

VIDEO TRANSCRIPT

Saltcube.com Presents:

How To Lucid Dream And Have Out Of Body Experiences

Video Series Volume 1: Part 1

How To Trick Your Body Into Falling Asleep To Enter A Lucid Dream

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Welcome to volume one of the “How To Lucid Dream And Have Out Of Body Experiences” presentation series.

In this presentation you'll learn how to trick your body into falling asleep to enter a lucid dream.

We'll cover the following topics:

- We'll learn how you can speak the body's biological language so you can to give it the commands to fall asleep while you keep your mind awake.
- We'll find out how you can tell how deep in trance you are by listening to the body's signals.
- We'll find out how you can optimize your brain chemistry to make lucid dreams much more likely and much more vivid.
- We'll cover a method that you can use to have dozens of lucid dreams rapidly one after the other.
- We'll find out how you can fall asleep quickly but without falling so far asleep that you can't become lucid.

- Finally we'll find out how to conquer fear in dreams.

How To Tell If You're In A Lucid Dream

First of all, how do you know if you're in a lucid dream?

Ask yourself two questions, "Are you aware that you're in a dream?" and "Do you remember that your body is asleep in bed?"

Sometimes in a dream something will happen that causes you to realize that you're dreaming. However most of the time we don't make the full connection and recall waking life. These are near lucid dreams but not quite full lucid dreams. By consciously remembering that your body is really asleep in bed you go the full circle to become lucid.

Another type of dream is the inverse of a near lucid dream in which you do have full memory of your waking life but you don't realize you're dreaming. That can happen like this: You may dream that you get up in the morning and get ready for the day. You get up and get dressed but then wake up and realize that it was just a dream.

That's called a false awakening. Those dreams can be extremely convincing because they're so solid and vivid. They indicate just how powerful the subconscious is to be able to construct such an realistic dream environment. Yet without the knowledge that you're dreaming, no matter how bright or clear it is, it's not yet a lucid dream.

So to be able to answer yes to both of those questions we need a way to consciously access the subconscious. Most lucid dreaming methods rely on mental techniques to access the subconscious. However in this presentation we're going to focus on using the body's own biology to automatically put us in a subconscious focus by using something called sleep paralysis.

What Is Sleep Paralysis

Sleep paralysis is a protection mechanism the body uses when you sleep. If you dream you're doing something very active such as running and you're not in sleep paralysis then your body might start to make the motion of running while you're in bed and you'll wake yourself up.

To prevent that from happening the body disconnects the voluntary muscle system from the mind so that you can dream all you like without the body accidentally responding. Normally we're not aware of that happening as the mind is either not focused on anything and is unconscious or it's completely absorbed in a dream and we have no focus on the physical body.

But we're going to learn about entering a state called "mind awake body asleep" in which we will remain aware and feel what it's like to watch the body shut itself down and put itself to sleep.

What Does It Feel Like To Consciously Watch The Body Fall Asleep?

So what does it feel like when we enter sleep paralysis while keeping the mind awake? It feels like a lead blanket being laid over your body. Often it feels like it starts at your feet comes up over your chest and ends at your head. When that process is complete the body has put itself to sleep and you're in paralysis.

If you've entered full paralysis then you won't be able to move at all except for your face. You will be able to look around and control your breathing but you won't be able to move your arms or legs. Sometimes the paralysis is incomplete and you can still move your muscles although it's difficult and feels like your body is made of wax.

How To Enter Sleep Paralysis

The basic strategy is to trick the body into thinking it's already asleep. If you lay still long enough, the body does not know if the mind has fallen asleep so in order to tell when it's safe to enter paralysis the body sends a test signal to the mind asking if it is asleep.

This test signal feels like an urge to roll over. Normally if you're awake and you feel like you should roll over you just do it without thinking. When you move, the body knows the mind is not asleep so it doesn't enter paralysis. If the mind is asleep then the message is not acted on and the body decides it's safe to shut down.

So you can short circuit that mechanism simply by ignoring the urge to roll over. If you ignore it long enough, eventually the body will believe you and go to sleep while you remain aware.

The urge to roll over can be very subtle and you never notice it. Other times the urge can be powerful to the point of almost being painful. It seems like the less sure the body is that the mind is asleep, the stronger the test signal. If you're sort of tense and but un-rested and the body wants to go to sleep you'll probably get a more urgent test message.

Tricks like this are very much as if we're speaking in the body's language. The body has a communication protocol it uses to interact with the mind and the roll over signal is just one of the "words" in this language.

Keeping The Eyes Still

Another word in this language is to keep the eyes extremely still. The body expects to be still for a long period before sending the urge to roll over, but inactivity in the eyes makes the biggest difference in fooling the body thinking it's time to test using the roll over message.

Throughout the day the eyes are searching for changes in motion. Because of this the eyes make tiny micro movements all the time and at the end of the day they are still making these micro movements even though you may want to go to sleep.

If you close your eyes and try to keep them still you'll find that after about 30 seconds they are still twitching very slightly. It's not easy to totally relax the eyes. However if you can keep them at complete ease for several minutes the body will interpret that as a signal that the mind may have fallen asleep.

So in order to practice falling asleep quickly, when you go to sleep at night put special attention on your eyes and let them relax deeply until there is no tension at all in them. It may take several nights of practice but once you get a feeling for having very relaxed eyes it becomes much easier to relax them again.

You should also practice getting a feeling for what the eyes feel like when you first wake up in the morning before you even open your eyes. In fact, practicing not moving at all when you first wake up is a good lucid dream skill. Often times if you have not moved at all when you wake up, you can relax directly back into your most recent dream and slip into paralysis again.

How To Finish Incomplete Paralysis

If you can keep the eyes perfectly still and the body perfectly still for about 15 or 20 minutes, then if you're tired enough the body will enter paralysis. Sometimes the paralysis is not deep complete enough to be useable for lucid dreaming. In this case to deepen the paralysis there are two tricks you can use.

The first is to simply breathe deeply and slowly to relax the body. I have not found a specific breathing pattern that consistently puts the body into paralysis, it's generally best to breathe at rate that feels natural.

The second trick is less obvious. You may have seen a dog asleep that you could tell was dreaming that it was running because its legs twitched slightly. The dog was in sleep paralysis which allowed its mind to dream and its body to remain relatively still.

However the fact that the dog's body was not totally still gives us another very powerful trick for completing sleep paralysis. Recall that our strategy is to trick the body into entering whatever state we want by pretending we are already in that state.

If you are in partial paralysis and you act like you're really in full paralysis by twitching your muscles slightly, then your body will think you're dreaming and paralysis is keeping you from moving. This will cause the body to fully paralyze the region of your body that you twitch.

If you twitch your finger you'll find your hand paralyzes. If you twitch your right arm then the upper right half of your body will paralyze. So to go from partial paralysis to full

paralysis simply twitch an arm very slightly once or twice every 10 or 15 seconds for a minute or so. If this doesn't give you paralysis after a minute then you're not relaxed enough.

You don't want to twitch too much or you'll wake your body up, the twitch should be just enough to make the muscle somewhat tense but not enough to move your hand or arm. The twitch should last the smallest fraction of a second. Once you have one part fully paralyzed, go on to the rest of the body to enter full paralysis.

How To Tell How Close To Full Sleep Paralysis You Are Without Moving

While inducing paralysis you may not actually feel the heaviness sensation because sometimes it's very subtle. You might also fall asleep for a moment and miss the shutting down process. You may not feel the paralysis until you try to move, but if you move in order to test and it turns out you're not in paralysis then your body will reset its internal timer and you'll have to start the entire induction all over again.

So it's useful to have a way to know how close to paralysis you are without having to move. One way is to watch for other phenomena that go along with sleep paralysis such as the sensation of vibrations.

If you make a VVVVVV sound, the feeling of vibrations in your lips is very similar to the feeling of vibrations that often appear along with medium stages of paralysis. Sometimes the vibrations can be extremely strong and feel like electricity, other times they are entirely absent.

Along with vibrations you'll often hear a loud rushing noise that sounds like a strong wind blowing in the room or a train passing by. Vibrations and rushing noises are in between phenomena and mean that you're in a deep state of relaxation but that you still have a bit farther to go before you're fully relaxed into total paralysis.

When you tune in between stations on a radio you get the sound of random static and white noise. Once you're back on a station again things come in clearly. It's the same thing with vibrations and rushing noises. You start out completely focused in your normal waking environment and as you drop into a subconscious focus you pass through a kind of no man's land where you're not really conscious and you're not really subconscious.

So the fact that these two phenomena exist is encouraging because they indicate that we really are accessing a different state of mind using sleep paralysis. They also give us a way to tell how far into relaxation we are. You might not get vibrations or rushing noises at all, but if you find you're in them, just continue to relax until you're past them. Deep slow breathing can help with that also.

Another phenomenon that goes along with sleep paralysis is as unusual as it is useful. When you enter paralysis often times you find that you can look around the room even if

your eyes are closed. In fact, even if you're wearing an eye mask you may find that all of a sudden you can see the room.

This is called the *transparent eyelids* effect and it's useful because it gives you a *reality check* you can use to test for sure if you've entered the subconscious. More importantly you don't have to move to do this check.

The transparent eyelids effect works because when you're dreaming you can usually see things and it doesn't matter if your physical eyes are closed since you're not focused on your physical eyes. You're focused in your subconscious dream environment which allows you to draw whatever sensory information you want from it, including sight.

You might not always get the transparent eyelids effect but if you do then you can be sure you're in the subconscious.

How To Convert Sleep Paralysis Into A Lucid Dream

So now that we've entered full sleep paralysis the final step is to let go of all focus on our physical body so we can get up out of bed and walk around in the dream version of the room.

Once in paralysis you've entered a dream environment which includes your bedroom and a dream copy of your physical body. This dream body is overlaid on your physical body and we must find a way to separate it from your physical body so that you can use it to explore the dream world.

This is not easy to do at first because you are dreaming that the dream copy of your body is paralyzed just like your physical body is. You still have some focus on your physical body which makes it hard to tell which is your dream body and which is your physical body. Because of this if you try to move you'll probably find yourself stuck. Even so there are some quirks about paralysis that we can exploit.

First of all, in full paralysis you can still control your breathing and move your facial muscles. This means that we automatically start out with the face in a non paralyzed state, so we start the separation process there.

Open your mouth and begin deep breathing slowly and deliberately. By opening your mouth you start shifting your focus into your dream body and this sometimes is all you need to do to separate. You may find that a few moments after opening your mouth you're up and walking around.

If that is not enough to finish it we have another trick called a 'safety-cap' exit in which we use thought to press down and then twist out of body. To do this we have to know how move around in a dream by creating the feeling of a force.

While awake you can practice creating a feeling of a force by focusing on gravity pulling down on your hands. Imagine the force becomes twice as strong and then four times as strong to get a sense of how you can imagine that you're manipulating a force without having to move.

You should be able to really feel like gravity has become stronger on your hand. Next imagine that the force rotates upward so that it's pulling your hand up to rather than down. Finally imagine that it's pulling your hand sideways so that it wants to turn to the side.

We can use this to complete the separation process by imagining gravity pulling you down into the bed a few inches. If you're deep enough in trance your dream body actually will sink into the bed. Don't shift downward too far because in dreams pushing yourself downward too far can cause things to become dark and dreary.

It's simple to focus on the feeling of gravity since you're already aware of it so that's what I often use to start out. However if you feel confident in your ability to imagine unusual forces you might want to imagine being pulled up a few inches.

That's the gravity press part of the exit and sometimes shifting away a little bit is enough to finish the separation process. However it can still be hard to tell which is your dream body and which is your physical body. To address this, create the feeling of a force that slowly turns you around on an axis that passes through your belly button so that your head rotates to where your feet are and vice versa.

Once you've rotated around 180 degrees it's very easy to tell which is your physical body and which is your dream body. You can get up out of bed without being stuck and without fear of accidentally moving your physical body and waking up. As you can see the gravity press step together with the twist step makes this exit method like removing a safety cap which you press and twist.

Once you're up and out you can do pretty much whatever you want in your dream environment such as fly or walk through walls. For some reason certain lucid dream environments are more restrictive than others which makes walking through walls impossible but even if you do find certain things impossible there are always other things you can try. For instance if you open a door to go outside you may find that things shift to a completely different world, so that might be a good place to start exploring.

We'll cover other things you can do in a lucid dream in a future presentation. In the mean time we will cover some important things we can do to make the lucid dream induction process much more likely to succeed.

How To Complete Partial Exits

Sometimes you will find that part of you is still stuck to your physical body as you try to complete the separation process. For instance, one night I woke and found that my left

arm had separated naturally and was floating above my chest. I reached over and tried to pull my other arm free but it wouldn't move. My right arm felt like it was made of fuzzy air but it was stuck firmly in place. I eventually gave up and fell back to sleep.

Since then I've found that a better approach is to use your imagination to create a new set of arms and legs that are already separated from your body rather than trying to pull your existing dream limbs free.

For example, during another attempt I was able to lift my upper dream body out and away from my physical body but my legs were glued tight and I couldn't pull them free. So instead I created the feeling of having legs beneath where I was and let go of the feeling of the legs that were stuck.

This worked perfectly, it was a like using thought to teleport in legs on demand. The advantage of this method is that by creating a brand new body, it completely eliminates the need to try to distinguish between your closely aligned physical and nonphysical bodies when you're oozing away during the exit.

This is actually the start of a style of lucid dream exit called a teleporting exit which we will cover in much more detail in the next presentation.

How To Optimize The Brain's Chemistry For Lucid Dreams

First of all by preparing the brain ahead of time it's much easier to have lucid dreams. The brain's chemistry goes through a rhythm and some times of day are much better for dreaming than others. There are two main hormones involved: melatonin and serotonin.

Melatonin is like a "off" switch, it makes your muscles relax and puts you to sleep. Serotonin is like an "on" switch that wakes you up and makes it easier to stay alert.

During the day the body builds up a store of melatonin. The body needs sunlight to do that so the first brain optimization tip is: *get plenty of sunlight during the day so that it's easier to fall asleep at night.*

At night the body has lots of melatonin and relatively little serotonin. This makes it easier to fall asleep but hard to stay alert. Therefore, bed time is the worst time of all to try to lucid dream. Most people attempt to do an induction then but end up falling asleep because the brain is not geared for it at night.

As you sleep the body converts melatonin into serotonin. Eventually you reach a critical mass of serotonin and the body decides it's time to wake up. This means that in the early morning your muscles are deeply relaxed from having been asleep and that your mind is becoming more alert due to the increasing availability of serotonin.

This combination makes for the perfect state to enter "mind awake/body asleep". So the second tip is: *do your lucid dream attempts in the morning, not at night.*

I have found that the best time for me is to get up at about 5 in the morning to lucid dream. Additionally if you stay up for an hour before going back to bed it makes dreams much more lucid and makes paralysis much more likely. This may be because by staying awake for a while your brain starts to more actively make use of the serotonin so it's easier to be alert in dreams.

Serotonin is also critical for regulating the brain's moods. Lack of serotonin can result in depression. In fact there is a lot of money to be made selling people drugs that artificially increase the time that serotonin is held within the nerves in an attempt to combat mood swings.

These are called Selective Serotonin Reuptake Inhibitors, or SSRIs. Drugs like Prozac are SSRIs. If a person has naturally built up a healthy store of serotonin by getting sunlight they will not need to manipulate their serotonin levels with drugs. Sunlight is the cheapest, safest and the oldest way to keep your brain chemistry in balance.

If you find that your dreams are negative in nature and frightening, increasing the sunlight you get during the day will help make your moods in dreams more positive. Increasing your sunlight is one of the best ways to eliminate nightmares.

How To Add A Safety Net

We now know a basic method for inducing sleep paralysis and using it to enter a lucid dream. However, actually doing it can be harder than understanding it. In particular it is very easy to accidentally fall asleep while relaxing into paralysis.

To fix this situation we make use of a timer that beeps every 10 or 15 minutes so that you'll continually wake yourself up. By alternately falling asleep, then waking up, then falling asleep again you will start to hover on the awake/asleep threshold.

Eventually you will settle in a spot where your mind is above the threshold and your body is below the threshold and you'll find yourself in mind awake/body asleep.

Sleep paralysis happens usually when you wake up and then fall back to sleep again without moving first. So you will probably also end up in paralysis at some point when using a timer as long as you make sure not to move once you lay down. Try to stay utterly still for the hour or two you do this method.

The body seems to have a sense for when you set an alarm clock. For instance, at some point in the past you may have set your alarm for 6 but somehow you woke up at 5:55. It's as if the body knows that at 6 it will be shocked awake by the alarm clock and it doesn't like that, so it wakes you up a little before to avoid the jolt.

We can make use of that effect by staggering the timer intervals. For instance, if we set the timer to beep after 10 minutes, then set it to beep after another 15 minutes, then after

20 minutes, the body will start to pick up on the rhythm. During the 20 minute interval the body might be expecting a beep at 10 minutes or 15 minutes.

So at some point in the 20 minute interval you may spontaneously become lucid within a dream or you may find that you wake up in partial paralysis or even full paralysis. If you can resist the reflex to move and keep everything totally still including not opening your eyes then you can either slip back into a dream or you can induce paralysis as we covered earlier.

Because of the rhythm you can set up, this method is called *rhythmic napping*. It's a very simple and exceedingly effective trick to have your first lucid dream. Many people have reported on the saltcube site that they've had their first lucid dream this way.

Note that when you do rhythmic napping, the goal is to simply fall completely asleep before the timer beeps again. There isn't a need to try to remain awake and watch the body enter paralysis since you have the timer to sprinkle in some lucidity every so often.

When you lay down to do an attempt using a timer, just stay still and daydream until you fall asleep and let the timer do the rest of the work. Once you wake up and fall asleep a few times you'll enter mind awake body asleep naturally.

Another advantage to using a timer is that you can have dozens of rapid fire lucid dream in a short period. For instance, a few times I set the timer to beep every two minutes for a half hour and had a string of lucid dreams.

Even though none of the dreams were epic I did get a lot of practice to learn what all the states and sensations are like on the way into a lucid dream. That kind of experience is very valuable because you can use it to more efficiently recreate those states the next time you want to lucid dream.

As far as what timer to use, you have a couple options. I started out using a digital cooking timer. I memorized how to operate it with my thumb so I wouldn't have to move to look at it when inducing paralysis.

You can also use a free Flash timer that's on the saltcube web site at www.saltcube.com/timer. If you have a computer in your bedroom you can load the saltcube timer on to it and have it beep at you every few minutes without you needing to move to reset it after each beep.

How To Choose Your Timer Setup

Through trial and error I've found that a good default setup uses a base interval of 4 minutes. It goes like this:

8 minutes, 4 minutes, 8 minutes, 12 minutes, 16 minutes, 20, minutes 20 minutes, 6 minutes

The timer on the web page is set up so that it repeats the last interval over and over, such as 6... 6... 6...

Typically I'll become lucid during the first or second 20 minute interval. The string of 6 minute intervals at the end is so you can have a series of short lucid dreams once you're solidly hovering on the awake/asleep threshold. It also allows you to tell when the session is over so you don't oversleep.

On the Flash timer this setup is predefined as 'Rhythm Nap 4'. To adjust things for your own personal physiology I suggest first trying a session with the default 4 minute base. Depending on how things go you might want to increase or decrease the interval lengths.

For instance, if you are able to fall asleep quickly you might move to a 3 minute base interval and use this set up:

6, 3, 6, 9, 12, 15, 15, 4.5

An alternate approach is to use a setup such as:

5, 25, 5, 25, 5, 25...

With that approach you'll likely become lucid in the middle of the 25 minute intervals and also at the end of the 5 minute intervals when it beeps.

I've also had success with intervals like this:

20, 20, 2, 2, 2, 2...

By having it beep frequently for a half hour or so you can have a string of dozens of lucid dreams back to back. None of them will be very profound but you'll start to get an excellent sense of what it's like to feel all the stages of a lucid dream.

A Summary Of Rhythm Napping

To tie all this together, here is a short rundown of rhythm napping in full.

- Set your alarm clock for some time early in the morning, such as 5:00 AM.
- Get up and for an hour then go back to bed. During the time you're up, you may want to read about lucid dreaming in order to strengthen your subconscious intent to become lucid in a dream. This is called a mnemonic induced lucid dream, or *MILD*.
- Next get your timer ready, either using a cooking timer or using the computer timer.

- Then lay down and stay perfectly still with your eyes relaxed. Let yourself daydream until you fall asleep.
- Depending on the timer setup you have chosen, the session will last between a half hour and an hour and a half. Your goal is to fall asleep as many times as possible and to wake up each time the timer beeps without ever moving.
- If you can do that cycle five times in one hour you will almost certainly become lucid or at least feel phenomena you've never had before such as paralysis or vibrations.
- When you're awake again for the final time, get up and write down the dreams you had. This important last step of analyzing and recalling your dreams will reinforce your dream recall abilities and after a while you will start to see patterns in your dreams you had never noticed before. You can also use the online dream journal at www.saltcube.com for this.

If you were able to experience anything you've never had before by using this method, then it was a successful session. You may not become lucid your very first try, although some people have had their first lucid dream on their first attempt using this method. When I started using this method, my lucidity rate was about 80%.

With practice, this method now gives me nearly a 100% lucidity rate. So even though this method is not perfect, it is unusually effective. If you are willing to make multiple attempts over the course of a month or so then your persistence will pay off.

Simple Things To Do If You Can't Fall Asleep Fast Enough

You'll have the best success with any lucid dream induction if you're able to fall asleep quickly. It always helps a lot to get plenty of sunlight and exercise during the day to do that.

You should also avoid bright lights for an hour or so before you intend to sleep. The body is designed to have gradual changes in sunlight as the sun goes down. Artificial lighting is convenient but it throws off the body from its natural cycle because the change from bright to dark is so abrupt. So by dropping off your light levels slowly you prepare the body to go to sleep.

Keeping your body warm is also very important to falling asleep faster, wearing socks in particular helps a lot.

Using earplugs to shut out all outside sounds definitely speeds up the brain's ability to calm down and enter trance. I've found the most effective earplugs are made of silicone putty. They seal out sounds much better than rubber plugs.

With earplugs you also become much more aware of your breathing and the high pitched ear whine in the background. Focusing your attention on the ear whine sound as it wobbles in and out while you're passing into deeper trance helps you to get a sense of how relaxed you are.

It's also easier to hear the pre-lucid dream rushing noises start to set in when using earplugs.

When you put them in your ear follow the directions on the box and use them to just cover your ear canal. If you put them inside your ears rather than covering the canals your ears will start to make lubrication to try to get rid of the plugs then after a few hours the plugs will just fall out.

Blindfolds are also a very useful lucid dreaming tool. Blocking out all light makes it easier to see the dim behind-the-eyelid imagery that often comes with the onset of a lucid dream. It also allows you to do the transparent eyelids reality check we covered earlier. If you enter trance with a blindfold on and find that after a while you can see the room then you know you're in a lucid dream.

However, wearing a blindfold can be distracting. I sometimes use one and sometimes not. If you do use a blindfold, get a decent one. The cheap ones are generally a waste of money because they're uncomfortable. The padded ones are much better.

The final tip on being able to fall asleep quickly within the timer intervals is to practice staying still when you wake up. If you don't move at all when you wake up it's a lot easier to go right back into sleep. Make sure your alarm isn't so loud it causes you to jerk and move your body.

Simple Things To Do If The Timer Doesn't Wake You Up

Very frequently people report that once they've fallen asleep the timer isn't enough to wake them up again. I've had that problem a few times and have found the most effective solution is to simply put the timer closer to my head.

Even if a timer is loud, if it's on the other side of the room my brain tends to ignore it when I'm asleep. However by moving it closer to my ears the brain categorizes it as something that I should respond to and I wake up much more frequently.

Another method people have found to be especially effective is to have a background noise playing as they sleep. For instance keeping a radio on will keep you a little distracted and so you don't fall too deeply asleep. A fan can be a good source of noise as well.

How To Deal With Fear In Sleep Paralysis

Often when people enter paralysis for the first time they get a foreboding sense that there's something else in the room, like a creepy presence is watching them. This has happened often enough that it's been termed the *dweller on the threshold*.

The feeling is that when you reach the awake/asleep threshold there is some kind of entity that lives there and frightens away whoever it can.

I've had that sensation several times and the fear can definitely be intense. However once I learned enough about what is going on in sleep paralysis and I knew that I was in complete control the entire time, the dweller phenomenon stopped happening to me completely and I haven't had an episode since.

Here are two things you can do to deal with the dweller effect. First it helps a lot if you prepare your bedroom to have a very neat and positive atmosphere because once you enter the subconscious everything appears magnified. Any clutter in the bedroom can result in giving the room a dreary atmosphere which contributes to the dweller effect.

Secondly it helps to enter paralysis with a sense of adventure. If you go into it almost hoping you encounter the dweller simply so that you can prove to it that you're impervious to fear then chances are very good that the dweller will not show up to give you the opportunity to make it look weak.

If you avoid your fears you'll never know exactly what you're afraid of and so you'll never get past them. Instead of avoiding your fears it's more productive to fully immerse yourself in them so that you can then objectively step back and say, "These are my fears. I am in complete control of them because I know what they are."

Fear is actually a biological effect, it is not mental. During one paralysis session I found that my focus has shifted to a certain nugget shape in my brain. In retrospect I think the nugget was my amygdala which is a part of the brain associated with the feeling of fear. At the time I didn't know what it was, and out of curiosity I gave the intent to 'activate' it.

This caused me to enter pure terror for an instant, it was like my brain suddenly produced as much fear sensation as it was biologically capable of making for a millisecond. My spine literally felt like it was made of ice and I woke up immediately.

The point is that it's your body that becomes afraid, not your mind. Your mind is very capable of staying calm no matter how afraid your body may become.

Therefore, by daring the dweller to appear while you're paralyzed so that you can show off and prove that you have complete control of yourself even when your body is afraid, you will conquer your fear. Stuart Wilde says that bravery is not the absence of fear. Bravery is the ability to operate effectively even while totally terrified.

You can always break paralysis using slow deep breathing to enter a partial lucid dream separation and then immediately end the lucid dream by willing yourself to wake up. So since you're always in control there never anything to fear.

One last tip about the amygdala. Neil Slade has developed a technique he calls 'clicking' the amygdala. He says by clicking it forward you can enter a state of euphoria and by clicking it backward you enter into fear. You can read more about his methods at www.neilslade.com

How To Improve Dream Recall

Simply stated: put your body in the position it was when you had the dream and the dream memory will probably come back to you.

Far and away the best way to improve your dream recall is to practice staying perfectly still without moving or opening your eyes the moment you wake up. Think about what your most recent dreams were. When you reach one that you have a hard time remembering, think about what position your body was in when you dreamed it. You'll find that if you roll back into that position the dream memory comes back to you naturally.

It's very much like your body position is a physiological key to unlock dream memories. Once that key is in place, those specific memories open up.

How To Overcome The Biggest Obstacle To Lucid Dreaming

First, what is the biggest obstacle? It's not fear, as most books indicate. Fear is something that holds your attention. If you're afraid of something, you are forced to deal with it at some point.

If you were to take a survey of everyone on earth and ask why they have never become lucid most would not say it's because dreams scare them. They'd usually say that they don't even know what lucid dreaming is.

The biggest obstacle people have to lucid dreaming is that they think dreams are nothing more than random chemical reactions in their brain. They don't see it as something that holds much potential for them. So lucid dreaming does not hold their attention and they never explore it. In other words, lack of awareness is the biggest obstacle, not fear.

On the contrary, people who have seriously explored lucid dreaming to the point that it starts to terrify them only become more and more convinced that it does hold immense potential to unlocking untapped power of creativity in their minds. If someone is frightened away from lucid dreaming because of a bad dream, the problem was not the fear itself but the fact that they lacked the awareness to see how the dream was meaningful to them.

The scary parts you will encounter are only extra bits of proof that you're starting to explore parts of yourself that you never knew about. They may be unpleasant at the time, but after the fact if you study them objectively you'll see that they are actually lessons in disguise which had been crafted especially for you and that a little fear here and there actually adds some dramatic spice to your experiences.

There is no single thing that is difficult about lucid dreaming but it does take consistent practice and without motivation you probably will not stick with it. The best way to get motivation is to have awareness that it is worth the effort to try to open up those unseen depths of your mind so you can learn as much about yourself as you can.

To overcome the greatest obstacle, which is lack of awareness, enter a mindset where you're fascinated with exploring your own mind. You'll start to enjoy the process itself and when that happens the goals will come much more easily.

Finishing Up

Now you have a number of methods that you can use to induce lucid dreams. We've learned several ways you can use the body's own biology to consciously access the subconscious so that you can become fully aware both that you're dreaming and you that have complete memory of your waking life.

However there are still many other tricks to learn and techniques to try which we didn't cover in this presentation. For instance, there is a whole category of lucid dreaming methods that center around using behind the eyelid imagery that forms as you enter trance. We will cover those in a future presentation.

Please visit the saltcube web site at www.saltcube.com where you can find more presentations on even more powerful lucid dreaming methods. The web site also has a forum where you can report and record your progress using an online lucid dream journal or you can simply post a message to chat with people. If you have questions or are stuck with a problem, you can post a message in the forum then someone who has encountered that situation can help you.

That wraps it up for this presentation. Thanks, and good luck!

The Next Step

Visit www.lucidology.com for the next step after this video!