

I did a good job getting off computer by 7:15. Goal was 7 but it O K. Sleep by 8:30.

## **First sleep cycle**

I didn't remember that much from these. Just my Dad giving my sister money. It was like 15 dollars. But I was concerned I would need it for food. We were in a van.

## **Sleep cycle two**

It took me a while to fall asleep. But I'm glad I didn't give up on sleep and go do something. Eventually some really cool sleep and dreams came.

### **Cotton Candy + Meat**

In this one I dreamed I was in a kitchen thing. It was night. I was stowing away there some how. Lights were on.

I had several tote bags with handles. There was blue cotton candy so I was putting it in. I got the idea to mix the ground meat with cotton candy.

I heard the janitor (female) walk by, singing. I quickly hid my bag of cotton candy meat in the bottom of a closet and hid somewhere.

## **Computer-ing**

I didn't know I was dreaming because of all the insomnia. I was using my computer but the screen was different. The task bar was different.

It had a Pokémon team. But each Pokémon was made up of a combo of two Pokémon stacked together.

## **Other forgottens**

There were other dream scenes I was recalling. But I ended up forgetting them because vibrations came. So I focused on those.

## **Head Stand**

Instead of my usual rolling out like a log, I made it so my feet levitated up, putting me in a head stand. I felt some ghosties around. I tried to talk and got scared when my voice didn't work. But I remembered to relax.

The self defense thread came to mind. I cast a dim resonant energy balloon that I wasn't very confident in. Then I started visualizing the colors of the rainbow sequentially.

I wonder if the mentality that I will have to defend myself from something is what makes it so. I also wonder If the ghosts came from my reading the thread, and my "imagination" generating them. Or if the ghosts had always been there, but the thread just made me aware of it. I don't know!!!

## **Museum**

I opened my eyes, thinking it was in Physical Matter Waking Consciousness. But I was in a parallel universe of some sort. The first thing I saw was an orange, flying piece of paper in my closet.



if by wind)

(more curled though as

I became lucid. (If I hadn't become lucid that would have really spooked me! So thank FHQWHGADS for lucidity.)

In this parallel universe my room was like a museum. There were various sized posters of writings all over the walls.

I tried to read a smaller one. The room was too dim. I tried the light switch. No worky. Eventually it got brighter though.

Room morphed when I turned around. Now an Air Conditioner where the other wall of writings had been. I

was about to turn it on but something told me not to.

At first I was reluctant to go out my room door. It seemed that whoever made this dream room for me would be insulted if I quickly bypassed it. So I made sure to compliment the writings and various figurines all over my desk. I genuinely meant it, too. It was totally brilliant. But I also had that urge to go, go, go, which is more compulsive anyway.

## **Pants**

I remember being by a dresser and I had only boxers and a hoodie. No pants. I tried to put my jeans on. Instead I tried to just say, "Jeans on now!" But instead it made me float up. L O L. I figured I didn't need pants to go out in this parallel universe.

## **Cubbies**

On the way to my room door. I saw all these bank vault type drawers. But all different shapes. Woven around each other. Brown. I thought of opening them all. I tried to click two open but they didn't open or something.



(kind of like that but tetris shapes)

Then this 3-4 foot tall person came out of a small door. He had a bald head but a cone head. I think he ran up to me to attack me. I forgot the rest.

## **Forgotten Parts**

There was a bunch more lucid parts in between here. Do you ever have an L D where you are thinking the whole time... "This is so cool! I know I will remember this!" and going along enjoying it. Only to wake up and be like, "Huh? Wait... What?!" I had a little bit of that this time. It made me want to try some sort of mnemonic techniques within the dream to ensure I remember it upon

wakening.

## **Francis**

My memory of it picks back up in another room with a wall of doors. I was walking through, doing something, I forgot what.

Then another little feller comes out and runs at me. I can vividly see his fist. I realize he is the same guy as before, but with his hoodie up.



At first I'm afraid, but I'm like. "Hey, aren't you the guy from before?" My inner vibration becomes of one "happy to see him" without any effort on my part. It just naturally happens.

He puts his fist down. "Yeah." I want to ask him if he has

a cone shaped head. With his hoodie, its hard to tell. Maybe he feels bad about it.

I walk with him to somewhere. He has to go his separate way then. I ask him his name. "Charles," he says.

"Really?! Your name is Charles, too?!" I reply. Hey, it could happen! "No, my name's Francis." We shake hands and he goes off. (I'm pretty sure it was Francis, if not, then Steven or Stephan.)

Well, that was fun.

## **Relatives**

Then it was like this air port terminal. I saw my Aunt B out the corner of my eye. Then did a double take. Sure enough my Aunt C, Aunt B and maybe another unidentified relative were there.

I was going to go say hi. By the way, until this point, my dream stability was like unquestioned. I just had natural stability.

But then I noticed the feeling of the dream going to fade. Aware that I had some excitements thus far.

I politely said, "please give me a moment." And turned to

rub my hands.

## **Almost Lost It!**

I walked and rubbed my hands. I looked closely at my hands and tried to feel them. I could still feel that this was only DELAYING the dream's collapse. Not really putting me back "in the green" where I could go back to being in the dream. I felt unconfident in my stabilizing efforts.

Then I realized my thoughts might add to that. So I tried to "will" the dream to be stable as I rubbed my hands. Changing my inner vibration, like I read about in Transponders thread.

I walked through another air port terminal continuing to do rub my hands. This terminal had more people of an Indian ethnicity (sp?)

## **Walking Meditation**

THIS was very cool. I continued to rub my hands as I walked. But to bring my mind more into it, I counted each step. (I sometimes do this in waking life.)

*(In my mind go 1,2,3,4,5,6,7,8,9. ONE. 1,2,3,4,5,6,7,8,9. TWO. So two is twenty. Three is thirty. And so on. I count*

*it mentally as I breathe in and out also noticing how many counts per in and out breath. While I do this I notice other thoughts processing. Sometimes I get up to 5,000 or more steps doing this. Other times I can't go past 500 steps. )*

I did this through an office room. But it had children. I wanted to talk to the children but kept counting. I was still trying to build stability. I was lucid enough to know the value of just building stability.

### **Where I Slipped!**

Well my attention span only goes so far. The dream presented me with a big cubicle in my way and no way around. (I could have maybe phased through but didn't think of it.)

It was like this kind of cubicle with the cabinets:



This made me want to fly! So I flew over the cubicle.

There was a child in the cubicle behind me, with an adult. The child looked at me like he wanted to fly, too. I looked back and considered offering him a piggy back ride. (Or I could teach him to fly.)

That was when I woke up. If only I could have kept walking and counting!

## **Shadow Boxing**

I heard about "shadow boxing" in the void from someone else's D J. (forgot exactly who sorry. Please comment if its you.) So I continued rubbing my hands and "shadow boxing" in the void. Hoping another dream would start.

## **Tell me what you want**

Right before I was back to just a physical body in a physical bed. I had a voice recorder in front of my mouth. (Dream object). And I heard a very distinguished voice say, "Tell me what you want." It just sounded like an old fashioned recording. A little tinny.

I tried to just say something without even thinking first. But I was in sleep paralysis so just a kind of wheezing sound (non physical sound I think) came out.

However, I thought that my inner vibration was communicated to whoever had asked. Regardless of what I consciously said.

## **Recalling**

With "the phase" fully ended I went on to recall as much as possible. And record my experiences.

## **Sleep Cycle Three – The "Too bad to be true" induced L D's**

I had a number of false awakenings that began with

something "too bad to be true". Which prompted me to check if I was dreaming. Each time it was a finger palm test, which failed. But I made the save with nose pinch breathing. Thank FHQWHGADS for second "R C"!

## **Veggies**

I was in my Nana's bathroom preparing vegetables. Lots of celery. Then I realized it was on the bathroom sink counter. Decided I didn't want it. But then it all disappeared.

I was trying to go #1. There were some funny appliances or funny dream toilets around.

## **Headset**

I forgot what happened until this point. But I was walking through this cafeteria thing. And a guy was wearing a black blue tooth style dual ear headset like mine. He was saying how I ruined his head set.

This was the Dream Induced Lucid Dream from something "Too bad to be true". I was like, "Wait, this can't be. Is it a dream?"

My finger palm test only went through a tiny bit. Not

enough for me to believe it. But a nose pinch breath came to the rescue.

### **Reverse Character Assisted Lucid, Dream**

I went over to a woman at a table. And told her, "It's a dream! Can you breathe through your pinched nose too?!"

I didn't see her do it but it seemed like she tried. She said yes it worked. I was so happy! I started announcing to the whole cafeteria. "IT'S A DREAM!" I love telling everyone it's a dream. So what if people say not to!!!

### **Headset guy**

From about 20 feet away I shouted to the guy complaining about the head set moments ago. "Hey! Your head set is fine! Its not your physical head set! Its just a dream!" He didn't believe me.

I put my fingers to my forehead to instant transmission over. It didn't work. So I walked over instead. I forgot what else happened until...

### **Flying Bed**

I had gotten onto a flying bed with a few dream people. There was someone dressed in a super hero outfit and purple cape. He was hanging off the edge of the bed as we floated way up. I tried to help him but fell off myself in the process.

I saw a really beautiful sunset or sun rise as I floated in the sky. Above a vast ocean.

(Picture taken directly from my dream using dream camera that transmits thoughts into electrons) (just kidding)

It was such that the sun was low enough not to be too visible. I got to see it in a 360 degree panoramic view so its beyond the pictures.



Sometimes when I have such an awe inspiring vision in a dream. It seems like it should take a lot more words to express. But I can only make a few words out of it.

## **Loneliness**

I felt a wave of intense loneliness in the sky. I had this fear that I would be out there forever. I could have all these experiences. But no one to share it with.

It was an intense feeling. And also a fear of future loneliness.

## **Yellow bird**

I asked the dream for a friend. A good friend. A yellow bird appeared flying through the sky.



It gave me enough comfort.

## **Snack on a cloud**

I started to be afraid I would fall into the ocean. So I got onto a cloud. I forgot if I requested it or if it just

appeared. But a peep snack appeared (like from Easter baskets).



It was really sweet. I ate it on the cloud.

## **Bed**

I woke up, thinking it through. Little did I know I was to have false awakening. Lucky I thought it enough to make remember later.

## **F A #1**

I had a false awakening I was on my computer. It was something on the computer I'm trying to avoid. I was like,

wait, I'm trying to avoid this. It must be a dream for me to be on it so easy. Plus I never get pop ups.

Sure enough, did a finger palm that failed. But a nose pinch breathe worked. Forgot the rest of that one.

Woke up again, recalled it, next thing I knew, in another false waking.

### **Broke my T V!**

In this false aquackening I accidentally knocked a T V over.



Again, the “too bad to be true thing” kicked in and led me to verify I was dreaming, same way as others. I was on a roll!

I remember walking around in this dream segment thinking how cool it was that trying to quit something in waking life. Led me to be lucid when doing it in a dream. I guess that means my commitment to give it up is strong.

## **Telling more people it's a dream!!!**

Another too bad to be true thing but I forgot what. First thing I did this time was jump up to the ceiling and try to push my hands through.

Tried a finger palm test that didn't go through (because that 15 foot jump didn't convince me!)

Again nose pinch breathe was my ace in the hole.

I think this was the dream I went down to a train station and saw my Dad and sister on a couch. My Dad told my sister, "Don't touch my feet." He seemed glum.

I told them, "It's a dream!" Some other stuff happened I forgot.

I had originally intended to count my steps and see how high I could count. But then I decided not to ignore my dad and sister. However, I kind of have to put the oxygen mask on myself first. I'm no good to them anyway if my dream collapses.

**Another?!?!?!?!?**

Another too bad to be true false awakening that I got lucid in. I wasn't gonna complain though as I like dreams that go on and on.

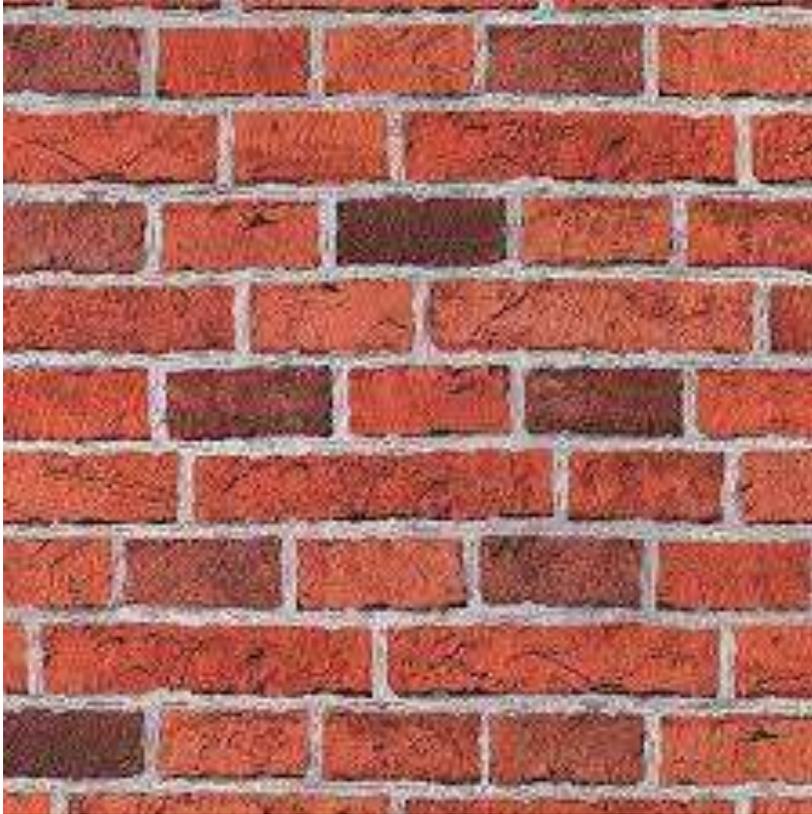
I remember crouching in a dark room. I tried an increase clarity command to make it brighter but no luck. It was like a grey fog in front of my eyes. Oh well.

## **Puzzley**

Like between all these I woke up and thought the last one through. Then I was in another. This time it started with a square of light projected onto my wall. Then I got a car key.

I walked around the room trying to repeat my dreams to myself. I knew it was a dream but trying to ensure I remember them upon awakening. Now that I think of it, I was lucky to remember so much. I was asking the dream intelligence directly for help.

Then I flew. It seemed like the dream wanted to give me an indirect answer in a puzzling way. So I went with it. It turned me upside down and I landed with my head softly near a soft wall that looked like a brick design.



It was just a soft poster of a brick wall. I took it down and on the other side was all blue.



I tried to write my dream memories on the blue part with the key. Nothing really came of it.

**Bedroom**

Then I was in a bedroom. It was dark. People were sleeping in there. I felt scared to be there.

I found a remote control and clicked some buttons. A T V came on. Oops.

I stood up to watch it. It had some actors I thought I recognized. But upon awakening I think the dreams made the faces from combinations of faces, like Ax in Animorphs.

Then I remembered the loneliness feeling from earlier. I felt like a little kid, and the two people in bed were my parents. So I tried to go into bed with them. That would make me not lonely.

When the lights came on I saw they had reddish skin. But their finger nails were like a pale yellow green color. They also had warts the same pale yellow green color.



Ahh!!

I kind of backed away. Then I woke up.

## **Notes**

Hard to fall asleep but when I did get to sleep I was very awake in my dreams!

# **Sleep Cycle 4**

Surprised to sleep again.

## **Pt. 1 – Yucky Sausage**

I was eating at my Nana's. Aunt C was there. She said the

sausage didn't taste good. There was a big dish of meat balls.



## **Pt. 2 – Playing joke on me**

I think I was lucid in this part but not sure. Some people I knew from high school were playing a joke on me with these text messages.

## **Pt. 3 – Snowy Road**

I was walking on a snowy road near my old house. 1-2 feet of snow. A guy drove by showing off with his car, going fast. I cheered him on, uncharacteristic of me.



I fell in the snow. I heard him pull around to where I was. Felt kind of scared but thought he might help me up.

#### **Pt. 4 – Hiding Poo**

I was squatting to poo right near my front door. I lived at a gated community in the dream.

The security guard had to clean a visitors dog's poo. I ran upstairs to hide my poo (in a container) in the bathroom.



I opened bathroom door and yelled down to security guard, "Just leave the poo by my door. I will put it in the

garbage!" Then slid down the stairs to get that poo and hide it from my Dad.

Then ran back up because I hadn't hid the other poo upstairs. And my Dad might see it if he went in bathroom.

### **Pt. 5 – Womens voice**

I heard a womens voice say something. The exact words didn't stick with me.

## **Sleep Cycle 5**

I only remembered a little bit of a dream from this, if anything.

## **Sleep Cycle 6**

### **Pt. 1 – Pool**

I was in a pool. I thought I was alone. I was scraping stuff off my lips and spitting in the pool. Then it turned out people appeared.



I felt embarrassed. They seemed to not notice. Female in pink bathing suit. (If I search that on google images it won't help me focus on dream recall!) Swimming practice.

## **Pt. 2 – Class**

I was in a drawing class. There were computer monitors. The mouse arrow could go across all the monitors. This surprised me.

There was an old school computer by the front of the room. Someone asked if it would be set up as a surprise. It was like my high school class rooms.



I pulled the plug on the teacher's D V D player thing after the class. It was a clear disc. I remember hearing it stop.

The teachers rule was we had drawing time for the duration of how long it took her train set to go around once. If anyone interrupted the train set's trip on the tracks, drawing time was over.

## **Pokémon**

Kind of still in the class. Flipping through slides like a slide show. They went a little too fast. I remember a fire breathing Feraligatr. It said the word Feraligatr clearly on the picture.



There was also a statue looking version of Hydreigon. The defending Pokémon used protect. Hydreigon's trainer had taught Hydreigon a move that actually fed off if the opponent used protect. Little smiling skull things floated up.



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## Utilities

Now in my current house. But my Mom was there. She wanted to use 2 washers and 2 dryers at once. I thought this wasn't a good idea.

Then my concern about utilities manifested into this thing about insulation. It was a chart showing how covering the house with aluminum was much more cost effective.

## Bad Mom

Carrying some bad feeling toward my Mom for insisting on using all the dryers at once. I walked out into side walk.

There was a car driving on the side walk.

I told someone their Mom was bad. This led to a whole big dream fight. It had the feeling of a fight but the fighting style was different.

## **Overall Notes**

I was delighted to get so much sleep. Most people want to wake up earlier. My goal is to sleep more. I've always been workaholic. So when I sleep enough and feel rested, I feel a lot of joy.

I got really into google image searching for dream images. I found that it kind of made me think more about what I saw in the dream (which picture does it match) similar to how drawing does. Only I wasn't in as much a mood to draw.