

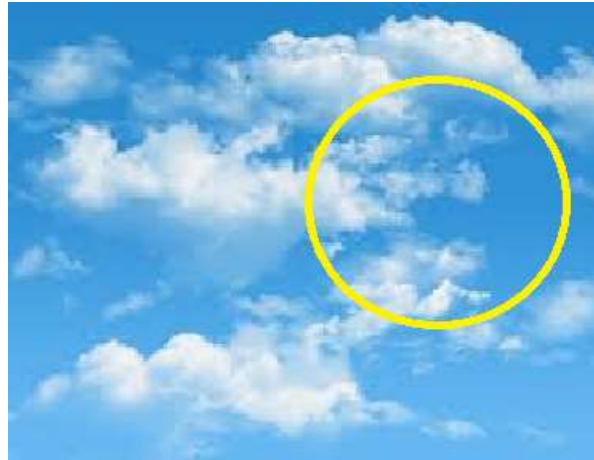
Tonight was of some I think very interesting non lucid dreams. I also had my second good night of sleep in a row since the insomnia attack! So hope that continues.

My earliest dreams were at my Nana's. Too vague to remember. Then something in the woods. And something at my high school, near the art rooms. Those were very vague.

Next I dreamed about a skate park though. I remember something about watching other people do tricks, and not really wanting to take the risk myself.



Then we were outside in this field. But there were houses too. A guy was standing beneath some sky. I think he had some control over the cloud shapes.



He made it so that a ring appeared in the sky. I was wondering if I could do it too. It was a ring of light.

I remember my sister's friend wanted to buy some things I had for the material. There was a graph of how many ounces of material each one had and the price. I remember walking down a road and seeing someone I knew in waking life. I had my hands in my pockets, hiding something. We walked down near a baseball field.

I had to get by there but they were going to play the game. I got to an auditorium. At this point I was holding a snake that became a lizard. I was afraid it would bite me. Didn't know what to do with it.



Someone ahead of me was drawing a lot of attention to himself by saying wild things. I was glad he was drawing attention to himself because I felt bad about something. I didn't really want to focus on myself.

I became afraid of the snake and decided to put it down. I draped it over the back of my chair and it kind of hung there a moment. Then it got to the floor, where I noticed it had feet. And walked beneath the seats.



It got up ahead and the person in front of the assembly noticed. But then another kid a few rows ahead picked up the lizard. I could tell the kid wanted

the lizard and would take good care of it. I was glad because I didn't really want the lizard. ☹️

After the assembly I told the kid that he was a great person. And that I was so happy he would care for the lizard. Then I was talking to other people.

I saw a youtube video of a guy who made his background the ocean floor. It was flickering and he said it was glitchy.



There was something falling to the ocean floor at first. There was also something with someone from college. Eventually I woke up from those and

thought them through. That was a big improvement in first round of dream recall, but I don't know what to chalk it up to! 😊

So then I actually did some physical exercises in the dark before going back to bed. Fell asleep pretty easily.

I had some dreams, but fell back asleep while thinking of them. 😞 One was about a toilet that kept shattering.



I forgot the rest 😞 But when I fell back asleep I had a very long and interesting dream that I remembered a lot of 😊.





I remembered walking on a dock. Some of the planks were bouncy. I bounced on them. I got to the end of the dock and there were two people there.

Then there was like an opponent there and we had these fake guns. They made a bang but no projectile. Something about weight lifting. One fellow doing a demonstration of an overhead snatch, let go of the bar when it was over his head, and it went flying behind him into the water.





I was telling them my power would be weight lifting. But we needed some heavy metal music. So I started making a guitar riff with my vocal chords while they got the music ready. I was going to deadlift.

There was another part where I was walking through woods. There was a bunch of honey dripping everywhere.



I remember walking through some of it. And something with a bee. It was pretty cool.

I remembered being on a bus ride and sitting next to (A) from high school. I was not feeling great about myself, so I didn't really take the chance to talk to her. I think I was like, well, she'll never really like me, so why bother. But I realized

later that I didn't need to think of it in an all or nothing way. We could have had an regular conversation.

Then we were on a beach. There was a heavier woman there trying to do sprints to get exercise. She had really big forearms.

I was thinking that I would quit dairy because it caused me bloating. And the bloating lowered my chances with (A). (in waking life I haven't had dairy since 2016)

Then I was on a message board. Someone asked me why I was motivated. I told them I was motivated to boost my dream recall. That was interesting because that's a big motivation for me to change different parts of my life style right now.

Then there was a family there. The theme of dream recall boosting continued in the conversation of the dream figures I was with.

The daughter said that her dad let her open the window while she slept. This had boosted her vividness of dreams, perhaps by fresh air. The family was very traditional and didn't like to change their ways so this was a big deal. The daughter said that her dreams and memories became more vivid.

I thought to myself that the noise from the traffic might make things worse though. So maybe it was just another factor, like the fact that she thought about her memories and dreams more. I raised this possibility.



One of the brothers went quiet. He seemed kind of angry on the inside, or confused. The idea of making yet another change might have been too much.

The other brother said that they never change things. They always do the same, autopilot routine, every day. And if there's anything they need to think about, they just think about it while doing their autopilot routine. Nothing changes.

The other brother said that ignorance is bliss is their motto. He showed his web site and clicked on a page with some topic of social change. The title of the link was something to do with social change but once clicked, the page just showed a bunch of snack foods and candy. And a message about, “now, why would you want to ever think about that?” 😊

I pulled away from the computer and found myself in a living room. My Uncle told my Dad to give him a “deuce”. I figured this meant 200 dollars. My Dad basically said no.

Then (J1) from college was pounding (J2) into the ground. He was turning bright red. Eventually it broke up and I went over there. (P) blocked me out of the circle. (J) and I glared at him. I told him I noticed that subtle little move of blocking me out of the circle and I wasn’t cool with it.

Then the scene changed again.



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One character looked like a fallen tree but was actually the prince. There were a variety of other types of beings around who wanted to kill him but he was a good guy.

A gang of guys with knives came along to take a stab at him. I remember walking by them and they ganged up on me instead. It was kind of vivid. Then the dream shifted and they were breaking out of a store by scraping away the windows. I think it was a jewel store.

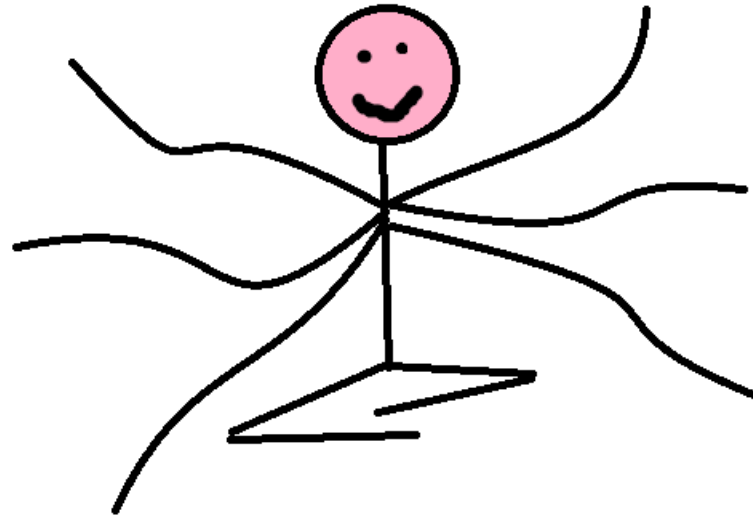




The police came and stopped them. I had to carry some stuff out to our car. I had my house plant.



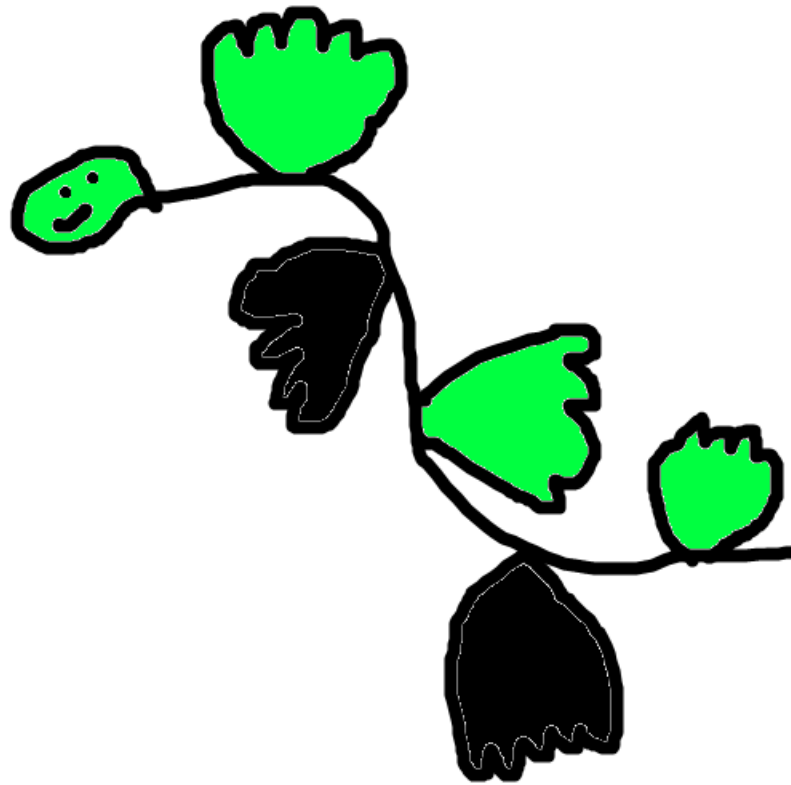
We got into a Jeep and as we drove, there were two characters. One was a woman figure with six wavy arms. She sat in a lotus position and told us some things.



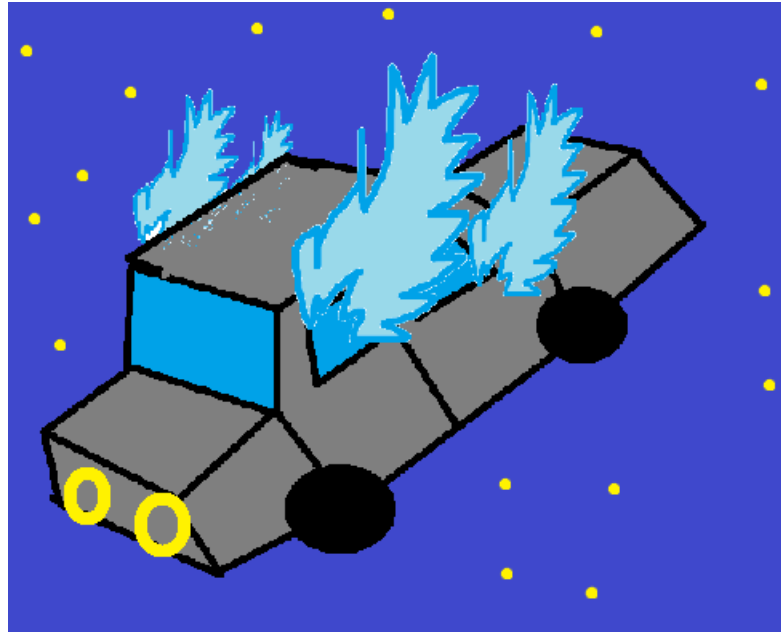
She looked less like a spider though. Kinda like this but not quite.



Behind her was a creature kind of like Trogdor. Here is a drawing.



We pulled into some kind of parking lot near a beach. As we got out, we saw a car falling from the sky.



Okay my drawing didn't come out quite right.. It looks more like a car with blue angel wings. The flames were a lot more crackly. It was very vivid. The car had blue flames trailing out of its windows, like something was on fire in it, but blue fire. The fire looked really dense.







I ran towards the water to save whoever was in the car. Then a giant red orange crab monster or kraken thing began to rise up. I turned around and ran the other way. Whatever was in the car must have expanded on impact with the water, and became a monster here to destroy all life on Earth!

All of us in the parking lot ran for our lives. We ran into this building and glided down stairs for safety. It was very scary!

We ended up in a class room thing. Some kids were playing a video game but asked why I didn't play. I told them that I wanted to stay open to situations like this, in case a giant monster ever came to Earth to eat everyone!

I woke up from those in awe. The monster thing was really powerful. I didn't wake up in fear. I woke up really impressed and amazed with the dream though. 😊

I slept one more time. My first dream I could remember was of walking by my neighbors house. There were big black rocks in the road.



Then there was a dream of playing Super Smash in my friend (J)'s basement,  
like in high school.



I had my selector thing over Ganondorf. But then the game was confusing because I couldn't tell which character was responding to my controls.



My last dream I remembered was of walking by a woman in a mall. She handed me a black journal with writing in it.



I thought she wanted me to write in a page. But then she got mad at me for opening it and looking at it. I tried to tell her I didn't read anything just looked for a blank page. (The truth) (Why did she give it to me then?)

Well it was a good night of dreams. I am pretty happy with it 😊