

Training to explore the multidimensional reality.

We may think dreams are ‘just dreams,’ but dreams can be the gateway to another world. We may feel we have no control over our dreams and often remember little when we wake up. Recently, however, scientists have been looking at dreams in a new light. In the 1980s Dr. Stephen LaBerge of Stanford University researched into Lucid Dreaming and published a book entitled: “Exploring the World of Lucid Dreaming” in which he gives different methods which allows practitioners to enter dreams while remaining fully conscious, or gaining waking awareness while dreaming. Scientists have identified an area of the brain which is highly active during Lucid Dreams (New Scientist June 2010). But this is not news for Tibetan monks who have practices such techniques for thousands of years in order to penetrate dimensions beyond the physical world and reveal the core of their inner being.

The method given below is based on LaBerge’s WILD technique (Wake Initiated Lucid Dreams):

The Technique:

1. Become more aware of your dreams.

Habitually we tend to cast our dreams to one side (“it was only a dream”). But we can use the dream state to become aware of higher levels of consciousness and even exit the physical world and enter a new super-dimensional universe. By taking more interest in our dreams we are habituating our mind to taking a more active part in our dream life, which, together with this techniques, will increase our chances of becoming aware in our dreams. Keeping a dream journal and noting down your dreams is the first step. Wake up after dreaming and whilst remaining completely still in bed run through the dream scenario. Repeatedly recounting your dreams will tell your brain to accept the dream as an important reality.

2. Testing reality

Question your reality during the day. Ask yourself frequently during the day “is this a dream?” This way you program your mind not to take reality for granted and become more aware. You can set your watch to an hourly chime and then pause and ask: “Is this real? Is this a dream?” You can also anchor this question to certain tasks, for example, by repeating it every time you walk through a door. Once this questioning approach is firmly established you will carry this routine over into your dream life. When we pose the question in our dream we are creating a trigger in our mind to wake up within our dream rather than our body. This becomes then a lucid dream.

3. Early awake - back to sleep

The next stage is to take advantage of our sleep cycles. It is known from research that lucid dreams occur more frequently during REM cycles which are more frequent during the early hours of the morning.

Go to bed early in order to get a period of six hours sleep. Before you fall asleep though, suggest to yourself that you are going to have a lucid dream. Wake up at about 5 or 6 am. Stay awake for an hour. Get your mind fully alert. Ideally preoccupy yourself with the subject of Lucid Dreaming or Out-Of-Body projection.

4. Go back to bed.

Lie on your back, close your eyes. Breathe slowly and deeply and use a good deep relaxation technique to completely relax your whole body, but don’t fall asleep. Move the position of your eyes slightly upwards and focus your attention on the back of your eye lids. At first you will see nothing but black. Gradually fuzzy colour shapes will emerge and disappear. Keep watching these colours almost in a disinterested fashion. When you get distracted by thoughts bring your attention back to watching the back of your eye lids, but don’t force just favour the blackness or the colours behind your closed eye lids instead of your thoughts.

5. Hypnagogic Images

Keep staring at blackness behind your eyelids and keep breathing slowly and deeply to relax more and more. The blackness now becomes a movie screen of changing colour. You are quite close to the screen, It fills your whole vision. You are still aware that you are lying in bed, but you are shifting your attention more and more to the scenery on the large movie screen until you are 80% aware of the scenery and only 20% aware of your body.

Now you are drawn into the screen and it has become a 3d environment. Observe the sense of flying over the landscape of living colours like an eagle or a pair of disembodied eyes. Gradually you begin to notice fragments of scenery emerging and disappearing through the colours. You begin to pay more attention to these fleeting scenes as they stay with you for longer. You begin to make out more and more detail without any concentration whatsoever. You just casually notice and observe the detail emerging without having to imagine it. Allow the scene to take shape without interference.

You are no longer aware of your body and what you see is occupying 100% of your attention.

6. Merge into the scene and participate

Allow the scenery to become more defined and let it establish itself. Perhaps you can make out trees or green fields or your dream scenery may offer you a street scene or a town square, a room or even something you have never seen before. Let it do so and watch it unfold with a feeling of disinterested curiosity (meaning just keep your attention without getting emotional). Allow the scene to stabilize around you. You can make out more and more detail which are not of your own making, but is offered to you by the dream scene. Watch them and enter into them. Become part of the scene. Listen to the sounds. Involve all your senses. If your dream scene offers you flowers, smell them. May be somebody calls your name. Totally trust what you see, because it is all yours. You are absolutely safe. You remain wide awake and your body has gone to sleep.

You can walk around the street you are in and with every step the feeling gets more powerful that you are in another world. Take an active interest in it. You are now totally immersed. You can turn around and study any aspects of the scene in the minutest detail. You can bend down and pick up a flower or let the sand run through your fingers and listen to the musical sound this makes.

You are now as fully awake as in waking life, but in a completely non-physical environment. You may get so excited by this that you return to your body. Keep calm. You may be indoubt and wonder whether you may actually be in a physical waking state. If you unsure, make the hover test: see if you can float above the ground, but keep calm and explore your new surrounding.

You also know that at any time you can simply wake up in your physical body. Should the physical body not respond, because it is still in sleep paralysis, you simply allow yourself to go to sleep and you will wake up naturally.

Rem Cycles

This exercise has more chance of success if it coincides with a REM cycle. That is why it does not always work and it should be practiced, if possible, on a daily bases and over a longer period.

There are many alternative methods which are published in books and on the internet, study and find the one which suits you.

Websites & Forums:

www.multidimensionalman.com
www.lucidity.com
www.dreamviews.com
www.astralpulse.com
www.lucidadvice.com

Books:

Exploring the World of Lucid Dreams - by Stephen LaBerge
Lucid Dreaming: Gateway to the Inner Self - by Robert Waggoner
Journeys Out of the Body - by Robert A Monroe
Astral Dynamics: A New Approach to Out-of-body Experiences - by Robert Bruce
Adventures Beyond the Body: How to Experience Out-of-Body Travel - by William Buhlman