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**Subject:** **Lucid Dreaming Handout**  
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## HANDOUT #1 LUCID DREAMING GROUP

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### **General Introduction, a "How To" Guide, and Resources**

**Notice:** If you read or work with this material, please post your experiences, questions, and comments on the **Dreams and Dreaming Topics Discussions Board** ( <http://dreamtalk.hypermart.net/bb2005/viewforum.php?f=2&sid=96d372c0e1e18bef4e4002864c952194> ) on **The International Association for the Study of Dreams Website** ( <http://www.asdreams.org/> ), or if necessary contact **Dr. Ed Kellogg** at [alef1@msn.com](mailto:alef1@msn.com).

#### **Lucid Dream Task #1:**

When you next gain lucidity in a lucid dream (where you know *that* you dream *while* you dream) find a mirror (or any other reflective surface, like a pool of water, or a polished metal surface) and look for your reflection in it. You may look like your physical reality self, or ... you may not. Although IASD's **Dreams and Dreaming Topics Discussions Board** ( <http://dreamtalk.hypermart.net/bb2005/viewforum.php?f=2&sid=96d372c0e1e18bef4e4002864c952194> ) currently prohibits the posting of personal dreams for interpretation purposes, participants do have permission to post dreams relevant to a particular topic and thread in order illustrate a point more clearly.

#### **Lucid Dreaming Group Description:**

Would you like to step into a world where magic works and where the possibilities for personal transformation have no limits? This ongoing group will teach practical methods for bringing full waking consciousness into your dreams, and will explore methods of programming dream topics, of controlling dream phenomena in lucid dreams, dream precognition and distant viewing, understanding the role of ordinary and lucid dream states in psychological and physical healing, entering into mutual dreaming (dreaming with others in a consensus reality), and many other aspects of dream reality depending on the interests, needs, and expertise of those involved. Both beginners and experienced dreamers can participate in this group.

This introductory handout provides information on: 1. How to bring lucidity to dreaming; 2. A brief description of the lucidity continuum (from pre-lucid to super-lucid); and 3. A resource guide to allow group participants to follow up on their own in areas of individual interest. 4. A selection of ASD Hotlinks

### **Section 1:**

#### **Bringing Lucidity to Dreaming**

##### **Keep a Dream Journal**

Every morning make a record of the dreams that you had the night before. Date the record, and try to record the dreams in the order in which you experienced them. Numbering the pages in your dream journal (or using a notebook with numbered pages) can really help you keep track of your dreams, especially when you begin indexing them for subject categories. Feel free to draw pictures, diagrams, or

to write dream inspired poetry in your journal.

**The MILD (Mnemonic Induction of Lucid Dreams) Technique** for Inducing a Lucid Dream (adapted from LaBerge):

1. When you awaken spontaneously from a dream in the early morning, go over the events of the dream several times until you have memorized it.
2. While lying in bed and returning to sleep, repeat an affirmation to the effect that you will now have a lucid dream. It might work best to personalize your affirmation by using your own words, rather than using one of the versions given here as examples:
  - a. "I will now have a fully lucid dream. I will realize that I dream while I dream."
  - b. "I have full conscious awareness in my dreams. I have full conscious memory in my dreams. I will now have a fully lucid dream"
3. Now again go over the events of the dream you memorized earlier, but this time "remember" it as if you had full conscious awareness that you dreamed while you dreamed. Imagine what you might have done differently (choose something that you would really like to do) if you'd had the conscious awareness and freedom of choice characteristic of a lucid dream.
4. Repeat steps 2 and 3 until you have firmly fixed your intention, or until you have fallen asleep.

**The Critical Reflection Technique** for Inducing Lucid Dreams (adapted from Paul Tholey):

This technique teaches prospective lucid dreamers to develop a questioning attitude towards their state of consciousness, by seriously asking themselves several times each day whether they dream in the midst of their daily activities. The technique works something like this:

1. Several times each day, especially if something unusual occurs ask yourself one of the following questions: a. "Do I dream this?" b. "Dream reality or physical reality?"
2. After questioning yourself, make a serious effort at determining the answer by performing a "reality check".
3. Dream reality usually operates under different laws than those through which physical reality operates. Try one or more of the following tests, or use your own experiences of dream reality to make up one of your own:
  - a. See if you read a sign, or the page of a book, two times without the words changing.
  - b. Close your eyes and open them again - notice if the scene has changed.
  - c. Make an effort to fly or to float - make a small jump and notice if your body feels

lighter than usual, or if it takes longer than you would expect to return to the ground.

4. Actually **DO** the reality tests - don't just think about doing them! The more often you do the reality checks, the more you habitually perform them, the more likely you will automatically find yourself doing the tests in dream reality and then will "wake up" to dream lucidity.

### **Miscellaneous Aids**

1. Read a book or article about lucid dreaming just before retiring on nights when you will focus on lucid dreaming.
2. Review your lucid dream tasks (imagining yourself doing them) just before falling asleep.
3. Vitamin B6 (100 - 250 mg) taken just before retiring increases dream vividness and dream recall for many people. (Recent research indicates that B6 also acts as a potent factor in preventing heart disease!)
4. If possible wake up 3-5 a.m., remember and write down any dreams, then read material about lucid dreaming for 30 minutes or so before going back to sleep using the MILD technique. Also, meditating at this time before attempting lucid dreaming can prove very helpful in increasing your success rate.
5. If you begin to wake up while lucid in a dream try spinning, or holding on to the kinesthetic sensations to prolong the dream.
6. If lucid and you want to "wake up" (return to Waking Physical Reality), close your eyes tightly in the dream, wait a second or two, and then open them wide. Your physical eyes will usually open also, waking you up.
7. If you want to change scenes in a dream, go over to a closed door, Consciously intend (even say your intention out loud) that when you walk through the door that it will open to \_\_\_\_\_ (where you want to go). Wait a few seconds, open the door and go through.
8. If you find yourself lucid but powerless in a dream, take a few deep breaths and then use your favorite spiritual practice to center and empower yourself - meditate, pray, chant, etc. - whatever technique you use in your ordinary life.
9. Try incubating dreams on how you can have lucid dreams, or on how you can increase lucidity.

**Instructions for the Lucid Dreamers Checklist:** Whenever you try to incubate a lucid dream, or whenever you have a spontaneous lucid dream (even if only pre- or sub-lucid) fill out this form. Eventually you will gather enough information to put together a personal profile for yourself of the conditions that work best for you to have lucid dreams. You will also get a better idea about what techniques work for you, and under what conditions they do so. Print out the checklist, and keep several copies with your dream journal so that you can easily find them when you need them.

# THE LUCID DREAMERS CHECKLIST

## PERSONAL DATA

NAME \_\_\_\_\_ DATE \_\_\_/\_\_\_/\_\_\_ LOCATION \_\_\_\_\_

DEGREE OF LUCIDITY \_\_\_\_\_ TIME OF LUCID DREAM \_\_\_\_\_ A.M. / P.M.

TIME TO SLEEP \_\_\_\_\_. HRS. /SLEEP PREV. NIGHT \_\_\_\_\_ NAPS? \_\_\_\_\_

BODY POSITION (ON BACK, R.SIDE, L.SIDE, PRONE, SITTING, ETC.) \_\_\_\_\_

BODY ORIENTATION (HEAD TO N, NE, E, SE, S, SW, W, NW) \_\_\_\_\_

CLOTHING / BEDDING \_\_\_\_\_ BATH / SHOWER / SAUNA \_\_\_\_\_

PERSONAL HEALTH (ANY PHYSICAL CONDITIONS) \_\_\_\_\_

SPECIAL DIET / FASTING \_\_\_\_\_ TIME OF LAST MEAL \_\_\_\_\_ A.M. ./ P.M.

WHAT YOU ATE \_\_\_\_\_

PHYSICAL / SEXUAL ACTIVITY \_\_\_\_\_

PSYCHOACTIVE SUBSTANCES TAKEN BEFORE RETIRING (VITAMINS, HERBS, DRUGS, ETC.)  
\_\_\_\_\_

MENTAL EXPOSURE (BOOKS / TV / ETC.) \_\_\_\_\_

EMOTIONAL EVENTS \_\_\_\_\_

MEDITATION ACTIVITY \_\_\_\_\_

EXPECTATION OF SUCCESS (0-5) \_\_\_\_\_

OTHER DATA \_\_\_\_\_  
\_\_\_\_\_

## ENVIRONMENTAL DATA

PHASE OF MOON \_\_\_\_\_ SOLAR EVENTS \_\_\_\_\_ ASTROLOGICAL EVENTS \_\_\_\_\_

WEATHER \_\_\_\_\_ ROOM TEMPERATURE \_\_\_\_\_ BAROMETRIC PRESSURE \_\_\_\_\_

ANTAGONISTIC FACTORS (NOISE, UNFAMILIAR ROOM, ETC.) \_\_\_\_\_

SYNERGISTIC FACTORS (UNDISTURBED, WEEKEND, ETC.) \_\_\_\_\_

EXTERNAL AIDS (CRYSTALS, INCENSE, MUSIC, HERB PILLOWS, ETC.) \_\_\_\_\_

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OTHER DATA \_\_\_\_\_

**INCUBATION PROCEDURES** (CHECK APPROPRIATE CATEGORIES)

MILD \_\_\_\_\_ CRITICAL REFLECTION \_\_\_\_\_ SELF- HYPNOSIS \_\_\_\_\_ AFFIRMATIONS \_\_\_\_\_

OTHER (MEDITATION, RITUAL, CHI GONG, ETC., PLEASE DESCRIBE) \_\_\_\_\_

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**LUCID DREAM TASKS** ACCOMPLISHED TASK? LUCIDITY?

1. \_\_\_\_\_ YES \_\_\_ PARTIALLY \_\_\_ NO \_\_\_

2. \_\_\_\_\_ YES \_\_\_ PARTIALLY \_\_\_ NO \_\_\_

3. \_\_\_\_\_ YES \_\_\_ PARTIALLY \_\_\_ NO \_\_\_

SPECIAL TECHNIQUES USED: \_\_\_\_\_

NEW / EXTRAORDINARY ABILITIES OR ACCOMPLISHMENTS \_\_\_\_\_

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ADDITIONAL COMMENTS: \_\_\_\_\_

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**HOW DID THE LUCID DREAM AFFECT YOU AFTER RETURNING TO WPR?**

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**SECTION 3:**

**THE LUCIDITY CONTINUUM**

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**ORDINARY DREAMING**

In dream reality (**DR**), your center of gravity shifts to the feeling level. In ordinary dreaming you have very limited use of your thinking aspect, and have very little memory of the ordinary state of affairs of your **WPR** existence, including your name, address, age, and even physical body type.

**PRE-LUCID**

In the dream, you notice some sort of bizarreness as unusual for waking physical reality (**WPR**). Or you

don't consider myself in ordinary physical reality at all, although you realize almost none of the implications and still misidentify the actual situation.

#### **SUB-LUCID**

Although you vaguely realize that you dream, it does not even occur to you to act differently based on this knowledge. You continue to follow the dream "script": no conscious choice.

#### **SEMI-LUCID**

You know that you dream, and although you still follow the dream script, you can make new choices based on this awareness. For example, you might choose to fly rather than walk.

#### **LUCID**

You have the choice of following the dream script or not, can make major choices based on awareness of your potentialities in the dream state. For example, you might choose to try a dream experiment instead of continuing the dream scenario, etc.

#### **FULLY-LUCID**

fully aware that you dream and of the location and state of your physical body; You also clearly remember any lucid dream tasks that you had earlier decided to try (lucid dream healing, intentionally changing body form, precognition, etc.), and experience a high level of dream control which gives you the power to do them.

#### **FULLY-LUCID BUT POWERLESS**

fully aware that you dream and of the location and state of your physical body; also remember any lucid dream tasks that you had earlier decided to try, but have little or no control over dream phenomena.

#### **SUPER-LUCID**

You have an awareness of self as an integrated whole: self-remembering. *Knowing-feeling-thinking* aspects of self work in harmony. You feel an extraordinary sense of self, access to memory, and an expanded and mindful awareness of the many possible courses of action available to you in lucid dream reality as compared to waking physical reality.

### **Section 3:**

#### **DREAMWORK RESOURCE LIST**

**\*\*\* A "Mega-Link" Resource: Dream and Sleep Related Website Links to almost everything available online:**

<http://www.asdreams.org/subidxedulinks.htm>

#### **Selected Dreaming Oriented Organizations and Businesses**

**International Association for the Study of Dreams.** The organization for the professional or dedicated

dreamworker. They publish **Dream Time**, a newsletter for more informal articles, and **Dreaming**, their journal for more rigorous, formal papers. Each year the **IASD** holds a terrific **Annual Conference**. This years conference will take place **June 24 - June 29, 2005** in **Berkeley, CA**. Conference hotline (toll-free): **866/DREAM12**. Deadline to submit a presentation proposal: Nov. 15, 2000. For membership information (\$100/year regular, \$65/year student or limited income) go to the website or write to: ASD, P.O. Box 1166, Orinda, CA 94563. 925/258-1822 or message/FAX: 925/258-1821. Email: [asdreams@aol.com](mailto:asdreams@aol.com)

**Website Address:**

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

*Dream Network Journal* - published quarterly (formerly the *Dream Network Bulletin*), written for, and by, dreamers. Subscription information: One Year U.S. Regular \$22 (Special One Year Introductory Subscription - \$22; Special Holiday Gift Subscriptions - \$18.00). For a free brochure containing Dream Resources and Information. Write 1337 Powerhouse Lane, Suite 22, Moab, Moab, UT 84532 or call 435-259-5936. or e-mail to [DreamKey@lasal.net](mailto:DreamKey@lasal.net) Satisfaction guaranteed.

**Website Address:**

<http://dreamnetwork.net/>

**DreamFlights** - a website maintained by the author of the book *Mutual Dreaming*, this club focuses on flying dreams and on group dreaming projects. [CaseyFlyer@aol.com](mailto:CaseyFlyer@aol.com).

**Website Address:**

<http://members.aol.com/caseyflyer/flying/dreams.html>

**Lucidity Association** - used to publish the *Lucidity Journal* (formerly the *Lucidity Letter*) Devoted to experiential and scientific reports on lucid dreaming.

A limited number of articles posted on the **Spiritwatch** website.

**WebSite Address:**

[http://www.sawka.com/spiritwatch/Index.htm#Lucidity Letter](http://www.sawka.com/spiritwatch/Index.htm#Lucidity_Letter)

**Lucidity Institute** - publishes *Nightlight* quarterly, available with membership in Stephen La Berge's somewhat commercially oriented organization. Reports on lucid dreaming research with instructions on how to participate in their ongoing studies. Write to the **Lucidity Institute**, 2555 Park Blvd., #2, Palo Alto, CA, 94306. Call (800) GO LUCID (465-8243) or e-mail [sales@lucidity.com](mailto:sales@lucidity.com)

**Website Address:**

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

**Other Web Site Addresses of note:**

**Dream Tree News:**

<http://www.dreamtree.com>

**Electric Dreams:**

<http://www.phys.unsw.edu.au/~mettw/edreams/home.html>

**SlowWave** (comic strips of dreams!) :

<http://www.nondairy.com/slow/wave.cgi>

## **Some Recommended Books and Articles**

### **Beginning Level:**

***Conscious Dreaming: A Spiritual Path for Everyday Life*** by Robert Moss, Crown Trade Paperbacks, 1996. A useful textbook and guide for the prospective lucid dreamer. The author takes a somewhat shamanistic approach to the subject.

***Dreams : Your Magic Mirror*** by Elsie Sechrist, Dell Books, 1968. Although this book seems a bit dated in some respects, it still comprises one of the best, and most practical introductions to dreamwork and dream interpretation published to date.

***Living Your Dreams*** by Gayle Delaney, Ph.D., Harper and Row, 1981. An introduction to dreamwork, critically acclaimed by those in the field, and pioneering new techniques in dream interpretation and group dreamwork methodologies.

***The Sleep Thieves: An Eye-Opening Exploration into the Science and Mysteries of Sleep*** by Stanley Coren, Simon & Schuster, 1996. A lively, fascinating account of sleep, and of the effects of sleep deprivation. Contains essential background information for anyone who wants to work with dreams. If you need coffee to wake up in the morning, read this book!

***Your Child's Dreams: Understand Your Child Better through the World of Dreams***, by Patricia Garfield, Ph.D., Ballantine Books, 1984. An extremely well-documented and useful book on children's dreams and how to work with them. Great for adults too!

### **Intermediate Level:**

***Create Your Own Dreams: A Seth Workbook*** by Nancy Ashley, Prentice Hall Press, 1990. A very useful book for expanding the way you look at dreams: includes 97 exercises.

***Enigma: Psychology, the Paranormal and Self-Transformation*** by James J. Donahoe, Ph.D., Bench Press, 1979. The author relates experiences of mutual dreams, ecstatic states, OBEs, and other phenomena recounted by himself and others. Lively and interesting but out of print and hard to find..

***Exploring the World of Lucid Dreaming*** by Stephen LaBerge and Howard Rheingold, Ballantine Books, 1990. A useful and interesting book similar to the original ***Lucid Dreaming***.

***The Lucid Dreamer*** by Malcolm Godwin, Labyrinth Publishing, Simon & Schuster, 1994. A lush, profusely

illustrated account, with many beautiful and evocative illustrations. A bit idiosyncratic, and naively authoritative in that the author often presents his opinions as statements of fact.

***Lucid Dreaming: The Power of Being Awake & Aware in Your Dreams*** by Stephen LaBerge, Ph.D., Jeremy P. Tarcher, 1985. An influential and very useful book on lucid dreams by one of the researchers who first made the term "lucid dreaming" scientifically respectable.

***Mutual Dreaming: When Two or More People Share the Same Dream*** by Linda Lane Magallon, Simon and Schuster, Inc., 1997. A thorough look at the phenomenon of mutual dreaming, where two or more people experience similar dreams, written and researched by a dreamer who has herself participated in, and organized, a number of shared dreaming projects.

***The Sun and the Shadow: My Experiments with Lucid Dreaming*** by Kenneth Kelzer, Ph.D., A.R.E. Press, 1987. Details the authors experiences in using lucid dreaming as a pathway to spiritual illumination.

#### **Advanced Level and Special Interest:**

"A Mutual Lucid Dream Event", by E. W. Kellogg III, Ph.D., in *Dream Time*, **14**(2), 32-34, 1997. Details a very evidential mutual dream event, in which the both dreamers had achieved lucidity. The two people involved had not seen each other for over 2 years. Includes a theoretical analysis of the phenomenological characteristics of such dreams, and of the formidable psychological and social barriers that make evidential mutual dreams so rare.

\*\*\* For a link to this paper by Dr. Ed Kellogg, as well as others on dream healing, dream psi, and dream phenomenology, go to:

[http://dreamtalk.hypermart.net/member/files/ed\\_kellogg.html](http://dreamtalk.hypermart.net/member/files/ed_kellogg.html)

***Conscious Mind, Sleeping Brain: Perspectives on Lucid Dreaming***, edited by Jayne Gackenbach and Stephen LaBerge, Plenum Press, 1988. A bit on the academic side, but contains many valuable papers on a broad range of topics, including clinical applications. Highly recommended.

***Dreams and How to Guide Them*** by Harvey de Saint-Denys, Duckworth, 1982. A classic study of what we today call lucid dreams - the author published this book in 1867. A detailed account of the authors dream experiences, and the methods he used in controlling them. A fascinating and still unsurpassed personal account of the phenomena of ordinary and lucid dreaming.

***Dream Telepathy*** by Montague Ullman M.D., Stanley Krippner, Ph.D., and Alan Vaughn, Penguin Books, 1973. A report on the Maimonides Medical Center Dream Laboratories study on telepathy and ESP in dreams.

***Dream Yoga and the Practice of the Natural Light***, by Namkhai Norbu, edited and introduced by Mark Dahlby, Snow Lion Publications, 1998. Introduces the Tibetan Path of Dream Yoga using a more up to date, and somewhat westernized approach that makes this path more accessible for modern day lucid dream practitioners.

***The Tibetan Yogas of Dream and Sleep***, by Tenzin Wangyal Rinpoche, edited and introduced by Michael Katz, Snow Lion Publications, 1992. More on the Tibetan Path of Dream Yoga, as well as the advanced practice of Sleep Yoga, hitherto one of the most secret of Tibetan practices. Lucid and practical, with

detailed and clear instructions of this practice. A 'how to' book.

***Hypnagogia: The Unique State of Consciousness Between Wakefulness and Sleep***, by Andreas Mavromatis, Routledge, 1987, 1991 (paperback). The most comprehensive and detailed account available on this very interesting subject. About 360 pages, well written, great illustrations, 700+ references. .

***Journeys Out of the Body*** by Robert A. Monroe, Anchor Press, 1971, 1977. A fascinating narrative which describes the authors out-of-the-body (physical) experiences, a state similar to, but distinct from, the lucid dream state as usually defined.

*"Mapping Territories: A Phenomenology of Lucid Dream Reality"*, by E. W. Kellogg III, Ph.D., in the *Lucidity Letter* 8 #2, pp. 81-97, 1989. Discusses the phenomenological method as applied to lucid dreams, with the bulk of the paper discussing the authors observations of lucid dream phenomena. Includes observations on the substitution phenomenon, lucid dream healing, incubation techniques, magic, and alterations in time consciousness as experienced from within the lucid dream state itself.

***Our Dreaming Mind*** by Robert Van de Castle, Ballantine Books, 1994. An encyclopedic vision of dreaming in many of its aspects, by an individual singularly qualified by both experience and training. Highly recommended.

***Pathway to Ecstasy: The Way of the Dream Mandala*** by Patricia Garfield, Ph.D., Prentiss Hall Press, 1979/1989. A fascinating and very personal account of the authors experiences with lucid dreaming, altered states of consciousness, and body energies. The 1989 edition has a new and quite valuable introduction including a great deal of useful material on dreamwork.

***The Dreaming Brain*** by J. Allan Hobson, M.D., Basic Books, Inc., 1988. A fairly comprehensive report on historical and currently accepted scientific findings as to the neurophysiological and psychological correlates of sleep and dreaming.

***Through the Curtain*** by Viola Petitt Neal, Ph.D., and Shafica Karagulla, M.D. DeVorss and Company, 1983. The amazing account of an extraordinarily proficient lucid dreamer, who could not only recall her experiences in extraordinary detail, but who could also dictate events out loud (to a tape recorder or monitor) while sleeping. She attended many "night classes" on different subjects in her dreams. This book consists in large part of a recounting of what she learned.

*"The Lucidity Continuum"*, by E. W. Kellogg III, Ph.D., presented at the Lucidity Association meeting in Santa Cruz, June, 1992. Copies available from author. A detailed and fairly comprehensive phenomenological description of the varieties of lucidity encountered during waking or sleeping. These maps may prove extremely helpful to both the beginning and advanced lucid dreamer who wishes to move towards enhanced lucidity.

***The Magus of Strovolos*** by Kyriakos Markides, Arkana Books, 1985. An authentic and fascinating account of the world of an accomplished spiritual healer, who does a great deal of work in the "psychonoetic body", in lucid dreams or OBEs.

***Your Nostradamus Factor: Accessing Your Innate Ability to See into the Future***, by Ingo Swann, Simon and Schuster, 1993. A highly acclaimed book dealing with precognitive abilities as an innate, but usually suppressed function of our everyday consciousness. At the very least, reading this book may inspire

precognitive dreams.

## **The Lucidity Continuum: Exploring the Worlds of Lucid Dreaming**

(From: **ASD WORKSHOP ABSTRACT PRESENTED THURSDAY 6/25/98**)

E. W. Kellogg III, Ph.D.

Would you like to step into a world where magic works and where the possibilities for personal transformation have no known limits? This workshop will teach practical methods for bringing full waking consciousness into your dreams, will explore what the 'lucid' in lucid dreaming really means, and will show you how to use lucid dreaming for healing, for spiritual growth, and just for fun. Depending on the interests and needs of those involved, it may also touch on the means of programming dream topics, of controlling dream phenomena in lucid dreams, dream precognition and distant viewing, and of entering into mutual dreaming (dreaming with others in a consensus reality). We will also compare lucid dreaming to hypnagogic and out-of-body experiences, and will discuss different aspects of dream reality. Both beginning and experienced lucid dreamers will receive information of both practical and theoretical value in this workshop, which will include three detailed handouts.

### **The Lucidity Continuum**

Many researchers define a lucid dream as one in which dreamers realize, however vaguely, that they dream *while* they dream. However, in dream-life as in waking-life, lucidity ranges across a continuum, and may depend on a number of factors. These include the ability to think clearly, the ability to remember, the power to control the dream, the feeling of embodiment, reality tone or vividness, the emotional content of the dream, and the sense of self of the dreamer. Despite the many factors involved, the *experience of lucidity* depends most closely on the interaction of two factors that together determine the freedom of choice experienced by the dreamer in the dream. The first corresponds to clarity of thought and perception, and the second with the power to control the dream. By looking at the degree to which a dreamer has made covert assumptions overt, and at the degree to which the dreamer can act on this knowledge, one can evaluate dreams on a scale that runs the gamut from ordinary dreaming to super-lucidity. The author has developed a series of maps of consciousness that illustrate the differences between many different kinds of both lucid and non-lucid dreams.

The "Lucidity Continuum" comprises the range through which the sense of self expands and contracts within a field of potential consciousness. Increased lucidity corresponds to a widening of consciousness that brings about a functional integration of aspects of self. The basic "maps of consciousness" presented in this workshop can prove a very useful tool for lucid dreamers, who need not limit themselves to words alone in describing their dreams, and the states of consciousness in which they experience them. Sometimes a picture can show what words can not say. This workshop will provide the tools to allow prospective explorers of the lucid dream state to "map the territory" for themselves.

### **WORKSHOP SYLLABUS**

#### **FIRST HOUR:**

Brief introduction of workshop leader and participants, and sharing of Dreaming Backgrounds. Distribution HANDOUT #1: Book and Resource list; discussion. Make up lucid dream task lists / Sharing / Critique / Going beyond WPR limits. Brief discussion of applications - Healing / information retrieval / Adventure-vacation / VR therapy / Meditation-Spirituality / Individuation. Distribution of HANDOUT #2; Presentation of Lucid Dreaming Continuum model.

#### SECOND HOUR:

Distribution of HANDOUT #3, lucid dreaming incubation techniques. Exercise using LaBerge's MILD technique. Exercise using Tholey's critical reflection technique. Exploring hypnagogia, out-of-body experiences. Dream Journals / value of practice, Leonard's mastery model applied to lucid dreaming. Dream incubations for increased lucidity / Lucid Dreamers Checklist. Q&A

#### THE WORKSHOP LEADER:

Although Dr. Kellogg earned his Ph.D. in biochemistry, he has devoted much of his time over the past 20 years to the study of dreams. He has recorded and indexed over 10,000 of his own dreams, hundreds of these belonging to the fully lucid category. He has written a number of papers on his work in this area, covering topics from lucid dream phenomenology (1,2,3,4,5), to applications such as lucid dream healing (6,7). He has a long-standing commitment to the disciplines of phenomenology and of general semantics, and has applied these to his work in many different areas.

He has presented much of the material included in this workshop in a variety of different formats over the past ten years, from one day intensive workshops to 1 hour segments in two to three month lucid dream group programs. He has also served online as a host of different forums dealing with dreams and the paranormal on the Microsoft Network over the past two years. .

#### REFERENCES

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3. Kellogg III, E. W. (1989). "Mapping Territories: A Phenomenology of Lucid Dream Reality". *The Lucidity Letter*, 8(2), 81-97
4. Kellogg III, E. W. (1992). The Lucidity Continuum. Presented at the Eight Annual Conference of the *Lucidity Association* in Santa Cruz, June 28, 1992. Paper available from the author.
5. Kellogg III, E. W. (1997). A Mutual Lucid Dream Event. *Dream Time*, 14(2), 32-34  
[http://www.asdreams.org/telepathy/kellogg\\_1997\\_mutual\\_lucid\\_dream\\_event.htm](http://www.asdreams.org/telepathy/kellogg_1997_mutual_lucid_dream_event.htm)
6. Kellogg III, E. W. (1989). "A Personal Experience in Lucid Dream Healing". *The Lucidity Letter*, 8(1), 6-7
7. Kellogg III, E. W. (1997). "Lucid Dream Healing". Unpublished manuscript.  
[http://www.asdreams.org/documents/1999\\_kellogg\\_lucid-healing.htm](http://www.asdreams.org/documents/1999_kellogg_lucid-healing.htm)

#### **Other links of interest:**

## IASD Discussions Public Bulletin Board:

<http://dreamtalk.hypermart.net/bb2005/viewforum.php?f=2&sid=96d372c0e1e18bef4e4002864c952194>

ASD Dreaming and Paranormal Phenomena page:

<http://www.asdreams.org/telepathy/>

**List of dream-related publications and/or web sites that feature my work.**

My Bio Page : [http://dreamtalk.hypermart.net/member/files/ed\\_kellogg.html](http://dreamtalk.hypermart.net/member/files/ed_kellogg.html)

New Online:

**DreamSpeak Interview: An Interview with a Lucid Dreamer** (published in issue #35 of *The Lucid Dream Exchange*, June, 2005)  
<http://www.dreaminglucid.com/dreamspeakek.html>

**"The Lucidity Continuum"** by **E. W. Kellogg III, Ph.D. ©1994** (published in the October, 2004 issue of *Electric Dreams*, Volume 11, Issue #10.)

**2. "[Psi-Perception in Dreams: Next Stop - the Twilight Zone.](#)"** (a **2003 PsiberDreaming Conference** Presentation) by **E. W. Kellogg III, Ph.D.**

Abstracts for Presentations Accepted for the ASD Annual Conference in Berkeley for June 27 - July 1, 2003:

"Perception in Dreams: Implications and Phenomenology"

[http://www.asdreams.org/2003/abstracts/e\\_kellogg.htm](http://www.asdreams.org/2003/abstracts/e_kellogg.htm)

"Lucid Dreaming and the Laws of Magic"

[http://www.asdreams.org/2003/abstracts/e\\_kellogg\\_01.htm](http://www.asdreams.org/2003/abstracts/e_kellogg_01.htm)

Also a recent paper on Virtual Reality Dreaming:

[http://www.dreamgate.com/pomo/kellogg\\_virtual.htm](http://www.dreamgate.com/pomo/kellogg_virtual.htm)

"The Paranormal Phenomena FAQ:"

[http://www.asdreams.org/telepathy/faq\\_paranormal.htm](http://www.asdreams.org/telepathy/faq_paranormal.htm)

"A Mutual Lucid Dream Event:"

[http://www.asdreams.org/telepathy/kellogg\\_1997\\_mutual\\_lucid\\_dream\\_event.htm](http://www.asdreams.org/telepathy/kellogg_1997_mutual_lucid_dream_event.htm)

"The ASD 2001 Dream Telepathy Contest: A Precognitive approach:"

<http://www.asdreams.org/telepathy/contest2001/kellogg.htm>

Each of these short papers has a great deal to say about the phenomenology of

dream reality, and of dream perception. However, I deal most directly with this question in the paper that I presented at the ASD 2001 conference titled "*Lucid Dreaming and the Phenomenological Epoché*". You can read the abstract at:

[http://dreamtalk.hypermart.net/2001/abstracts/2001\\_kellogg\\_01.htm](http://dreamtalk.hypermart.net/2001/abstracts/2001_kellogg_01.htm)

Also, abstracts of papers I presented on "Lucid Dream Healing" and on "Lucid Mutual Dreams" at the 1999 ASD Conference in Santa Cruz:

[http://www.asdreams.org/documents/1999\\_kellogg\\_lucid-healing.htm](http://www.asdreams.org/documents/1999_kellogg_lucid-healing.htm)

[http://www.asdreams.org/documents/1999\\_kellogg\\_lmdp\\_protocol.htm](http://www.asdreams.org/documents/1999_kellogg_lmdp_protocol.htm)

Follow DreamViews Lucid Dreaming Podc to never miss another show. Join free & follow DreamViews Lucid Dreaming Podc. Episode 1: About The Hosts. by DreamViews Lucid Dreaming Podc. Follow. "A Course in Lucid Dreaming" is the most thorough lucid dream training tutorial with lots of charts for you to keep track of your progress. (No link right now.) Lucid Dreaming Acronyms. LD - Lucid Dreaming - Being aware that you are dreaming while in a dream. RC - Reality Check - A test to establish whether you are in a dream or waking life, actively done during the day in hopes that the habit will continue within dreams. DC - Dream Character - Any personality you encounter other than yourself...well, occasionally it can also be yourself. MILD - Mnemonically Induced Lucid Dream - In short, MILD is telling yourself as you are in bed ready to sleep that you are going to become lucid when you dream, then visualizing yourself in a dream becoming lucid. Explore these 23 insider lucid dreaming resources to learn how to lucid dream like a pro. 1. /r/LucidDreaming. The Lucid Dreaming subreddit is a great resources for starting and joining in on conversations about lucid dreaming. With over 150,000 subscribers, this very active community is a great place to find every answer imaginable about your lucid dreaming questions. Many lucid dreaming experts use the channel to share their techniques and help beginners with their experiences. 2. Lucid Dreaming Facebook Group. This is a great group for anyone who wants to make more personal connections with other lucid dreamers. The 3 Best Lucid Dreaming Videos on Youtube That You Can Watch Today. A lucid dream is any dream in which one is aware that they are dreaming. This is a well-established phenomenon[1] that can occur during normal sleep. Various techniques can be learned to consistently induce lucid dreams at will. These techniques can be utilized as a powerful method of consciousness exploration, making lucid dreaming an important field of psychonautics. This article serves as a descriptive and comprehensive breakdown, analysis, and instructional guide regarding dreams and the behavior of their general content, their inherent limitations, and the skill sets necessary to consciou... Jump to navigation Jump to search. An accurate representation of how text may appear within a dream.