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**Exercise in Lucid Dreaming. Converting Nightmares into Happy Dream instructions.**

**Dreams and nightmare** are directions and instructions coming from your inner self (subconscious and super consciousness mind) to outer self (conscious and ego mind) if understood and used.

**Lucid dreaming** is a process of recording a dream or nightmare, reviewing the symbols and preparing your possible meaning combination. Then by asking for a revised dream the next night (or so), you are able to request a direct clarification of the dream meaning and/or a changed outcome.

**Dream Symbolism**

<b><u>Symbol</u></b>	<b><u>Body</u></b>	<b><u>Universal Meaning</u></b>
People	Spiritual	Architect, Vision, Direction, Birth, Death, change, fear, love
Buildings	Mental	Draftsman, Attitudes, Reactions to Events, Emotions, forgiveness
Vehicles	Physical	Builder, Application, premonitions, precautions, health, sickness

**Recording of your Dream**

**Please include as much as possible of the scenes in colour, sound, sights, emotions and touch.**

<p><b><u>Date</u></b>   /   /20   . <b><u>Record your dream.</u></b></p>    
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<b><u>Symbol</u></b>	<b><u>Body</u></b>	<b><u>Your Symbols and possible Meanings</u></b>
People	Spiritual	
Buildings	Mental	
Vehicles	Physical	

<p><b><u>Overall Possible meaning combination</u></b></p>    
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**Date request for a revised dream and clarified outcome. Date**   /   /20   .



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<p><b><u>Overall Possible meaning combination</u></b></p>          
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**Date request for a revised dream and clarified outcome. Date**   /   /20   .

**References**

1. [www.lifed.com/25-common-dreams-and-their-meanings](http://www.lifed.com/25-common-dreams-and-their-meanings)
2. [www.nickm.com/dreams/](http://www.nickm.com/dreams/) Ten thousand dreams interpreted.
3. [www.thecuriousdreamer.com/dreamdictionary/](http://www.thecuriousdreamer.com/dreamdictionary/) and dream analyser
4. [www.edgar cayce.org/](http://www.edgar cayce.org/) Association for Research and Enlightenment. Search. Serious.



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**Oneironaut. Oneironaut is a consciously aware traveller in a Lucid Dream.**

I would like to introduce you to the term of O-neiro-naut. An Oneironaut is a traveller who can travel in a dream consciously. This is instead of being an Astronaut, a person who travels beyond the earth's atmosphere. Conscious dream travellers can change the outcomes of the dream both at night and during the day.

Let us look at some terms around this field of study which includes Oneironautics and how to improve the experience and the triggering of a Lucid Dream and prolonging of a Lucid Dream state.

**MILD** - Mnemonically Induced Lucid Dreaming. Using Mnemonic triggers which can include words, phrases or music before sleep to prepare for Lucid activate during sleep or to confirm an action within a dream to make it a lucid dream.

**DILD** – Dream Induced Lucid Dreaming. This is where during a dream you trigger lucidity.

**FILD** – Finger Induced Lucid Dreaming. Between sleeps during the night tap your fingers to induce sleep and lucid dreaming to start as you fall back to sleep.

**Reality Checks.** Simply ask in a dream 'Am I Dreaming.' Can you switch the lights off. What do I look like in a mirror. Do I look like my twenty-five-year-old self or my current age?

**Dream Signs.** Does it have people for direction, buildings for attitudes and vehicles for the body. Would this dream be a current warning for my everyday life which I will need to take immediate precautions for so that the event does not happen or to reduce the consequences of that event. Would this dream be a learning experience for daily soul growth. Would the dream be a preparation for humanities benefit.

**WILD** – Waker or Wake Induced Lucid Dreaming is where the wake person enters the dream state while being awake. This is what is happening when you are recalling the dream material from the evening sleep state and typing out the dream on a computer.

**ADA** – All Day Awareness. This extends the WILD experience to an all-day experience.

**DIC – Dream Infinity Curiosity** is a term describing knowledge within the Universe and is known by the infinity symbol ∞ .



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**DEC – Dream Eternity Curiosity** is a term describing knowledge beyond the Universe to include Source Energy and is known by the Eternal Symbol of the sound and light of AUM a ‘Dot within a circle or zero point.’

Please do some more research at

**Source:** [https://en.wikipedia.org/wiki/Lucid\\_dream](https://en.wikipedia.org/wiki/Lucid_dream) &  
[https://psychonautwiki.org/wiki/Lucid\\_dreaming](https://psychonautwiki.org/wiki/Lucid_dreaming) &  
<https://psychonautwiki.org/wiki/Oneironautics> &  
[https://psychonautwiki.org/wiki/Main\\_Page](https://psychonautwiki.org/wiki/Main_Page)

Review the following ‘Journey to lucidity | Liam McClain | TEDxYouth@ISH.’

At The International School of The Hague, Liam McClain gives a talk entitled ‘Journey to Lucidity’. Liam talks about using two techniques to enhance the experience of Lucid Dreaming. MILD and WILD. **Source:** <https://www.youtube.com/watch?v=EfxidZmAW1s>

**My state of Consciousness: Lucid Dreaming | Habiba Awada | TEDx PhoeniciaU**

Habiba Awada as she is a student of Accounting and Finance at the Phoenicia University in Mazraat El Daoudiyeh, Lebanon. **Source:** <https://www.youtube.com/watch?v=WpYsl6DIM28>

**Lucid dreams as a bridge between realities | Chongtul Rinpoche | TEDx Fulton Street**

Chongtul Rinpoche, of the Bon Native Tibetan tradition. He talks about using lucid dreaming to be awake both at night and during the day to the fifth-dimension knowledge. The Bon tradition uses and repeats the words Ra, La, Sha and Sa to release and calm the constant chatter going on in your left-brain mind so as to enter a Lucid Dream. **Source:** [https://www.youtube.com/watch?v=exjIR7izakg&list=RDLVexjIR7izakg&start\\_radio=1&t=1s](https://www.youtube.com/watch?v=exjIR7izakg&list=RDLVexjIR7izakg&start_radio=1&t=1s)

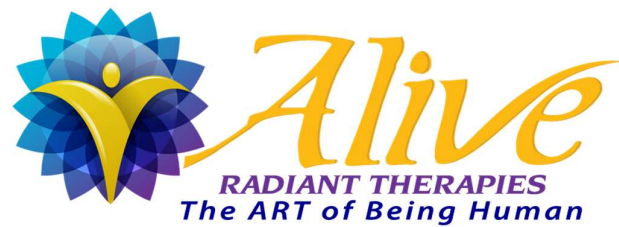
Use 40 Hz music to calm your brain for Oneironautic Lucid Dream travel.

**Music Medicine: Sound at a Cellular Level | Dr Lee Bartel | TEDx Collingwood.**

**Source:** <https://www.youtube.com/watch?v=wDZgzsQh0Dw>

**40 Hz Gamma – Pure Tone Binaural Beat – Brain’s Operating System.**

**Source:** [https://www.youtube.com/watch?v=ZGHbKWGgH\\_E&t=3727s](https://www.youtube.com/watch?v=ZGHbKWGgH_E&t=3727s)



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As you work more fully within your Lucis Dreams you will discover a new Psychic language which we have described as starting with prefix of Clair meaning clear. Clairvoyance for clearly seeing energy of the Toroidal fields around all matter and non-spacetime matter.

This chart will assist you understanding of universal dream symbols.

### Summary of Conscious Intentions.

No	Mathematics	Structure	Intentions	Chakras	Psychic Language Anima Soul speak	Angels of Atlantis
13	Ovoid orb OM	Source Light	Oneness	Cosmic Gateway Divine	Clairlightenment Clairbodhisattva Beingness	Trinity
12	Dodecahedron 30 Edges (E)	Spirit Sound	Movement Direction	Universal Gateway	Claircognizance Multidimensional	Uriel
11	Dodecahedron 20 Vertices (V)	Silicon vibrations	Enlightenment	Stellar Gateway	Clairawakened Akashic records	Metatron
10	Dodecahedron 12 Faces (F)	Vapour DNA 12	Grace	Soul Star	Clairpremonition Beyond Time	Shamel
9	Dodecahedron	Liquid Crystal	Transmutation	Crown	Clairintelligence Toroidal Knowing	Michael
8	Icosahedron 30 E,12 V,20 F.	Water	Polarity	3 <sup>rd</sup> Eye	Clairvoyance Seeing energy	Raziel
7	Octahedron 12 E, 6 V, 8 F.	Air	Vibration	Throat	Clairmediumship Readings	Gabriel
6	Tetrahedron 6 E, 4 V, 4 F.	Fire	Connection	Heart	Clairsentience Feelings	Raphael
5	Hexahedron 12 Edges	Frozen	Attraction	Solar Plexus	Clairgustance Taste and smell	Jophiel
4	Hexahedron 8 Vertices	Solid	Gender	Sacral	Clairtelekinesis Movement	Zaphkiel
3	Hexahedron 6 Faces	Carbon DNA 2	Karma	Base	Clairpathy Relationships	Hanael
2	Hexahedron	Dense	Manifestation	Earth star Mundi Axis	Clairtagency Touch healing	Sandalphon
1	Hexahedron	Matter	Rhythm	Earth Gateway	Clairaudience Song Leylines	Zadkiel



**Names of the Entities Holding Space with the Conscious Intentions.**

No	Angels of Atlantis	Aspects	Post Atlantis	Locations	Greek Roman	Current Names?
13	Trinity	Union	Sun Om	Source	God Man	
12	Uriel	Companion	Ra Horus	Greece	Apollo Phoebus	
11	Metatron	Teacher	Amun	Peru	Diana Artemis	
10	Shamel	Guide	Maat	Yucatan	Hades Pluto	
9	Michael	Leader	Osiris	Egypt	Zeus Jupiter	
8	Raziel	Mysteries	Anubis	Tibet	Poseidon Neptune	
7	Gabriel	Messenger	Thoth	Egypt	Hermes Mercury	
6	Raphael	Healer	Sekhmet Bast Bas	Egypt	Athena Minerva	
5	Jophiel	Liberator	Ptah	Egypt	Hera Juno	
4	Zaphkiel	Lover	Hathor	Egypt/Me d	Aphrodite Venus	
3	Hanael	Warrior	Seth	North America	Ares Mars	
2	Sandalphon	Guardian	Mutt Nutt	Britain	Hestia Vesta	
1	Zadkiel	Comforter	Isis	Palestine Ur	Demeter Ceres	

**These symbols will assist us to understand the duality of both our female and male selves.**

Jung used the words of animus and anima to describe our two unconscious selves. Animus is described as the unconscious masculine side of a woman, and the anima as the unconscious feminine side of a man. Combined, these two halves will assist us to understand our full psychic, soul and connection with Source Energy nature.

**Refer to Chapter Seventeen of 'A Grand Torus Energy Experiment' Found on my website under Resources then click on 'Short Story'.**