

[b]Round 1 of Dreams[/b]

The first time I woke up I just remembered a little bit. One was something of a lucid dream cycle and they mentioned the Lucid Saint. It wasn't referring to the podcast but it made me think of it. Also there was something in my sister's

room but I couldn't
remember any more.

[b]Round 2 of Dreams[/b]

These got a little more
dreams going on. I
remember my friend had 4
hero sandwiches. He
offered me some. I didn't

want one because I had already had dinner. Even though I felt hungry I would rather wait until breakfast.

I remember talking to him about how he was going to teach foam rolling. He was wondering if he should speak in the “I” or “You”

Position, something that always confuses me. When I put on my sun glasses, my vision got a lot clearer.

I had an app on my phone. He told me the code was 1-2-2-2-2-2-... And more 2's, to get a special app. So I typed that in but it was

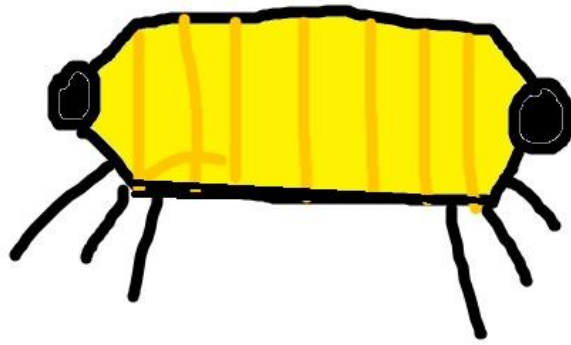
hard to press the touch screen.

We had an audio book playing with a heavy bass instrumental. Some women upstairs wanted us to turn it down so we turned off the instrumental part. I'm not sure if there

was anything else in that dream.

[b]Round 3 of dreams[/b]

There was something with a bee type of thing that scared me.



(frontal view)

This was a long one. I dreamed that we had to go on a trip. But we were taking a short bus ride home. My friend was

throwing a pill around and picking it up.

I remember I was talking to someone about Astral Projecting. And to go if it feels safe but not to go if it doesn't. Then I dreamed of my body going to sleep paralysis and being unsure if it was safe or not. But a

light flickered in the loft that seemed paranormal. That was when I knew it was a dream. But I didn't know it was a dream within a dream!

So then a female fell or jumped down from the ceiling and onto my friend.

At first this scared me. But it turned out okay.

I woke up from that dream but it was still a dream when I woke up. Another friend was there and he had a girlfriend. She had black hair with a big red dyed part and wore denim.

My friend went in the other room and she talked about how I don't need to be some iron man. I kind of knew what she meant.

Then we went out onto the roof. It overlooked water.

I got the feeling she might be a smoker. So I hinted, "I give points to help people

quit smoking.” I said this as a way to gauge her reaction as if she smoked or not. Worried that if she was a smoker, it would be a problem that she came around. I didn’t know it was a dream any more.

It turned out she was a smoker. My friend came

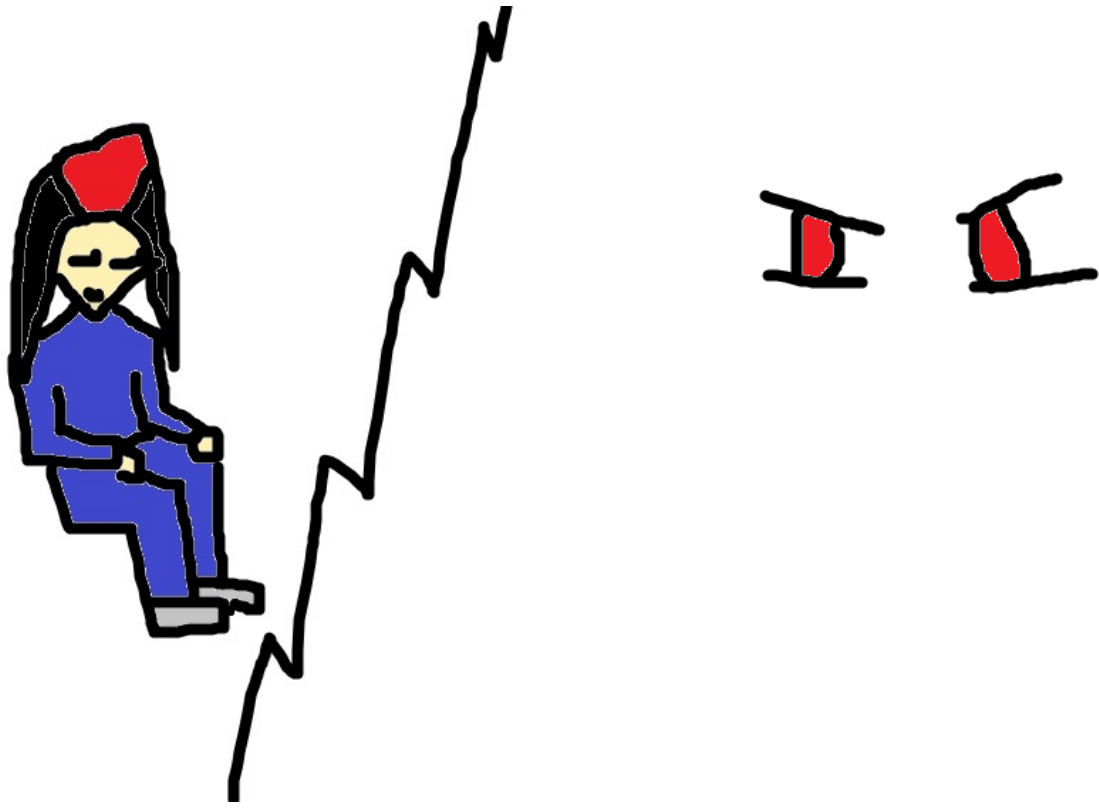
out. They were sitting together in a sky light. I started to tell my friend she smokes. He said that's not okay. I felt relieved that he wouldn't condone her smoking.

Then she started to try to kiss him. I felt like this was a way of her trying to

manipulate him to get him to change his mind. I felt threatened by this so I kept saying, “Don’t listen to her! She is an evil, manipulative addict! She is just trying to manipulate you!”

Her eyes began to glow red. I didn’t know it was a dream, so I was so

surprised at this. “Look! Her eyes are even turning red!” And they did. First just the pupils but then her whole eyes. I tried to draw a picture but it was too scary. Her teeth got sharp and her face morphed a little, like Monster Form of Frieza almost. Like a venus fly trap mouth.



I was sure I had talked my friend out of having her over. But then she began to come towards me. She slowly inched towards me

and I backed away. She was holding some writing utensils. It seemed like she was going to stab me with them. I thought of going to hide behind the door.

It turned out to be such a fearful dream that I consider it my first official nightmare in a while. I have

a high thresh hold for what I consider a night mare but this was truly one. In fact even while I was awake and recording the dream, I felt like I could see her face in my mind. I felt like if I opened my eyes, she would actually be there in my physical room.

[b]Round 4 of Dreams[/b]

It took a little while to fall asleep. I had some sniffles developing. But I had a dream that ended with this green candle wax man holding a green candle. He lit the candle, and began to melt along with the candle.



I couldn't remember the parts of the dream before that.

A dream flash happened where two kids in green

coats were flying towards me. With their backs facing me. I got startled and woke up.

Empty hoodie: I was at the mall. There was something about getting ice cream before they closed the metal gate thing. I got locked into a jail cell thing.

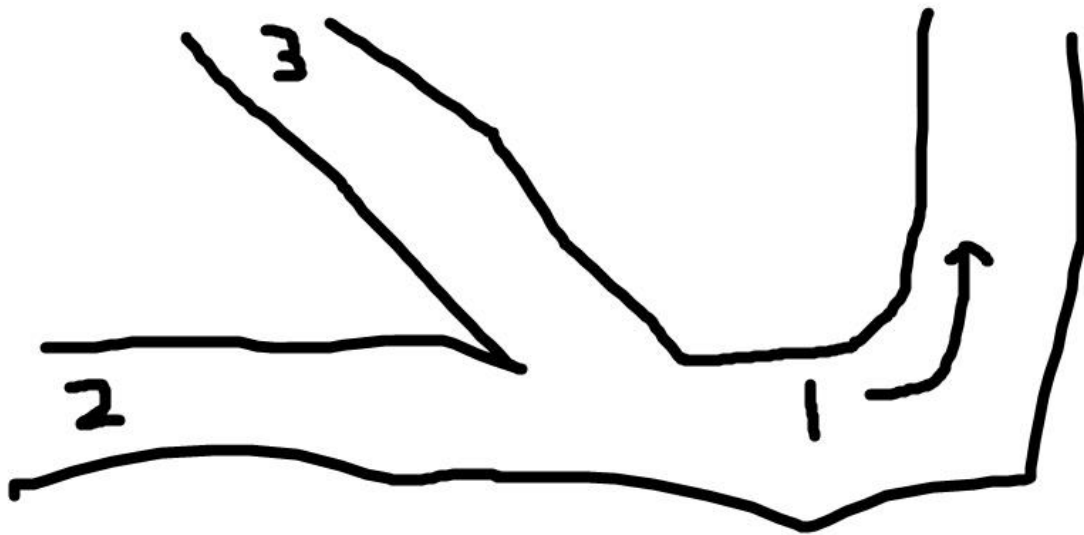
I might have got lucid but I didn't put this in my L D count because I'm not sure if I was. I saw myself in a mirror. I had on a brown hoodie. But where my head and hands should have been, I had only a black void.



I squeezed out from
between the jail cell bars
and a friend carried me
upstairs.

Stop Smoking/ High fence
arboretum: In this dream I
was walking through the
part of the arboretum near
the mulch piles. I actually
smelled smoke. I rarely
have a sense of smell in
dreams but in this one, I
did. The fences were high
picket fences, not there in
waking life. I didn't know it

was a dream though. I
looked around to see what
trail it was coming from.
Up around the bend?
Behind me? To the left?



1=me, 2 = smoker, 3=other person

I yelled out stop smoking twice and heard a cough. It was from behind me. A guy with a dog. He yelled back, "It's a disease!" I tried to run away. Then I woke up with a startle. Lots of emotionally intense dreams tonight.

[b]Round 5 of Dreams[/b]

My sister asked me to do the dishes. So I helped her out with those.

There was a commercial of a guy in a foreign zoo. I felt a sense of dream de ja vu. I felt surprised at how long the commercial went.

That's what was funny

about it. It took up so much time. The guy joked around with some animals. Then he stood on a log and put his arms overhead like a bear. And some bears imitated him.

Baby commercial:

There was a commercial with a woman and a baby.

Then another woman sang a song about how other people can have their issues but you can be free of yours. In a nice yodely voice.

I had a little false awakening after that. The commercial draems were

funny because I felt like I saw them before.

[b]Notes[/b]

I got more details on my voice recorder but this was just off the top of my head. What I notice is more of the dreams from my final

sleep cycles tend to be the ones that I remember easily the next day and can draw drawings from. The earlier dreams I don't remember until I listen to them (more often).