

Okay so here goes, from last night. I was lucky to have some much better sleep, and good lucidity toward the end.

In my first round of dreams, I dreamed of a brown cabin kind of house.



Other than that I didn't remember anything.

My second round of dreams got onto my voice recorder but not off the top of my head now.

My third round of dreams was a cool non lucid dream. There was a part with a store or something. Then I was with my Mom at my old house. She was trying to read me some belief system stuff. I wasn't that into it. I was just drawing on graph paper. But it didn't seem to work. I wondered if it must be because I need plain paper.

Then I was in my sister's room, and it began to rain outside. I wanted to set her fan up for her in case it got humid after the rain, but she just wanted to go to bed. But there were other people in her room. It was dim.

Then it kind of jumped to this other setting. In a big room. I was scoring myself on something. My college room mate had become a giant bodybuilder. I wasn't surprised because he once came back from summer vacation looking like he bulked up really fast.

They said I didn't grade myself right (something like that) so my bench press didn't count. I was sad that my bench press didn't count.

Then some people started to dance. They touched some of my other friends in a funny way. So one of my other college room mates said I should have to be where he was, presumably so they'd touch me instead. So he wouldn't have to. I was like, look, I have boundaries. There's no way I will let them touch me. I said it very firmly.

They were just touching them on the shoulder but it was awkward.

Then I was eating one of those oxygen mask things. That go over the mouth and nose with a strap.



(but the band was yellow)

I don't know why I ate it. The white part was understood as food, and it turned out to be edible. But the yellow strap part was not. And I accidentally swallowed that. I worried for a little while that it would be stuck in my throat. Tried to cough it up or pull it out. Didn't know it was just a dream until I woke up. Then I was relieved.

There was another dream part in there I'll see if I remember.

False awakening. I had a false awakening of trying to dream journal. I was near the trunk of my car.



Only it was much darker. I had my Miccus head set and was going to record into that. An audio was playing as I tried to think it through. I wondered why I would have left that on.

When I pressed the record button, or what was understood as such, another app came on my phone. It was called Twitch. (Is that a real app? I don't keep up with everything.) It was playing some music and wouldn't turn off no matter what I did. When I tried to lower the volume to zero, it automatically went back up. So I sped the song up to 10x speed and it was over very fast.

Then I woke up in my physical bed, glad it was just a false awakening. I am trying to be more mindful when I wake up and stay still because I usually don't check if I'm dreaming at that point. So I have to learn some movement free ways of checking.

Eventually I fell back asleep. Wasn't sure if I would due to insomnia but yes I did. In this dream I remembered this part of looking for a game to play. I clicked one called Mario Fitness. (IDK if that's a game in waking life)





It started out one way but became like a version of Donkey Kong country how I had to collect the bananas. Actually it was more like watching it. I watched the character follow the trail of bananas, and then a trail of lemons and a trail of limes, and then arrows made of something blue. To reach a point in the game. It seemed like they got more than 50 but their counter only said 50. (Maybe because every 100 it resets?)

Then I was outside our local “Lie-Brerry”. But it was night and I was going to sleep in a jeep. There were some previous parts of this dream, further back than my memory would go, that related more to that.

Some guy drove by with a cigarette so I quick panicked to roll up my passenger window. I remember feeling the wind in earlier parts of the dream as I drove that jeep.

I was almost too tired to roll it up all the way. It had one of those rolling window things.



I kind of feared that I had slept with my window open and could be hurt. Also I realized I hadn't locked the doors. Not aware it was a dream yet.

Then I guess I woke a little thought through it. And another dream began. I was being attacked by a dream figure! They came at me with... An electric razor! To shave my beard!!! But it felt more threatening.

Then I realized it reminded me of an earlier part of a dream. And became LUCID. So this was the cool part because in the past, dream figures like this would over power me. I stood no chance. But I've noticed lately even in my day dreams I "win" more often. So my dream state self's power is definitely leveling up from all these EXP points!

I knew the dream figure had a high power level but I was still able to telekinetically push them back. Gently, but enough to protect myself, from their hostility. (In hindsight maybe it's a part of me that doesn't want a beard any more! And not exactly a hostile one.)

I basically just suspended the dream figure in place. I also noticed they were continually morphing and changing form. Like hair, eyes, face, skin, shape, always changing color. I played a little in this and morphed

their body shape with my mind. And by conducting the morph with my dream hands.

We became friends and then I woke from that.

Then I was laying there and experiencing some dream flashes I guess. I was opening my “dream eyes” while laying in my “dream bed” but thinking it was physical. I kept seeing these funny cartoon critters. But then I would tell myself, “Keep your eyes closed. We’re trying to Dream Exit Induced Lucid, Dream here.” Not realizing I was already seeing a dream when I opened my eyes.

Then I fell from my back onto the ground. It was a tiled floor. Each tile was a random different color.



I knew right away it was a dream. Got up. Looked around a little. No stability techniques but the dream lasted a while any way. First idea was to try to recall all the previous dreams. So I looked for a mirror to try to tell my dreams to.

As I walked on, I noticed I was wearing some kind of armor with pointy shoulder pads. Before I got to a mirror I heard a voice on my right shoulder. Not like an angel or demon but like a phone was there. It said something I forgot. Whatever it was I forgot about finding a mirror or doing dream recall.

I saw my sister in one room but didn't go in there yet. I went into a kitchen. There was a wallet on the counter. It surprised me.



It had moneys in it. The moneys were different. There were 1, 5, and 100 dollar bills, maybe others. The bills were kind of green like US money but different dimensions and different images.

One of the bills for example had a person smiling. It was a 100 dollar bill. I remember thinking that's a great idea. Ben Franklin looks so snarky on that 100 dollar bill we have now.



I thought it would be fun to go give the money to my sister. Then if she wasn't lucid it would just be a fun dream for her.

Then I saw a fridge and realized. "Hey, I haven't gone for dream food yet". I opened it and there was orange high fructose corn syrup beverage. Not much else besides some crates. But orange sugar water stuff, yes. I drank some. It felt like pouring mildly sweet air down my throat.

I put that back and looked around more. There was a giant bag of orange triangular tortilla chips. (trying not to use brand names because they don't pay me to advertise!) It was too high. I used dream control to get them down to me. Either flying or telekinesis I forgot which.

I took a bite and woke up still chewing. I think it was my "dream body" or "astral body" chewing though not physical. Because I heard a voice and so it must have been sleep paralysis. I forgot what she said.

I also had a false awakening somewhere in there. It involved me having written this dream journal entry earlier in the night. But then I had gone back to sleep and dreamed more. Only now, people had read it already. So I was like, oh no, People won't get the new parts. It had pictures of

Tigger. And a picture of someone like Jaco from DB Super but it was more like the character from Mario Fitness.



I finally woke up, confused by the false awakenings, to physically record it.

It took me a while to fall back asleep. I almost gave up. But I'm glad I didn't. It seemed like forever but eventually, sleep came along.

I forgot the earlier dreams. But this one I remembered. Barely! But I'm so glad I did, it was a pretty cool one.

Well I must have been at this restaurant thing. And then some ladies came along and for some reason we went into an office room in the back to sit at a table. They brought out a bunch of different dessert foods of various colors. It had to do with testing dessert foods. I don't remember why I was invited.

One woman took a bite of one she was sitting near. I was lucid so I intended to eat some. (Usually in non lucid dreams I habitually hold back from eating this kind of food.) There was a big dessert food that was all decorated and on a platter near me. It was like a very

professional and intricately designed one. I grabbed a giant chunk to eat it.

Then I realized, just from within myself, that maybe they hadn't meant for me to destroy that one! So I kind of stopped and apologized. I was about to say "It's my dream!" but realized the last time I did that, it didn't go so well. So I decided to be respectful of the others there, not out of fear but just out of my heart.

No one really seemed to care that I had taken that giant chunk of flour and sugar. But then a woman next to me started to act like a therapist. Asking me, "When did you start having trouble eating dessert foods?"

I felt a childhood emotion come up. I said, “around 7”. I think I had some kind of negative childhood programming around food because I developed an eating disorder. I think the dream woman said some more things to me.

I woke up from that temporarily and thought it through. But then I had an interesting false awakening of dream journaling it. However, I thought to myself, “Wait. Why did I get up to dream journal? Usually I stay still to perform Dream Exit Induced Lucid, Dream and remember it any way.” (Not realizing I was indeed still in a dream)

Maybe I appeared back in my bed a moment not sure.

Then I saw a laptop. It was on its side as if I was skyping with someone while both of us laid on our side in our respective beds facing each other virtually. (She was female). I realized it was a dream this time.

I went into the computer screen. The dream figure was wearing a blue hoodie with a black handkerchief and a black belt around his face too. They had turned from a female into a male. He said his name was Alex.



He seemed to be there to hold me hostage. Like it was a trap. I got a bad feeling and bolted. I also want to mention that throughout these

dreams I was experimenting with communicating telepathically or by voice. But at this point I screamed as loud as I could in my dream voice, as I ran. “Alex” was taunting me.

[img]hatch door thing[/b]



(did you know that's called a "crash bar"?)

I found a door and ran out. I thought it wouldn't open, but it did. To continue escaping, I flew up into the sky. It was a sunny blue day.



Then I kinda lost consciousness. I thought I had woken up. “Oh no!” I thought. “Now in my subconscious, Alex will be chasing me and tormenting me until I dream again.” But luckily another dream began and it was still out doors but now on a play ground. With a big yellow jungle gym.



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I still expected Alex to chase me. I kind of ran around the play ground thinking that would help. It actually became like a dream skills training course. I practiced flying by just jumping from one top of one play ground part to another. I got the idea that it was helpful to have a short

little goal for how far I flew, like 10-20 feet, instead of just flying into infinity, this time.

I remember ducking and rolling under the jungle gym too. I realized that I might want to find a hiding place.

I remember seeing the blue sky behind the playground too.



Then I shot a bunch of water droplets into the air. They curved in the air. It felt like I was training my attacks. Then another stream of water flew from another direction and collided with them. I thought Alex might have arrived.

A dream figure wearing white appeared. She had dark hair. And a giant cannon gun thing. I landed on the ground to face her. Maybe this was Alex, just morphed again. I had a feeling that gun was going to be pointed at me soon.

So she pointed the gun at me. I was like, "Wait!" but she fired. I did a wax-off hand motion that easily deflected the bullet, and continued to walk towards her.

We interacted a bit and then the dream ended.

I woke up from that and recalled it easily but the dessert part was almost long gone. Luckily it came back too.

They were some cool dreams. Nice to have had a little more success with falling asleep. When I got up it and looked it was only 5:46! That's too early for me usually but I doubted I'd sleep any more. I have PTSD so its not that I wasn't tired. Just sometimes my PTSD makes it so my nervous system can't relax no matter how exhausted I am.