds of situations during the day, this awareness will spill over to the dream world as well. Ultimately, this leads to lucidity in a natural way. Consciousness exists on a spectrum, and just like during the day, your level of awareness shifts while you sleep. Being conscious while dreaming is as natural as being conscious while awake, even though it takes some effort for us living in a modern world where dreams aren't seen as a natural part of life.

Some examples of how I do this are through practicing mindfulness—not just through meditation, but mainly in everyday situations. I try to see the world more like a curious child does—by asking questions, looking at ordinary things in new ways, consciously using all my senses, taking different routes to work, and so on. It makes life so much more exciting, which helps me be more present, even in the most mundane situations. It actually creates more time for me, too, since much of that time would otherwise be lost in mind wandering.

All of this has made me more “lucid” in waking life, which also makes a more classical practice like doing reality checks feel completely natural to me. In addition, I keep a dream journal, which is crucial for getting to know and communicating with my dream world.

When it comes to the more well-known lucid dreaming techniques, I have an ambivalent view of them. The term “technique” implies that lucidity can be achieved simply by following a set of mechanical steps, like following a recipe—and bang, you're lucid. I've seen many beginners give up on lucid dreaming because they focused too much on techniques. Either they never became lucid because they didn't develop enough awareness, or they only managed to get glimpses of low-level lucidity because they didn't see the dream world itself as something meaningful.

That being said, if you're already a lucid dreamer, techniques are great for increasing the frequency of lucid dreams. As for me, I'm very strict about my sleep and never interrupt it intentionally. However, when I happen to wake up naturally in the middle of the night, I use some variation of WBTB and WILD with great success.

Did lucid dreaming seem to have rules? Or did it seem random and chaotic?

One thing that characterizes lucid dreams is that they offer an opportunity to experience the chaos that usually defines non-lucid dreams, but in a conscious and more controlled state. This is one reason why it's such a cool and unique experience.

“To get the most out of lucid dreaming, I've found that it's best to set a clear intention, truly believe in it, and then let the dream itself take over and surprise you.”

My first thought when I hear this question is to say that what defines lucid dreams is that there are no limits and no rules. But I think one thing to keep in mind is that every part of the dream world is you. That includes dream characters and situations you don't like or are afraid of (your shadow). I believe a good rule for your own sake is to show respect and curiosity toward your dream world and its inhabitants. Seek to understand and cooperate with your unconscious.

In the beginning of my lucid dreaming journey, I could be arrogant toward dream characters, showing off my lucid abilities like a childish god. Since then, I've learned that I get so much more in return when I show love instead. I've found the same to be true in waking life too.

I've also been humbled by the dream when I've been too greedy with my dream goals. Like in this dream, where I casually tried to extend time to experience eternity—did I really know what I was asking for?

I've just become lucid and fly out through the window, cruising over the city. The sky is beautiful, with incredibly vivid colors and clarity, just as it should be in a lucid dream. Everything feels so real, and this is one of my strongest lucid dreams ever. I feel euphoric and truly enjoy every moment. I keep flying for quite a while. There's nothing I'd rather do than continue flying like this, but I also think I should accomplish a dream goal. I tell the dream that I want to experience eternity—for it to feel endless. Instantly, I fall rapidly from the beautiful sky toward a burning inferno below the earth. The experience is so overwhelming that I wake up.

I believe the dream wanted to show me that eternity isn't necessarily heaven; it could just as well be hell.

You state that “every part of the dream world is you” and then later “I believe the dream wanted to show me....”. In lucid dreaming, do you have both the conscious self and its intents, as well as an inner awareness and its intents (which include sometimes educating the conscious self)? Who is the ‘you’ that we meet in the dream state?

Great question. It leads us into the topic of the unconscious, which is something that I inevitably started reflecting on after lucid dreaming for a while. When I say that “the dream” wanted to show me, I'm referring to my unconscious. So, what do I mean by that?

Even though the concept of the unconscious isn't universally defined in science, and even if there's no consensus on how to use the term—or even whether to accept it—it's still a useful concept to describe everything that happens within you beyond conscious awareness. What you consciously experience is only a fraction of what your body and brain know, and the unconscious also creates (non-declarative) memories that your conscious self isn't aware of. The brain is exposed to around 11 million bits of sensory information every second, yet it can only consciously process about 40 bits per second. The rest is handled below the level of consciousness, making the unconscious a well of knowledge so vast it's almost beyond comprehension.

A concrete example of this hidden knowledge revealing itself is that I often dream that I'm sick or feel pain days before the physical symptoms show up in waking life. It suggests that the body often knows something is wrong, long before the conscious mind can categorize it or give it a name.

Since I've gotten to know my dream world, it's become apparent to me that dreams are one of the most direct ways to access and communicate with this knowledge. Understanding this wisdom, however, is far from straightforward. I agree with Jung, who believed that the unconscious speaks another language in our dreams—a language that can be hard to interpret, though not impossible.

We can sense this communication even when we're awake. Things happening beneath the surface often manifest as a feeling or a mood—perhaps a feeling of calm, or a sense that something isn't quite right, an unease in your body. Some like to call this intuition. And when you're dreaming, messages from the unconscious are expressed through symbols or summarized into a narrative—a story you can interpret. If you're a lucid dreamer, this communication can be more direct and tangible because you can ask the dream or a dream character directly what it means, like I did in this dream in which I'd just become lucid:

I'm flying beside a staircase inside a gigantic cylinder, like an enormous water tower. I ask the dream to show me something important. Suddenly, a large window appears in the wall, resembling retro video game pixels. It's a mix between a video game and a church window, made up of a grid where half the squares are blue and half are red. I ask the dream what this means and get the answer that it shows that life is filled with dualities—

a message that helped me with a section of my book I was working on at the time.

That's an interpretation my conscious self would never have been able to come up with without the help of my unconscious, and it also shows that the unconscious speaks a more symbolic language.

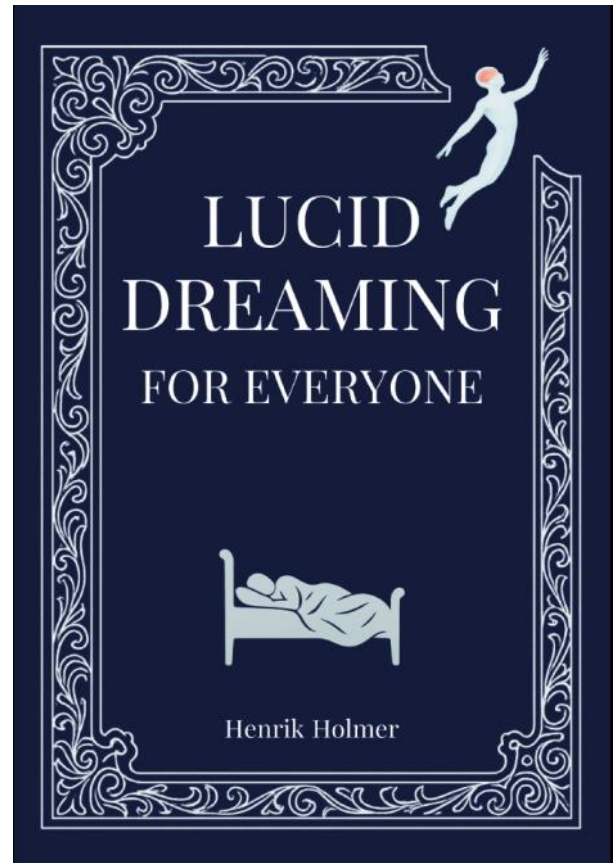
As a lucid dreamer, I find it almost impossible to avoid talking about the unconscious as an entity with a will of its own. It's still a part of me as a human individual—that's why I say that "every part of the dream world is you"—it's just a part that my waking self normally is quite far removed from. When I talk about the "me" in a dream, I mean the kind of conscious awareness that dominates my waking life.

You've just released a book about lucid dreaming. What made you decide to write it?

When I began researching how to become a lucid dreamer, I found some excellent books by great teachers with lifelong experience. What struck me, though, was that most lucid dreaming experts are what I'd call innate lucid dreamers who had learned the skill spontaneously at a young age and cultivated it further as adults.

I learned a lot from these books, but as a middle-aged person with a busy career, I often felt as if I was decades behind and trying to catch up. Before focusing on more advanced things like induction techniques to have more frequent lucid dreams at will, I first needed to actually become a lucid dreamer. For me, that meant focusing on opening up my dream world and training my awareness. Essentially, it's about training the brain, which is also why my interest in neuroscience has been a foundation for the book.

When I finally started having lucid dreams and realized the possibilities, I became so fascinated that I left my job in finance to fully focus on researching the subject and ultimately write this book. I don't have lifelong experience with lucid dreaming, and I still have much to learn when it comes to cultivating this skill in practice. But what I do have is the fresh experience of learning it without being an innate lucid dreamer, which I hope will be a valuable complement to the existing literature.



I also wanted to reach people who might not normally pick up a book about dreams. Coming from an academic background and having worked in finance, I was used to researching very different kinds of topics—more analytical, data-driven, and concrete in nature. Most people around me, including myself, were used to viewing things that sounded “spiritual” or somewhat intangible with some skepticism.

That's why it was important for me to write a book that's scientifically grounded—not only by spending years studying the research on lucid dreaming itself, but also by learning from neuroscience, medicine, and psychology. It's not a dry research report, though; it also explores philosophical questions and practical implications of lucid dreaming, including insights from thousands of my own dreams.

I really mean it when I say lucid dreaming is for everyone. My goal has been to make it understandable to anyone, while leaving room for personal beliefs for those who wish to add them.

How has your life changed since learning lucid dreaming in midlife?

My increased awareness—or lucidity—in both the dream world and waking life has made my life feel richer, longer, and more effortless. By practicing presence in all kinds of situations and doing reality checks, I've learned a lot about how the world and my mind work. This has made me more grounded, open, and confident.

One major change has been how I handle the more difficult parts of life. I've learned to turn negative emotions like stress, frustration, and fear into dream signs. As a result, I've not only become lucid more often in my dreams but also learned to handle these emotions much better in waking life. And learning about the neuroscience and psychology behind what creates emotions like fear has made them feel like normal parts of being human rather than something to be afraid of.

A natural extension of that is that I now actually seek out fears to face and learn from them. I'm no longer afraid of nightmares but actually welcome them, since they often turn into the most vivid and profound lucid dreams for me. While experimenting for the book, I even managed to conjure up a sleep paralysis episode to learn from it. I'd like to share it here because it turned into my favorite lucid dream so far. This is a condensed version of the experience, which I describe fully in my book:

I wake up in my bed and begin hearing the familiar clicking sounds that always come before sleep paralysis. They turn into shuffling footsteps, and I sense a dark presence moving toward me. I know what's happening and decide to stay calm and embrace the experience to see if I can turn it into a lucid dream. The presence sits down beside me, and the fear becomes so intense that I wake myself up by tensing every muscle.

I do a reality check and let myself drift back into the special state of sleep paralysis—that strange borderland between sleep and wakefulness. The paralysis sets in again, and I can feel it spreading through my body. The same presence returns, now whispering in my ear. I can't make out the words, but I focus on showing that I'm not afraid and that I want to understand it. Suddenly, I feel a pulling sensation throughout my whole body, as if I'm being drawn through the bed and thrown onto the floor.

From there, I see a tall shadow figure wearing a hat—so tall he has to bend over to look into the room at me. It's creepy but manageable because I know I'm dreaming. I become fully lucid and fly out through the window into a bright, sunlit world. I soar over the city, filled with flowers and people smiling on their balconies. The shift from being trapped in darkness and fear to complete freedom in daylight is incredible. The dream ends in a dream festival where I sing in harmony with hundreds of smiling people sitting on grassy hills. I wake up laughing, amazed by how that terrifying experience transformed into something so beautiful.

In what ways have you used lucid dreaming for personal growth?

Knowing that I've become someone who recognizes, understands, and can handle my fears has given me great confidence. And it's not just fears but all kinds of difficulties. I've learned to face life with more openness and curiosity, and it's changed how I relate to others—both dream characters and relationships in waking life.

The language of dream characters can be hard to interpret, and I've found that it requires presence and genuine listening. Good communication and understanding depend on respect: being honest and clear when you speak, and curious and inviting when listening. This is true in all relationships. But by being lucid while interacting with dream characters—both those I believe represent different parts of myself and people from my waking life—I've learned a lot about interacting with others, and about myself.

The best part is that I now find almost everyone interesting and worth trying to understand, perhaps even more so those I wouldn't normally get along with. That's been a clear personal development since I became a lucid dreamer.

Another thing is that through lucid dreaming and the endless possibilities it provides, I've started to notice opportunities in life everywhere. Being a lucid dreamer has made me more flexible in my thinking. It has given me a strong sense of control, while also teaching me when it's time to let go of that control. Anything really does feel possible. A lucid dreamer isn't just someone things happen to, but a creative problem-solver—someone who makes things happen. My decision to write the book is a concrete example of this.

Life is simply easier and more fun as a lucid dreamer!

You say that lucid dreaming is for everyone. What practical uses do you see for it in the future?

Research shows that lucid dreamers tend to have higher life satisfaction and mental well-being. And not only that, but both quantitative and qualitative data point to lucid dreaming as a potentially effective treatment for mental health issues, including clinical depression, nightmare disorder, and even PTSD. I think there's a

strong case for teaching more people to lucid dream and to use it as part of therapeutic practice. And beyond mental health, even though it might sound a bit hard to believe, there's actually scientific support for the idea that physical conditions and pain can be relieved through lucid dreaming.

But lucid dreaming isn't just about solving problems; it can also be used in other positive ways. Studies show that athletes can improve their waking world performance by practicing techniques in lucid dreams. I myself play music and I've been able to improve my skills in both playing instruments and singing through lucid dreaming practice.

Scientists are eager to find lucid dreamers to experiment with, not only for lucid dreaming research specifically, but because it can provide understanding of consciousness and how the human mind works. Just think about how much attention psychedelics have received in recent years. I'm sure lucid dreaming will receive the same attention once more people realize that we all have this natural ability within us and that it can lead to insights that others rely on substances to reach.

I think this quote by Eden Phillpotts captures both the future role of lucid dreaming and why more people should learn it: *"The universe is full of magical things patiently waiting for our senses to grow sharper."*

How can people learn more about you and your book?

You can find more information about the book and how to get it at: www.luciddreamingforeveryone.com

You can also connect on Instagram: @lucid.dreaming.for.everyone

Or connect with me directly on LinkedIn: www.linkedin.com/in/henrik-holmer-writer ▲

*** ANNOUNCING *** **the Updated Online LDE Index** **VERSION 3**

The **LDE Index** for the *Lucid Dreaming Experience* was kindly created and maintained by Sue R. Williams until 2016. Now, building on the work that Sue initiated, Lucy Gillis has updated the index to the most recent issue.

The LDE Index includes articles, poetry, interviews and authors for quick searching of past issues from 2001 to 2025.

Do you have a favorite LDE author?

Find their articles in the LDE Index!

Ever wonder who has been interviewed in DreamSpeak?

Find their names in the LDE Index!

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Child Of God — A Peak Experience

LUCID Dream

By [Ed Kellogg, PhD](#) © 2025

[Abridged Report, [Appendix 3](#) of [The Many Dimensions of LUCID Being: A Workshop](#), presented at the 2024 *Many Worlds of Lucid Dreaming* conference]



Introduction

Over the years, I've found that when I work for prolonged periods on projects that deeply engage me, that this has powerful effects on both my waking and dreaming lives. This especially applied to the presentation I gave at the **2024 MWLD** conference, before which I had two of the most extraordinary experiences of my life.

I described the first experience, which took place on September 29th, 2024, after I focused my intent on “*Seeing my Self the Way God Does*,” in my [Beyond the Matrix - a Zero Point Experience](#) report. Given the *Samadhi* experience - and possibly **Near-Death Experience** - that followed, when I decided to do a second incubation about three weeks later, I changed my intent to “*Seeing my Self the Way Christ Does*,” through an aspect of the Divine that had a human side, in the hopes of getting a less radical result. It did – but unexpectedly I also had **The Most Positive** emotional experience of my life, as a “**Child Of God**” in a **Peak Experience LUCID** ([Expanded Definition](#)) dream that took me in a very different direction than the **ZPE**.

In the **COGPE** I became fully “Embedded in a Matrix,” rather than “Beyond the Matrix” as in the **ZPE**, and filled with **OFF THE CHART** positive emotions – it felt like Heaven - in marked contrast to the **ZPE**, in which I had almost no emotions - *only mild curiosity*. However, both featured an intense *Pure Awareness of Self*, and a sense of *Timelessness*, though in very different ways.

As far as laying the groundwork for these experiences, aside from my long-term interest in Hinduism and the **Yoga Sutras**, for almost two years I'd made a study of *Christian Science*, in particular of their very impressive [Testimonies of Healing](#) database. I had become much more sympathetic to Christianity, in large part because I found to my surprise that *Christian Science* metaphysics not only had a very positive view of human nature, but shared a number of aspects in common with Hinduism, which I strongly resonated with, very different than the dualistic beliefs about the nature of Reality and of human nature promulgated by most mainstream Christian denominations today.

To cap it off, in the months right before the **MDLB** workshop, I'd made an intensive study of Dr. Abraham Maslow's work, especially his descriptions of the *Being-Values* - and their correlates - that he found in *Self-Actualized* individuals. In contrast to the relentlessly negative and pessimistic view of human beings that mass-media promotes, both Maslow and Mary Baker Eddy had strikingly positive and optimistic views of innate human nature, including many attributes and potentials. (In the unabridged report I share some of these in a note before the **References and Resources** section.) The fact that they arrived at their views from very different directions, had a strong impact on me, given the unexpectedly synergistic way that they complemented one another.

[The [Full Report](#) includes the incubation procedure in detail, a description of the **Child of God Peak Experience** itself, an expanded commentary on what I experienced *during* the **COGPE** including many **Additional Observations**, the **Lucidity Matrix** chart with notes that represents how I experienced my **Self** during this experience, and a comparison of the **COGPE** with the **ZPE**. It also includes a "**Note on Christian Science and Transpersonal Psychology**," and a greatly expanded **References and Resources** section.]

Incubation [Abridged]

5/8 and 5/9 Breathing, 30+ minutes, various chants with similar intent, such as:

Connected to Source / Seeing my Self the Way Christ Does (5/8)

Connected to God / Seeing my Self in Christ's Perfect Sight (5/9)

I did this mindfully. When I silently chanted "*Connected to Source*," I intended/experienced a connection to *Source* – and didn't just chant the words.

Some Variations [See [Full Report](#)]

Note: in this context by "**Source**" or "**God**" I intended "*The God Principle*," the Western equivalent to the Sanskrit term **Purusa** - "The Seer" of the Matrix/**Prakriti** but not in the Matrix - as described in the **Yoga Sutras**. By "**Christ**" I primarily intended "*The Christ Principle*" from a Christian Science perspective, as "the divine manifestation of God," and not a single person.

"Child of God - A Peak Experience" LUCID Dream

10/17/2024, 2-3 AM (LUCID) *"Lying on my back in bed in my dorm room – on an upper floor. I feel peaceful, playful, and content. I find myself wrapped in luxurious golden sheets, the room filled with early morning golden light. My dog Shazam [who died years ago] in bed with me near my right shoulder – lucid I realize he does not seem physical but a spirit – he has a small golden energy body, [like a little Chinese dragon - he even flies about like one], reptilian and canine, with no hair, but I recognize his essence.*

I gently play with him the way a young child would play with a puppy they love – and visa-versa – everything joyful and wonderful. Although my awareness seems non-verbal, I decide that "I dream," even though this feels like Heaven, filled to the brim with joyful, restful and loving energy. Time passes . . . I play with Shazam for what feels like hours - then another entity – also golden reptilian and canine – appears, flying over from the left who presses her nose against my arm. She feels like Shazam's Mom, and has the same loving golden energy. She joins us and I play with them both.

Time passes . . . at some point I realize that the walls have disappeared and that now I have panoramic vistas all around me – my bed on the top of a mountain peak or ridge. A smooth contoured landscape though – I see no boulders or rocks. I decide to jump off the bed and down the slope – feeling fearless and curious to see what I can see. I hope that the animal spirits will stay with me though! I stand up and find Shazam perched on/attached to my right shoulder, and the female animal spirit on my left shoulder.

I jump off the bed in complete trust and without any effort or intent on my part find myself gliding down a very steep slope at high speed, about 10 feet above the ground. Below me I see the ground covered with long purple grass. I feel extremely joyful and ecstatic. It becomes darker as I descend, becoming light gray early evening twilight, much different from the golden light I enjoyed on my bed on the mountain peak. Ahead of me I see some large brown shapes – dream bears I wonder?

*I impulsively decide to aim for one, curious about what will happen. I don't feel any impact but go straight through it – leaving behind tatters of some sort of brown material dreamstuff that I see when I look behind. Not sure what happened, or what I did this to, but I feel sorry and sad I took control - a mistake - and I no longer feel in the flow. Before this I felt that the dream could go on forever – but with the flow disrupted, the dream destabilizes and begins to break apart.” **RWPR***

Comments on the COGPE

Eighteen days after my **Zero Point Experience**, and realizing that it may have qualified as an accidental **NDE**, I decided to reduce the possibility of an untimely demise when getting “back in the saddle again,” by modifying the incubation from “*Seeing my Self the Way God Does*,” to “*Seeing my Self the Way Christ Does*,” a compassionate and loving divine archetype.

This resulted in an over-the-top **LUCID** dream in which I had the **MOST POSITIVE** emotional experience of my life, waking or sleeping. In the “*Child of God*” experience, while my center “**I**” remained the same as always, “**I**” found myself fully embedded and “back in the Matrix again” but this time, in a Matrix variant in some ways so far superior to Earth’s **WPRE** (**W**aking **P**hysical **R**eality **E**xperience) Matrix that it literally felt like Heaven to me.

However, while I still identified with my Ed Kellogg persona, some parts of me had disappeared – most of my memories, knowledge base, intellect and the sense of myself as an **Adult** who has **Priorities**, replaced by the **Innocence**, **Spontaneity**, and the **Perfect Trust** of a **Beloved Child**, who knows that only good can come to them, experiencing a cornucopia of positive off-the-chart positive emotions.

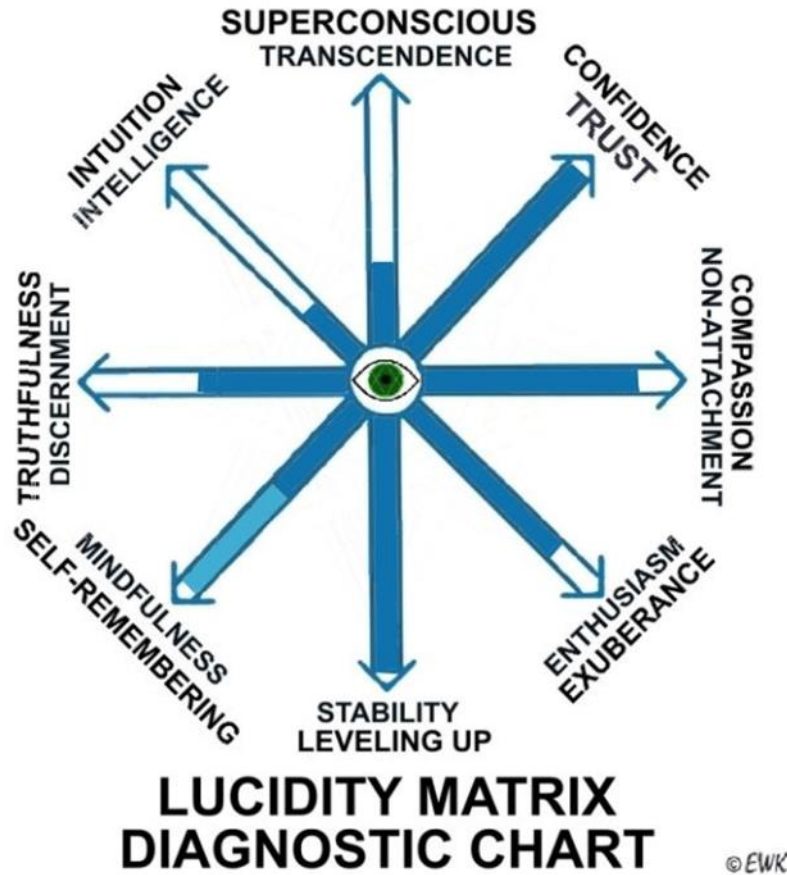
And yet, afterwards, when reconnected and back in **WPRE**, I became less enthralled, for while it felt **WONDERFUL!!!** to fully experience myself as a “*Child of God*” again, it felt incomplete. For although I recognized it as True and Real - a vital part of my essential Beingness that I deeply resonated with – I knew it expressed only part of a Greater Self, and now felt the lack of the rest.

Additional Observations [Short excerpt only]

After-Effects: A sense of wonder and appreciation, of having re-experienced and reconnected to the core of my “Magical Child”, but also, a feeling of persistent sadness, that lasted for some days, from feeling what I’d lost, and finding myself stuck back in this Earth’s **WPRE** Matrix again.

However, later on I received significant compensation, in that to some degree - at least when hiking and in natural surroundings – the **COGPE** had reawakened my capacity to have the kind of transcendent peak experiences Abraham Maslow described, and that I only had vague recollections of having as a child. To, as William Blake wrote, “*see a World in a Grain of Sand and a Heaven in a Wild Flower, hold Infinity in the palm of your hand and Eternity in an hour.*” I also found that I had regained much of the optimism that I had as a child, the magical feeling that anything could happen, and the feeling-sense that this world seems fundamentally good, despite all the evidence to the contrary.

Analysis with Respect to the [“Expanded Definition of Lucidity”](#) Model



Lucidity Attributes “Child of God - A Peak Experience”

[Rated from Bottom to Top, from 0 to 10]

Stability – Creating a Firm Foundation, to **Leveling Up** [Advancing], **Lucid Action** - 10

Mindfulness – Centered, Focused Awareness ON the Matrix, 10, (both greens) to **Self-Remembering** (Aware of my Self as Aware) – 5 (dark green)

Enthusiasm – Abundant **Vitality**, to **Exuberance** – Joyfulness - 8

Discernment - Perceptiveness to **Truthfulness** – Sensing and Speaking - 6 (4 = pre-lucid, 5 = sub-lucid, 6 = semi-lucid, 7 = lucid, 8 = fully-lucid, 9 = super-lucid, 10 = ?)

Non-Attachment to **Compassion** – freedom from egoistic addictions, **Compassion** for others, then **Altruism** and **Lovingkindness** – “9” Childlike/Innocence, **Lovingkindness**

Intelligence to **Intuition**, True Under-standing. **Connected** - 3

***Courage** to **Confidence** – Empowered Optimism: “I CAN” – “10” But NOT Courage-Confidence, but **TRUST-Confidence**

Transcendence – to the **Superconscious**, becoming aware of, then integrated with, the **Beyond Space-Time SOURCE SELF** – 4

* In my waking and dreaming lives, *Courage-Confidence* describes a characteristic of my lucid “Ed Kellogg” ego-self, but in the **COGPE** I did not have courage or confidence in the usual sense, from transcending fear, but confidence and “courage” – founded on an innocent trusting that nothing bad could happen – feeling/ knowing myself as blessed and protected. ▲

Resources

Ed Kellogg, (2024). “*The Many Dimensions of LUCID Being: A Workshop*.” Presented at **IASD's Fourth Many Worlds of Lucid Dreaming Conference**, October 26 – November 09, 2024.

https://www.academia.edu/129923992/The_Many_Dimensions_of_LUCID_Being_A_Workshop

“**Appendix 1:** “*Experiencing the Secret of Healing*” [LUCID Dream] (Included in “*The Many Dimensions of LUCID Being: A Workshop*” pdf, pp 11-13)

“**Appendix 2:** “*Beyond the Matrix – a Zero Point Experience*” (Expanded version of **Appendix 2** as presented at the 2024 **Many Worlds of Lucid Dreaming** conference.) https://www.academia.edu/143924131/Beyond_the_Matrix_a_Zero_Point_Experience

“**Appendix 3:** “*Child of God - A Peak Experience*” [LUCID Dream] (Expanded version of **Appendix 3** as presented at the 2024 **Many Worlds of Lucid Dreaming** conference.) https://www.academia.edu/144776782/Child_Of_God_A_Peak_Experience_LUCID_Dream [Full Report]



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Discovering Ancient Wisdom Through Lucid Dreams

An Excerpt From
An Oneironaut's Odyssey

By David L. Kahn © 2025



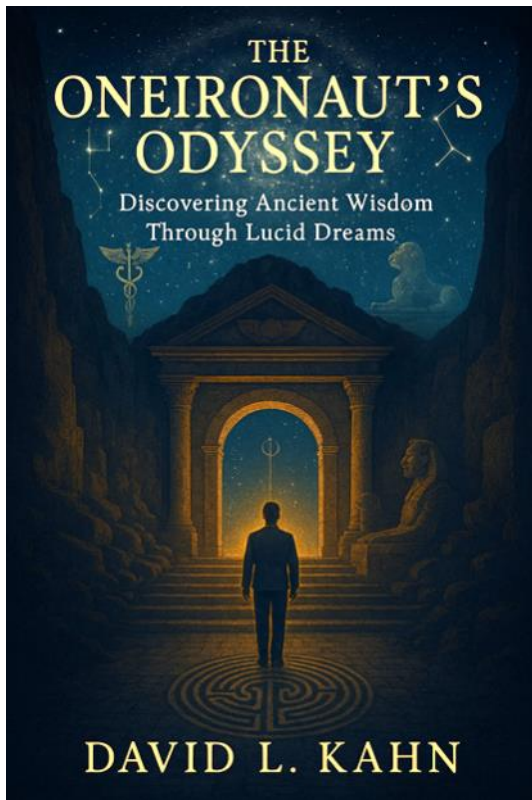
In stories and myths, meeting a spiritual guide is a significant event where a character, often facing a daunting challenge or quest, encounters a figure of great wisdom and mystery. This guide may appear in various forms, such as an old sage, a mystical being, or a divine messenger. They possess deep knowledge and understanding of the world and the journey ahead. Their role is to provide the Hero with essential advice, tools, or magical items that are crucial for the journey. This encounter is often a turning point, offering the character not only practical help but also a deeper understanding of their own potential and destiny. The spiritual guide acts as a mentor, helping the character to navigate their path and encouraging them to trust in their inner strength and purpose.

In “The Wizard of Oz*” Glinda the Good Witch serves as a quintessential spiritual guide for Dorothy. As a figure of wisdom and benevolence, Glinda appears at critical moments when Dorothy is lost and uncertain about her path. She provides Dorothy with the magical Ruby Slippers and the essential knowledge that they hold the key to returning home. Glinda’s calm and reassuring presence offers not only practical assistance but also the encouragement for Dorothy to trust in herself and her inner strength. By guiding Dorothy to believe in her own abilities and make the journey herself, Glinda embodies the essence of a spiritual guide who leads the Hero towards self-discovery and empowerment.

In an intense lengthy lucid dream, a spiritual guide appeared to me in a cave deep beneath the ocean. I titled this dream *The Kingdom of Heaven is Right Here*. The final scene in this dream begins with me seeing a book placed on a bench inside the cave.

The book has a bookmark placed in it, and I open it to the marked page. Taking up the full right side is a native American man. It is like a three-dimensional holographic video call with this man, who I sense to be ancient and wise. I feel a sense of awe and intimidation. I thank him for what I was shown on the water above me (in a previous scene). He nods his head to acknowledge my gratitude. I then place my hands together and bow to show him respect. He does the same in return, with a little laugh as if to say that it is okay to lighten up. I can see that he is now speaking, but I can't hear anything. I gesture to him, taking my right index finger and making circles by my right ear. He understands what I'm saying, with a little smile or chuckle again. He now has an earbud in his left ear, and I have one in my right ear. I now hear him clearly. He says to stop accounting, and then he says to do what is right in front of me every day. I understand what he is saying but ask about how to make sure I have enough, and to find meaningful work. He says, “It's all in balance,” and goes on to tell me that if I live good every day, that I have all I need. He then says, “The kingdom of heaven is right here.” I simultaneously hear or understand him to say, “The kingdom of heaven is now.” The sound now begins to cut out and I wake with a tear in my right eye.

* Footnote: Fleming, V. (Director). (1939). *The Wizard of Oz* [Film]. Metro-Goldwyn-Mayer.



In my dream, the Native American man emerged as a spiritual guide, personifying ancient wisdom and sincere insight. His presence instilled in me a deep sense of awe and reverence, as I felt both humbled and intimidated by his sacred presence. His calm and reassuring demeanor provided me with advice and encouragement to trust in my inner strength. By instructing me to focus on what is right in front of me each day and emphasizing that balance leads to fulfillment, he appears as the essence of a mentor guiding me toward self-discovery and empowerment. His declaration that “the kingdom of heaven is right here” highlighted the importance of living in the present moment, a common theme in spiritual teachings.

I had this dream months into a “deep dive” in which I wrote down every dream that I could remember. I didn’t miss a night for 8 months, averaging nearly 4 dreams per night. A lot changed in my life over the following months, including things to celebrate and others to mourn. I needed something deep within me to be my guiding light. I still feel as much awe towards this spiritual dream guide. ▲

Where's Robert?

Upcoming Events with Robert Waggoner

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Robert and others will present at the 43rd Annual IASD Conference

Details at: <https://iasdconferences.org/2026/>

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Dream Time as Reality Check

By Daniel Oldis © 2025

For several years, I have used a reality check for lucid dreaming that takes advantage of a time discrepancy involving dreamed body movements as compared to waking. While there are many useful types of reality checks, from counting fingers to rereading text to light-switch testing, dream time has a scientific back-story that reveals interesting aspects of dreams—time and dreamed space as well. I will first discuss this brief history of dream time and then show how I use these concepts to perform a very simple reality test.

At the 2017 conference of the International Association for the Study of Dreams, I demonstrated an iPad prototype avatar animation of apparent dreamed walking/running behavior as powered by muscle electromyography (EMG) from the Austin sleep lab at the University of Texas. Dreamed body movements are detectable with EMG during REM dreams, even though the sleeping person appears generally paralyzed to an observer.

While I received many interesting comments and questions on the notion that motor behavior in dreams could be simulated in real time, a question that was not asked was the one I was asking myself: why was the avatar moving in seemingly slow motion when the data feed was directly from the EMG data at 500Hz sampling rate?

The question of dream time vs real time has a long folk history (as popularized in the movie *Inception*), but the objective measurement of perceived dream time involving motor behavior like walking is relatively recent: a group of European researchers reported in *Frontiers in Psychology* that the time duration for dream walking through dream space can take 50+ percent longer than waking equivalents (why this is remains a mystery). However, the subjects reported no notice of this dilated time while in the dream.

One reason for this disconnect of objective time with subjective feeling is related to a sort of phenomenal relativity: time perception in motor behavior is related to points of reference—we judge duration and speed by the objects we are passing. Even if we are moving slower, our perception can be fooled into experiencing normal movement if these objects are spatially contracted in dreams—we believe we are traversing the

same amount of reference space as waking and do not feel any slowness of motion time. In dream world-building, the brain (i.e. imagination, expectation) is shortening perceptual space to maintain an illusion of normal movement.

The trick to using dream time as a reality check is to perceive the former (slowed time) without the latter (contracted space), that is to perceive the slowness illusion without the space illusion.

To remove dream space as a reference frame, I usually find a fairly featureless room or field; or I just focus on the ground in front of me and tune out peripheral objects. Then I take a long step forward—sort of a leap—and try to gauge if my step and legs seem to be moving slower than I would expect (sometimes I practice a bit awake to get the timing). If I am dreaming, it often seems that I am stepping somewhat slower or even, at times, not completely landing but vaguely hovering or balancing above the ground.

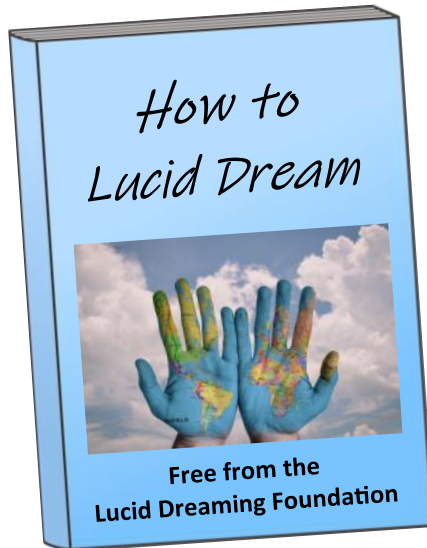
Next I try a longer leap or a jump until I resolve the test. I then open up and take in the dream scenery and its space illusion and let the lucid dream proceed. Moving forward with the dream, I no longer experience any slowness of time or motion, and my movements feel normal as if awake. (Of course, there are always exceptions, such as feeling stuck or slowed climbing a stair.)

Naturally, lucid reality checks work differently for each of us, or do not work at all. But this 'dreamtime' stepping method may be worth a try. As Saito asks in *Inception*: "Do you want to take a leap of faith?" But then, is this not the essence of all reality tests: faith in what is real or not real, faith in ourselves? ▲



LUCID DREAMERS UNITE!

By Robert Waggoner © 2025



The non-profit Lucid Dreaming Foundation has translated a version of the ***How to Lucid Dream*** booklet into more than 30 different languages. It's free to everyone!

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A Lucid Triptych

By Maria Isabel Pita

© 2025



SPIRITUAL ELEVATION — August 27, 2025

I'm in a dimly illuminated enclosed location, yet I feel physically and emotionally comfortable being here. A variety of small animals are milling companionably around my feet, and despite the confinement, I somehow know that in all directions I'm accompanied by a great many living creatures. I also intuit that the limited space is only temporary, because in the way of animals who are well cared for the creatures appear contentedly good natured....

There's a seamless transition as I step into an elevator and, instantly recognizing it, declare joyfully, "I'm lucid! This is a dream!"

I also become aware then that my deceased father is cradling me in his arms as though I am a small child again. Not conscious of weighing anything at all, I add happily, "This elevator belongs to me! Do you like it?" My father and I are both facing the elevator doors, yet I can still see the joyful smile on his ageless face.

As though painted on the elevator's walls by a supreme artist, I perceive the heads of men who all possess unique yet also equally assured countenances. And I know-sense they once were, and will always be, great and noble, even holy men. My soul also recognizes them as having lived in the past, yet they are still alive. I find myself focusing specifically on one of these dynamic portraits, and distinctly feel he may be Noah.

There are not merely blank elevator walls behind these noble countenances; I also clearly perceive a dimensional panorama of blue sky, green hills and distant mountains. This dream elevator is not large, and although I sense more than see other persons-beings standing closely around my father and I in the intimately sized space, there is no sense of crowded confinement.

Notes: I believe that last night, by the grace of Almighty God, my father's soul and mine were together in a spiritual realm, the Biblical Patriarchs surrounding us a Divine "signature". And I don't doubt that the presences surrounding us in the "elevator" included my father's Guardian Angel as well as my own. The moment I woke up, I wondered hopefully if my father was finally being released from Purgatory, and if my soul had been permitted to share in his soul's joyful ascent to Heaven. Ever since he died I have never stopped thinking about him and praying for him, and throughout the years God has blessed me with dreams in which I lucidly visited and spoke to my dead father in Purgatory. In these dreams, I was permitted to witness the different "stages" of His soul's purification.

THE STAIRWAY — September 22, 2025

Sometime in the night, after I've lain awake for a while, without any sense of transition I'm ascending white steps inside a structure, the dimensions of which are a mystery. And I'm not actually walking up the steps; I'm "gliding" effortlessly upward more swiftly than gradually, my attention wholly focused on the man standing at

the top of the steps. He's wearing a straight ankle-length white garment which leaves some of his chest exposed, and I also perceive his shoulder-length dark hair but not his face. Nevertheless, I know with all my being as I swiftly ascend toward Him that He is Jesus....

Then abruptly I'm back at the bottom of the steps, and this experience of ascending the steps toward Jesus repeats itself over and over again. And each time, before I can ever see His face, I'm back at the bottom of another flight of steps hurrying up toward HIM. Yet although this continues happening, I know for a fact that I'm ascending, and that Jesus is always there. And yet He's also not there in the sense of my being able to remain with Him even as I keep ascending toward Him again and again. Until eventually, feeling like I'm not getting anywhere, I let myself wake up.

Lying there in the dark reliving the experience, it somehow didn't feel like a dream; it was really happening. Yet each time I reached the top of each set of steps, I also seemed to lose Him as I once more found myself at the bottom of the steps. I kept hurrying back up toward Him every time, but even as I reached Him I was never able to see His face. And yet He was with me; always there waiting for me to come to Him again. It's as though each time I reached Him, I immediately began hurrying toward Him again.

Notes:

I have read that although sometimes a soul doesn't seem to be (or feel it is) making much progress spiritually (i.e. developing a deeper relationship with Christ) it actually is.

My late maternal grandfather said to me at his wife's funeral, "You just have to have faith, Mari, you just have to have faith!" and in my very first fully lucid dream, in the form of a man wearing a long black coat the Holy Spirit ordered me to "Keep moving forward" as He walked straight into and through me, so that I actually experienced a physical sensation akin to "energy" flowing up my spine.

I have also read enough to understand that sometimes, perhaps often, a soul is making more progress than it can fathom. Last night, Jesus blessed me with an experience of His Presence that expressed how much my soul, my entire being desires a deeper intimacy with Him. AMEN.

A MYSTERIOUS TOUR — October 9, 2025

A vivid, real-feeling dream... I'm being given a tour of a great expanse of house by an intimate company of men, all of whom are wearing official-looking yet also elegant black suits. It's a remarkable place with adjoining spaces, all of which are clearly visible to each other as though all the walls are made of crystal-clear glass. It's not really like that, yet that's the only way I can describe how I can see from one end of the expansive space to the other with all its great open spaces and intimately enclosed areas, the transparent walls of which make their unique contents clearly visible.

Having been guided deeper into this grand place, I become semi lucid in the sense that I can now see everything very distinctly. I soon find myself standing at the base of a large and slightly elevated platform dominated by an immense bed. It's a contemporary bed, not an old-fashioned canopy bed, and it's covered by a red-violet bedspread. Alone with one of the black suited men now (who is standing very close to me on my left) I declare, "That is the most immense bed I have ever seen!" Mysteriously understanding this bed belongs to me, I contemplate it for some time, until my Guide turns away from it.

At this point I discover that only a few feet away there is an elegant elevated Bar. However, there are no bottles of wine or liquor or anything else you would find in a Bar on Earth. The bar top is relatively intimate in size, and at one end I perceive two elegant, comfortable looking seats placed close together. Gazing at them evokes a ghostly sense of intimacy because my former husband and I often sat together at bars drinking and planning our ongoing futures together. . .

I'm relieved when my guide now silently escorts me past the bar area, and once again I can see every open yet privately partitioned space near and far, for what walls there are in this vast structure are all transparent. I also don't notice my escort opening any door as we suddenly step outside onto the stone pavement of an immeasurably immense courtyard. I can't perceive any other entrances to living spaces akin to mine, and yet I know they're there somehow and everywhere. Then, as I stand just outside the door of my own unique Mansion, I become aware that some kind of performance-celebration is jubilantly underway directly in front of me.

Abruptly realizing it's meant for me alone, I immediately turn around and hurry back into my private space while telling my guide, "I don't need this performance!" feeling it's way too much fanfare for my sake.

At least two more times my companion takes me on a silent tour of additional rooms and spaces in this Mansion. He has remained by my side ever since I entered this great place, and he is still standing very close to me as, waking up, I wonder: Was I just given a tour of my Heavenly Mansion?

Jesus said to His disciples: "In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also." —John 14:1-3

Notes:

Regarding the seriously impressive Red-Violet BED: In a dream, a bed can symbolize the regenerative effects of sleep and love... Birth, marriage and death make the bed a focus of particular care and even of veneration, since it is a center devoted to the mysteries of life... Both marriage-beds and death-beds are mentioned in the Bible... In Christian tradition, the bed doesn't simply signify a place of rest in which people enact the basic functions of life. For Origen it symbolized the body. Thus, when Christ healed the paralytic He ordered him to take up his bed, that is to say to make use of a body strengthened by Divine power. The bed may denote the body of the sinner cleansed and regenerated by grace." *

In my case, it was my soul that was restored on a bed. My journey with Christ began with a lucid dream, and gloriously continued growing while I slept and dreamed on a bed. The largeness of the bed indicates the enormity of my sins and the immense Grace God bestowed upon my soul.

RED-VIOLET — RED: Christ's passion; the bloodshed on Calvary; the fire of Pentecost; zeal in faith, love, power, dignity, priestly power... Also the color of martyrdom. Saints days are written in red. VIOLET: intelligence, knowledge, religious devotion, sanctity, sobriety, humility, penitence, sorrow, temperance, nostalgia, grief, mourning, old age. Truth, sadness, penitence. The color of St Mary Magdalene.

The alcohol-free BAR relates to my past and future, only now it is no longer the self-centered worldly future I left behind; it is a spiritual future in this life then forever with my true Spouse, Jesus Christ.

MY GUIDES WORE BLACK: Priests wear black to symbolize humility and a dedication to spiritual matters over worldly ones. Policemen also often wear black because the color is associated with power and strength. Law enforcement officers are this fallen world's Holy Angels, who serve and enforce God's will while helping God's children.

Regarding the courtyard celebration I humbly turned away from... There is always great rejoicing in Heaven when a sinner repents, and with all their heart mind and strength embarks on a Holy life as I did, forever leaving behind my sinful past and ardently embracing a faithful relationship with Jesus Christ. ▲



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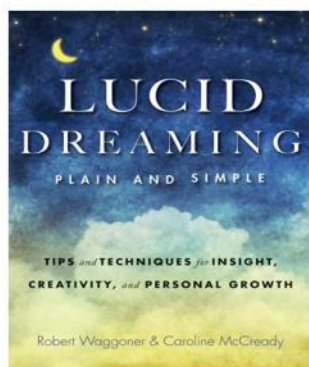
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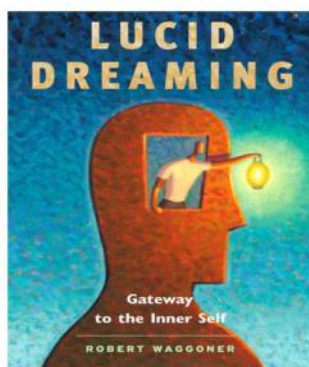


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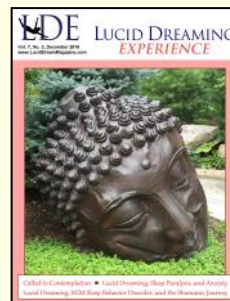
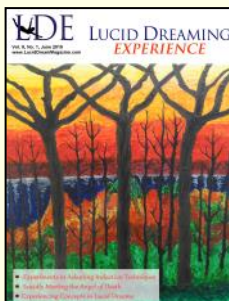
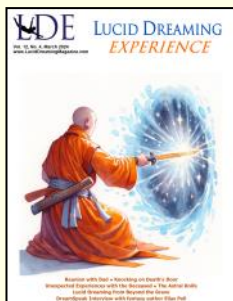
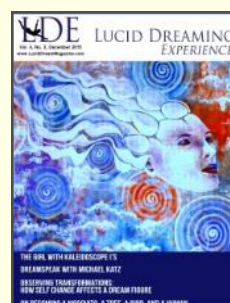
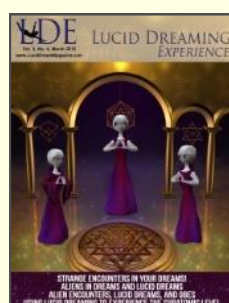
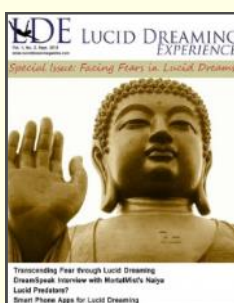
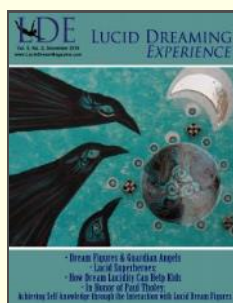


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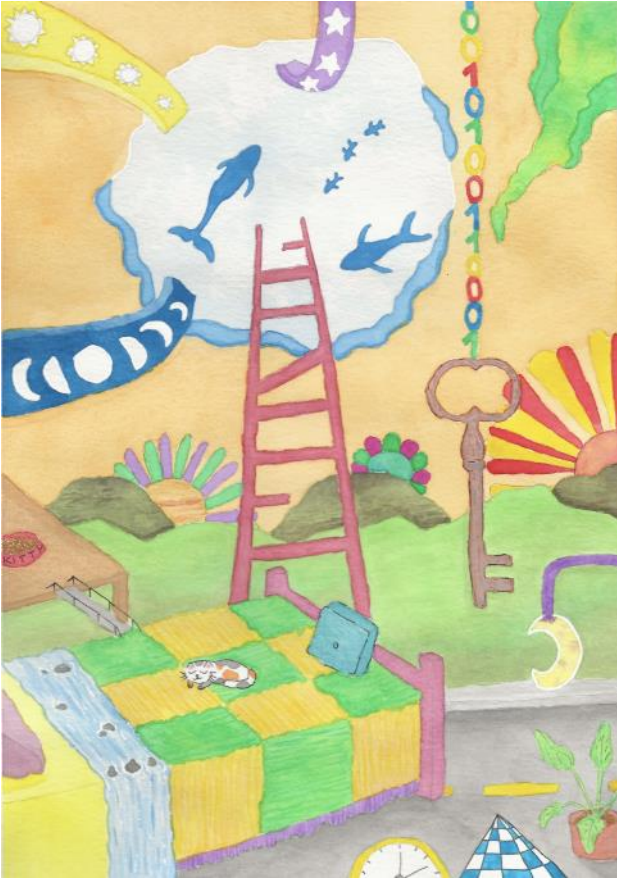
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Encounters with Lucid Dream Creatures, and Other Lucid Adventures

By Laura Störtzer © 2025



I am a university student from Germany who wants to pursue a career in landscape architecture. I have been actively lucid dreaming since 2018 (although I've realized I had some lucid dreams in childhood) and am passionate about the topic!

At first I had no success with lucid dreaming; it took several months. But once I had my first lucid dream, everything improved quickly. I started writing down my dreams and, once they became more complex, I even started drawing what I saw in my dreams. My record was about 60 lucid dreams in one month. My lucid dreams started occurring almost naturally every night, and even though I'm not fully "conscious" in the dream, I still think differently. It's hard to explain, but through lucid dreaming, I started to develop a different mindset while being asleep.

I started illustrating my dreams as a hobby in 2023, although I had done a few sketches in previous years. I mainly use watercolors, pencils, and black fineliners.

Today, I lucid dream several times a week and have built my own lucid dream world consisting of recurring dream characters and creatures I call "dream pets."

Follow the Ladder

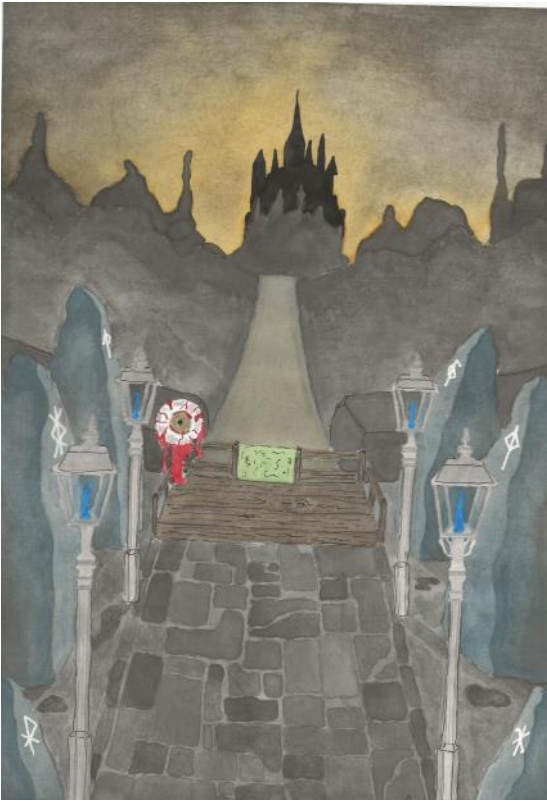
My artwork, *Follow the Ladder* (shown above, and also featured on this issue's cover) is based on several elements I came across while lucid dreaming. I included oddities such as unusual locations for certain pieces of furniture—for example, a bed or table in the middle of the street—but also different structures, such as a field and river instead of bedsheets, or flowers in the background made up of planets.

With this artwork, I wanted to express that there are no uniform rules in the "dream world" and that, for example, sea creatures can also "fly" in the sky. The orange background came about because I often change the color of the sky when I am lucid. I also saw the ribbons with the sun, moon, and stars once in a lucid dream.

Overall, I wanted to capture the surreal, mysterious, and highly comforting mood that I feel when I am lucid.

I titled this artwork *Follow the Ladder* because you never know what you're going to find when you explore the lucid world and aren't bound to any obstacles such as a (quite ironic) broken ladder.

The following lucid dream was unexpected and a bit scary—definitely one of the more memorable lucid dreams I had in 2024.



Welcome to Mordoklyt

Date: 13.06.2024

I woke up in my bed and instinctively knew that I was lucid. I got up, looked at my hands to make sure I was lucid, and flew out of my window. In the distance, I saw a water park with several colorful slides, one of which was very high up and could only be reached by flying. The slide was partially open, so I had a view of many more colorful slides during my ride. Then the slide closed, it got dark, and suddenly I came out into a completely different environment. It was a very gloomy and barren landscape. The slide suddenly stopped and I slid down a rocky slope until I found myself in front of a stone bridge. On the other side were huge rocks with runes.

An eyeball floated in front of a magical gate and greeted me: "Welcome to Mordoklyt, we have been expecting you." The eyeball transformed into a woman with short blonde hair and led me to the city. It seemed very deserted and medieval.

The city was divided into several levels that could be reached by winding paths. She showed me a map of the city, which stated, among other things, that the name "Mordoklyt" could be translated as "moon & gold." The woman praised the city and told me I was famous there. She said the whole city admired my lucid dreams and my beloved partner. We entered a town hall where I was supposed to register. I stood in front of the counter and said I was Laura, that I was currently in a lucid dream, and everything seemed peaceful until a dream person pointed out a poster that had been put up. It showed my face, my name three times, and underneath it said WANTED. The dream person told me I was famous here because I was wanted by the city for allegedly doing terrible things. I looked at the man at the reception desk who said, "Oh, the infamous Laura has finally arrived. We've been waiting for you for a long time." The woman came up to me and accused me of abusing dream characters for my entertainment. She grabbed me by the arm and dragged me into a courtroom. I closed my eyes in fear and repeated the words, "I have to wake up. I have to wake up."

I woke up, or at least thought I was awake until I realized through a reality check that I was still in a dream. I flew out of the window again and saw that the entire dream world was distorted. I heard the woman's voice calling, "You really thought you could get away with it that easily," and at that moment I woke up for real.

Here's another lucid dream adventure from 2024, and the artwork it inspired:

Car Chase with Tony Stark

Date: 17.07.2024

I woke up in my room, knowing I was lucid because my light switch wasn't working. I got up and ran out of my house. Once outside, I suddenly found myself in front of a kind of Egyptian city, built of sandstone with lots of ornaments. There I met Tony Stark, a fictional character from the Marvel universe. He was happy that I was there and said I could accompany him. He took me to a street race and explained that it was just for show and that they were actually looking for a secret organisation. Tony



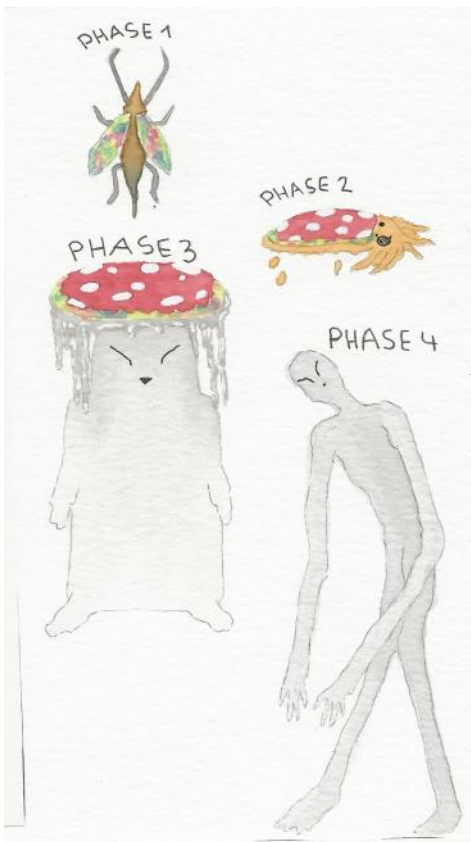
showed me the sports cars backstage that would be competing against each other in the race today. I asked which car belonged to him, as there were at least 30 sports cars, to which he replied, "All of them," and told me to pick one. I chose a white car with red highlights.

Tony led me further into a hall where the selected cars were being prepared, but suddenly it became loud and vicious agents ran towards us. We ran back to my chosen car, losing Tony in the chaos. I took a seat in the passenger seat while a dream figure unknown to me drove, and more fictional characters from the Marvel Universe appeared in the back seat. We drove off and I manifested a communication device to reach Tony by radio. He said we had to get away as quickly as possible and that he would follow us on a motorcycle. Unfortunately, Tony's motorcycle broke down relatively quickly, which is why he suddenly found himself on the roof of our car. I yelled at him to please get into the car because we were driving very fast and he could fall off the car at every turn. The dream person was moved to the back seat and Tony climbed in behind the wheel. He pressed the gas pedal and we were going incredibly fast.

The whole situation was action-packed and funny at the same time. Tony told us about the history of the city, even though it was a very inconvenient time. As time went on, several black cars and some helicopters were chasing us. Unfortunately, I woke up in the middle of the chase.

Creatures from the Dream World

There are many unusual "dream creatures" that I encounter while exploring lucid dreams. There isn't much data online about creatures from the dream world, so some other lucid dreamers may find this interesting.



Mushroom Man

This dream creature was special because it evolved throughout the dream. I wasn't able to control its development, only how I reacted and acted in the dream in order to defeat it.

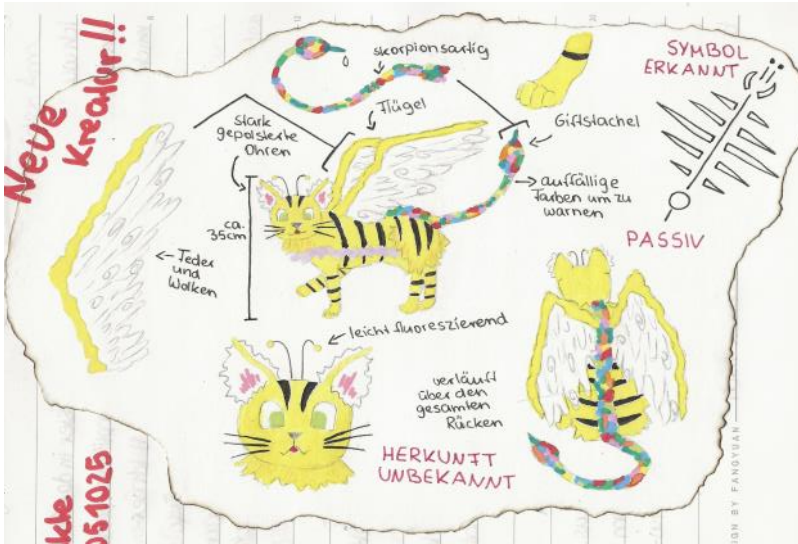
It started off as a small bug with glowing wings (Phase 1), flying through a bookshelf in my room. When I walked around the bookshelf, my view of it was blocked for a few seconds. When I looked again, it had turned into some kind of squid (Phase 2), now glowing on its sides.

Moreover, I was no longer in my room, but in an entirely unfamiliar two-story apartment. I went downstairs to explore, found a kitchen and a small living room, but then went back upstairs to check on the creature. It had become a mushroom man (Phase 3), whose head reached up to my hips. It didn't talk, but I knew that the slimy liquid dripping from its head was poisonous. I decided it was time to eliminate the creature, but it evolved further into a thin, creepy-looking man (Phase 4).

I was freaking out internally, but I knew my emotions would influence my dream world, so I went downstairs to search for something to protect myself with. I found an axe in the kitchen and went back up to fight it. The fight was surprisingly easy, as the creature shattered like wax.

Winged Cat

This is a cat-like creature that I found while lucid dreaming in my garden. It was the same size as a cat, but it had wings and a scorpion's tail. It wasn't aggressive, so I was able to pet it, pick it up, and examine it more closely to commit all its details to memory.



Staring Creatures

Those two creatures weren't hostages, but they weren't interacting with me either. When I found them, they just stared at me, no matter what I did. I encountered the one with a red scarf in a dark lucid dream. It floated in front of my window. I flew up to be at the same eye level as it and tried to get a reaction, but nothing happened. The same thing occurred with the other creature, which appeared in my garden and stared at me from a distance. I therefore decided to take a closer look at them, and then wake up and sketch them.

Chinese Dragon

The last unusual creature example I'll share here is my Chinese dragon, "Bach." I first met him in a normal dream years ago where he helped me to escape from a prison. Since then, I have been able to call on him with a whistle whenever I need help getting out of a tense situation while lucid dreaming.

The special thing about "Bach" the dragon, as well as certain other dream characters, is that they become recurring. Tony Stark, whom I can call through my phone when I am lucid, will likely pick me up in a car and take me wherever I want to go. Santa Claus—as funny as it sounds—appears whenever my dream is dark. When I ride with him in his sleigh, the atmosphere and sky become much lighter. These characters allow me to indirectly influence the dream because it doesn't feel like it's my doing.

Thanks to these "relationships," the dream reality feels much more personal, almost like a world I can explore with "friends."

As you may have noticed, I don't usually focus on manipulating the entire dream world in my lucid dreams. I prefer to explore and follow the storyline that I discover, seeing where it takes me and influence it by personal decisions. I stay lucid throughout each dream, so I know I am safe. ▲



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Howard — *Trying Not to Over-think!*

My dreams are from an innocent era—before big biz latched on to technological ways (allegedly) of inducing such dreams to help people develop their employable skills while they sleep! Starting point was around age 18 (I am 81 now) when I would plummet into some kind of whirlwind. Scary, but I knew I was dreaming and would struggle to wake.

Next, I learned to use the start of the whirl as the launch-point to visualise something positive. Up came a dream, the first of only about six of any value in all my lifetime.

It opened with a vivid image of my childhood home, walking across a room to look out of the balcony across north London. Completely aware it was a dream, I could even feel the warmth of the bed, as well as the roughness of the balcony rail. I looked for familiar things: yes, there's Mrs Acland's vegetable patch and washing line, then further left the Muswell Hill church spire, Alexandra Palace TV mast and grounds in detail, the Dad's Army drill hall.

Opposite me was a tall brick wall, and on it a T-shaped paint mark. Then I noticed that the brickwork, although sharp, looked more like a photo-realistic Vermeer, or perhaps a jpeg. Ah, I thought—so my memory must be data-reducing to save brain-space! Well, that was that—end of dream. It does not pay to get analytical!

In later dreams, when I wanted to check if I was actually asleep, I would attempt a jump. Always when in a lucid, this was floaty, but not so analytical as to stop the lovely dream.

That paint mark? Years later in real life I zoomed down with Google Earth, and there it was, exactly as recalled. Gosh, just how much old detail do we cart around with us?

Ken B — *My First Intentional Levitation*

I was walking down a paved city road between tall buildings. The area appeared to be industrial. As I was walking, I noticed on my left that there was an area of construction in a large open space directly beneath a tall building. That area underneath the building was surrounded by a tall chain-link fence.

Someone was in there, peering at me with their fingers sticking through the fence, shaking it. He was trying to get my attention. He was trying to get out so he could approach me, but he couldn't. I was leery of him, feeling he could be threatening, so I ignored him and kept walking.

Then I suddenly thought, Hey, am I dreaming? I don't know what caused me to think this. I reasoned that if I

am dreaming, then I can levitate. I tried it and it worked! I started floating up! I felt very ecstatic! I am dreaming and awake! As I was floating up, the feeling was incredible, filling me with a wonderful sense of joy.

However, after a bit, I noticed that I wasn't moving up as fast as I wanted, so I started moving my arms and kicking my legs as if I was snorkeling in water with flippers on. I realized it was silly to move like that when I was in mid-air, yet I continued.

As I was floating up to the top of a tall evergreen tree, I thought I would create a ball of white light between my hands for self-healing. I raised my hands and looked at them, but no ball of white light appeared between them. This concerned me. I also noticed that my hands were not in focus, but were blurry. I looked at the treetop and saw that it too was blurry. Nothing in that dream seemed sharp and clear.

As I hovered there, I wondered what to do next... I thought about flying into space, but shortly after that thought I woke up.

Paul Sauers — *Buddhist Temple / Lucid Bird Dreams*

I created a drawing that Ryan Hurd calls 'The Big Dream Amulet' and put it under my pillow to inspire a dream. The picture was of two shaking hands of the Inner Senses & The Awareness (Inner Self) behind the dream with an explosion of psychic powers above the hands—something I've been working on to expand my psychic abilities.

On the four corners were a tree (Tree of Life?), a flower, a sun, and a bird that reminded me of the Wheel of Fortune Tarot Card, whose associated planet is Jupiter, representing 'luck and expansion.'

Buddhist Temple:

I'm 'riding' on a tall ladder surrounded by light (sort of like being on stilts). The ladder, height, and light make me realize that I'm dreaming. I shout out, "Lucidity Now!" immediately I'm in a Buddhist temple and there are many religious figures, including Christ and St Germain. All are saying "Om mane padme hum" and I have a feeling of joy and ecstasy. I feel the experience of getting 'more psychic' and the expanding luminosity which for me represents a 'huge spiritual jump.'

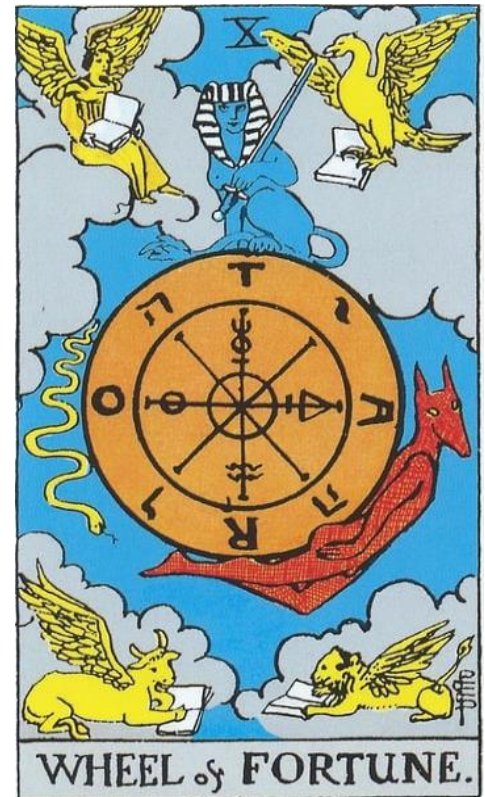
Lucid Bird:

In this dream, I'm focusing on the bird in the corner of the Amulet card and it comes alive! Now I know that I'm lucid and thinking like a bird! Its concerns are finding food, drinking, washing, and talking 'bird language' to its other friends. I have the thought that there is no thinking! It's only a matter of 'being' one with All-That-Is. I feel a certain joy and excitement with this experience.

Later, we fly into a bush and I enjoy 'bouncing' on a limb, being 'in harmony' with nature. And sometime after that, I'm flying over the ocean with a sense of limitless freedom. I feel that the bird is going to help me expand my psychic abilities.

Stefan Höll — *Shadow Work*

I'm driving down the autobahn, the speedometer well past 180 km/h. Suddenly, out of nowhere, a speed trap appears. I yank my foot off the gas, slam on the brakes—and, as my car slows, four vehicles shoot past me on the left. The first one isn't flashed, but the other three are. When I realize I've slowed down far too much, I



hit the gas again.

But just then, a policeman materializes and forces me to stop. Within seconds I'm surrounded by a whole phalanx of officers—fourteen policemen and inspectors. They corner me, peppering me with sharp, intrusive questions. Only one female officer seems to have more sense than the rest. I keep asking her what this whole show is about, what crime I'm supposed to have committed.

On the other side of the highway I notice even more uniforms: at least fifteen officers, armed with assault rifles. The scene feels intimidating, almost grotesque. I start protesting loudly, determined to record everything on video—only to be silenced immediately with the word “privacy.”

After a while, I demand to call my lawyer. Instead, I secretly dial my mother. The officer insists on listening in, takes my phone, overhears the call, and realizes I'm bluffing. Embarrassingly exposed, I'm pressed even harder. I try to covertly start the dictation function on my phone, but suddenly the screen flips upside down.

No matter how I swipe, nothing works. It's as if the device itself is telling me nothing makes sense anymore. And then it dawns on me: THIS MUST BE A DREAM. I put it to a hovering test and become lucid: I soar upward, break through the ceiling, drift back down again, sinking through a vast hall and then lower still—into the darkness of a railway tunnel glowing with an eerie, rusty-red light.

I plant myself on the ground and shout, “Take me to the most beautiful place there is, to a bright, wondrous place!” But nothing happens. Instead, a clattering erupts, a menacing rattle and groan of metal. From the right-hand shaft comes a low growl, accompanied by a sinister light. Then it emerges: a monster clad in heavy armor, threatening and immense.

Instead of panicking, I remember—this is the trial. I decide to send Love to this dark being. As I walk toward it, the unbelievable happens: its grim face transforms before my eyes, the armor crumbles, and all that remains is a harmless-looking toy horse, tipping sideways onto the rails. I step forward, embrace it—and in that instant, I wake up.



James Sims — *The Harmonious Mind of Einstein*

Becoming lucid at an undetermined point in this relatively long dream, I fly around a large city for much of the dream. Somewhere along the way, I fall into various quarrels with my brother. I defeat him at times, he defeats me at others. Regardless of who wins at any given moment, our fighting keeps the samsaric pattern of repetition going. The relentless resentment drags on till I cease to fight.

As if to reward my choice for harmony, I fly once more peacefully around the city and read part of a magazine title, *The Harmonious Mind of Albert Einstein*.

After awakening and journaling this dream, I drive to Fort Collins to see a friend. Synchronously I notice that my exit is on Harmony Road when I'm 20 miles away! The number 20 provides further synchrony, as 20 (2+0=2) is 2 in numerology, which just so happens to symbolize harmony!

These synchronicities inspire me to discover many quotes of Einstein, one of which reads, “Peace cannot be kept by force; it can only be achieved by understanding.”

Einstein's wise words remind of a lucid dream that I had several years ago in which I was greeted by

Harmonia, the Goddess of understanding. As such, Spirit is reminding me that understanding leads to peace.

My Beloved Harmony, Who art within me and all beings, I love Thee and thank Thee for guiding me on Thy Road to Unconditional Love and Harmony with all beings.

Annabell Simons — *Feathers*

While I was walking down Baker street on my way to the Lucid Dream Facilitator course, I found a beautiful feather. A bit embarrassed, I looked around to see if anyone was watching, but my inner child won and I picked up the feather. It spoke to me: “I’m connection.” The feather changed into a treat and it said, “I’m the energy that stitches together day and night.” And I thought, “Hold on, this is strange. Am I dreaming?”

I had been offering feathers to the dream for a few days in the hypnagogic stage, the stage of sleep where you are starting to lose consciousness. The stage that’s like a deep hypnosis; the perfect moment to send a love letter to your dream, letting her know how she can help. You ask her how you can be of most benefit, or how to train for a certain exam or even hug your inner child. I had been offering feathers in the hypnagogic stage as a gift for the dream. I imagined throwing feathers around and watching them float to the ground. This was my way of letting the dream know I want to meet Morpheus, god of dreams.



Image © Annabell Simons

For a few days (in waking life) I had found feathers during the day in the strangest places... in my yoga class on my mat, under my chair during a retreat, and even a beautiful white feather in my phone case. Every time I found a feather I asked myself: *Am I dreaming?*

Now that I asked the same question in the dream, I got lucid, and called out: “Morpheus, come to me!” But I realized, Morpheus was the feather that transformed into the treat.

A cloth appeared with an image of my silhouette offering feathers to the dream and another cloth with a silhouette of me finding feathers during the day. The feather began stitching both cloths together and said, “Separation is an illusion, everything you experience is reflection of mind. What you offer, you receive. Many people feel separated because they have lost touch with their inner world. They live like zombies, mostly unaware of what they create, distracted by the need for attention from the outside. Worrying about the future or dwelling in the past, they lose connection and fear their demons.”

In Plato’s Myth of Er, every soul in heaven who forgets what it’s like on Earth has to go back and experience life on Earth again. But first they have to drink from a lake of forgetfulness. On their path of life they will be guided by a Damon—their intuition, guiding them back to remembering heaven. If a Damon is ignored out of fear, shame, or guilt it becomes a demon, screaming for your attention to come back to your higher consciousness, to become Aware, awake and more kind.

My mission is to help people embrace their demons and find their damons—finding connection with their inner world. Because we can only grow higher if our roots reach deeper. So tonight, when you drift to sleep, notice what feathers your dream offers. Instead of grasping, observe, gently holding up your hand to allow the feathers to land so they can give their message of connection to your intuition, your Damon. Because the dream is

always speaking, the question is: Are you observing? Are you stitching together day and night?

João — *Wii-like City Landscape*

Greetings from Portugal. I first learned about lucid dreaming at the end of 2024 after reading *Lucid Dreaming, Plain and Simple* by Robert Waggoner and Caroline McCready. Since then, I've been applying the techniques and reading other books, as well as the *Lucid Dreaming Experience* magazine. Even though I quickly managed to have lucid and semi-lucid dreams (one or two a month), I'm still working on improving their stability and duration.

I'm sharing this recent dream to encourage others to keep practicing and not give up.

I'm standing between the living room window and the balcony (5th floor), and I start feeling spaced-out jolts, like an earthquake, but they don't make sense, so I think, "I'm dreaming." And voilà! I try to take off my sleep mask because I can see some light already, but the mask is blocking my vision. When I take it off, I see a blue sky and a yellowish/brownish urban area, in a Minecraft- or Wii-like (game worlds) style, with several people walking around.

At a certain point, someone walks toward me. I push the person away, but then I remember I should try to interact. They say something—just one word—that I can't understand. I ask if they mean another word, but we don't reach any understanding. Meanwhile, another person comes from behind and bumps into me. I grab them and I'm walking forward while holding them like a doll. I pass through a narrow street and think I should try flying, but I wake up.



Johanna — *Transforming in Lucid Dreams*

Several times I have become lucid by looking at my reflection in the mirror because I realize that that is not the way I really look.

A couple of times, or maybe three, I have seen the face of a Native American woman looking back at me. She is very young, maybe in her mid-late twenties. She has long, thin, very straight hair, with short bangs. Her hair color is medium brown. Her face is very round and full, with small eyes. She always has a very serious, kind of sad look.

I have also seen the face of a man who is not good-looking at all. I felt a little sad for him because I sensed he knows people have judged him for his looks. It is a feeling that makes me uncomfortable; I feel kind of hopeless for him, I don't know why, and I don't want to look at him.

At times I have also seen myself with very different hair styles, and these reflections in the mirror have triggered lucidity.

One time I became lucid when I looked around and saw my doppelgänger. She looked younger, though, with a ponytail. She looked extremely happy to see me and laughed when she saw my surprised reaction.

This situation reminded me of some exercises mentioned in Mr. Tenzin Wangyal Rinpoche's book about dream yoga. In the book, he suggests it is a good idea to play at changing yourself in the dream. So, at that moment, I stated I wanted to be very small, and I shrunk to the size of a mouse. Then I said I wanted to be very big, and immediately I became a giant. I was looking at my reflection in a mirror while I did all this, and I was laughing the whole time.

Then I said, “I want to see more Johannas,” but instead of my whole self multiplying, as I thought was going to happen, two or three other heads appeared coming out of my neck. The heads all looked humanoid, but they were more like monster heads. I was so amused, I laughed so hard at this. I loved this dream so much!

Ash — *What War Invites*

I often re-enter my last dream to find a better ending or just see what else can happen. At the beginning of the war in Ukraine, I had a dream where suddenly I knew I was there in the country, fighting for Ukraine. I find myself on a gurney being rushed into an empty fast-food restaurant. I realize that one of the soldiers with us is actually a Russian. Panicking, I wake—but I decide to re-enter the dream to create an exit. After several different exits, I realize, “Hey, this is a dream! What would happen if I stay?”

I’m back on the gurney and the spy lifts his rifle to start shooting. I find myself standing up with his bullets passing right through me, doing nothing to me. Everyone but the spy is dead. His mouth opens up. I see black wisps of something very dark entering his mouth. I am hit with the realization that the Russians are killing their own souls. Maybe this is what war really is.

Jo Holmwood — *The Resort*

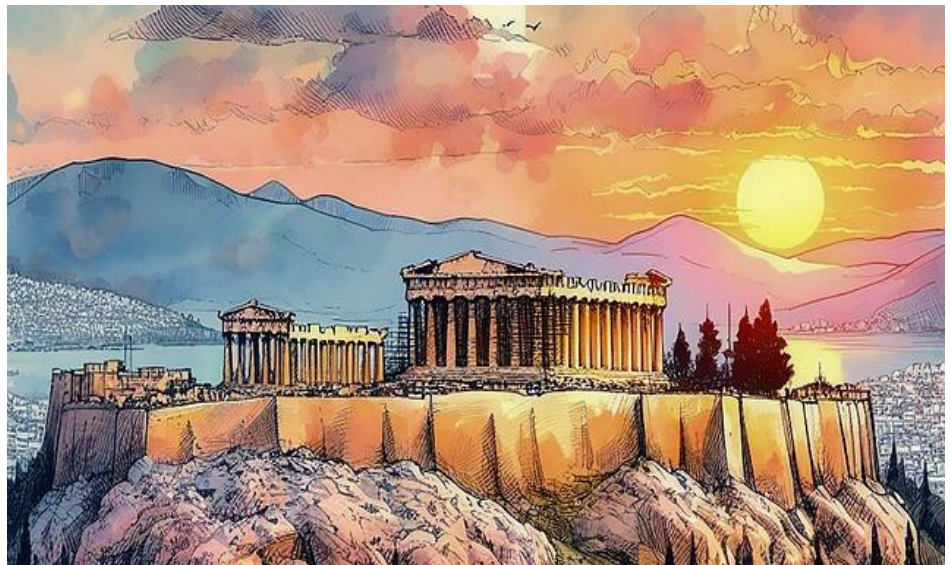
I’d been awake for ages, but I stubbornly refused to get out of bed. It was cold and although I was awake I was cozy. I started taking myself through the counting part of one of the yoga nidra practices I have learned (not sure why I decided to do this, it just seemed right). But my goodness, I counted for ages. Eventually, I was disturbed by Mike (my hubby) trying really hard to cuddle and kiss me. This was really annoying because I was just beginning to drop off and it had taken ages. I brushed him off. But he persisted. Sitting up I said, “Look, stop it, will you... I’m trying to get to sleep.”

He just gave me a naughty grin and carried on. I looked at him closely—something wasn’t right. This is weird, so out of character for him, I thought. It was at this point I realized what was going on. I was in a dream! “Ah-ha! This is a dream!” I said. Relieved I didn’t have to endure the slobbering anymore.

I got up and fell gracefully into my flying position. Off I went. I left the room and entered straight into a most magnificent dream scene. At that moment I experienced such love and a profound connection to that place. Not because it was beautiful, but because it’s always such a liberating feeling being in any lucid dream. Fully awake, fully in the moment.

I was in a huge white building. It looked like marble and was spread over multiple levels with balconies and large rooms with high ceilings. It was like a Greek palace with big pillars and lots of glass. There were sparkling blue swimming pools dotted around. I looked into the sky and from the light I guessed it was about midday. The sky was clear and blue. It was warm. It had a Mediterranean resort feel to it. There were lots of people going about their business.

I wanted to try an experiment. I wanted to see if my dream characters could read my mind and see the images I was imagining. I went



up to the first person, a man, who was middle-aged with blonde hair (now when I think back, I only saw males and they all looked very similar).

"Hello," I said. The man looked at me but didn't say anything. "I want to show you something," I said. This piqued his interest. "Can you see what I am looking at in my mind?" I looked inwardly at a bright sun, as if it were above my head. I could see it so clearly. The magnificent light was so radiant, it made my face light up.

The dream character looked absolutely flabbergasted, like he had never seen such a thing. "This is the sun, pure awareness, pure bliss, the place that has all the answers." I explained telepathically. The man was so happy, he thanked me profusely.


I left him there and continued on my journey. I was quite pleased that my theory seemed to work. I tried it on several people, with the same result. Hmm, bonus, I thought.

After about the sixth time I really wanted to go outside, find some wide open spaces to fly in and have fun. But as I searched I began to feel enclosed. I couldn't see any way out. I began to notice that all the corridors were beginning to get narrower. I had to keep backtracking. I paused to assess my situation. I spread out my awareness into the place and began to follow something, call it gut instinct, a feeling, a sense.

After a short while I found an exit. Phew! I thought, what a relief. I was beginning to think my lucid journey was never going to finish. With renewed vigor I flew up and then, seeing a giant blue pool below, I flew down at speed and dove into the crystal-clear water. It was really deep. I felt the cool water and the bubbles tickling me as I went deeper. I was swimming like a dolphin with no need to worry about breathing. Then I left the water and went back up into the air. "Wow, what a rush!" I shouted. (Or maybe thought?)

I could see some people standing on a balcony watching me. I decided to go and say hello. It was two men

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(again), both with blonde hair, both looked very similar although not identical.

I greeted them, saying: "Hello, can I ask you something?"

"Yes of course, what would you like to ask us?"

"How old are you?" I asked.

It was the first man who spoke. "We are...", he looked like he was thinking and then he said, "Five thousand three hundred years old; that's right, isn't it?" He looked at his friend who nodded.

"Gosh, that is old," I said. Then added: "So, is this correct? You're part of a much bigger being?" They looked at one another, surprised by this question.

"Yes we are," the man admitted.

"How big is the being you are part of?" I asked. I didn't know if I was pushing my luck here, but I had to try.

"Well," the man said, coming closer to me. I leaned in. He held out his hand, saying, "Look at this," as he showed me the quick of his thumbnail. "This is me," he said, looking at me and smiling.

I wasn't sure what to say to this. I wanted to ask more questions, but I started losing lucidity, I guess it was time to go. I woke up. ▲



*To all the readers, supporters, and friends
of the LDE...our very best wishes for a
Lucid and Happy New Year! — Robert & Lucy*

Lucid Dreaming Links

The Lucid Dreaming Experience

<https://www.luciddreamingmagazine.com/>

Robert Waggoner's Book Website

<https://www.lucidadvice.com>

Dr. Keith Hearne, First PhD Thesis on Lucid Dreaming

<https://www.keithhearne.com/>

Lucidity Institute

<http://www.lucidity.com/>

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

<https://www.dreams.ca/>

Rebecca Turner, World of Lucid Dreaming

<https://www.world-of-lucid-dreaming.com/>

The Lucid Dreamers Community, by pasQuale

<https://www.ld4all.com/>

Ed Kellogg

<https://duke.academia.edu/EdKellogg>

Beverly D'Urso, Lucid Dream Papers

<https://durso.org/beverly>

Melinda Powell, née Ziemer

<https://melindapowelldreams.com/>

Dream Research Institute, London

<https://www.driccpe.org.uk/>

Lucid Dreaming Links

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

Lucid Sage

<https://lucidsage.com/>

Lucidity4All

<https://lucidity4all.com/>

The Lucid Dreaming Foundation

<https://www.luciddreamingfoundation.org/>

International Association for the Study of Dreams

<https://www.asdreams.org/>

Ryan Hurd

<https://dreamstudies.org/>

Maria Isabel Pita

<https://luciddreamsandtheholyspirit.com/>

Robert Moss

<https://mossdreams.com/>

Electric Dreams

<http://dreamgate.com/>

The Lucid Art Foundation

<https://www.lucidart.org/>

Lucid Art by Joseph Kemeny

<https://kemeny.pixels.com/>

Daniel Oldis and Sean Oliver — IASD Presentation

<https://www.youtube.com/watch?v=M1jUENG12Uc>

The Lucid Hive — A Hub For All Thing Lucid Dreaming

<https://www.facebook.com/groups/thelucidhive>

Lana Sackwild: Get Lucid With Lana, LLC

<https://www.lanasackwild.com/>

DreamViews Forum

<https://www.dreamviews.com/>