

VIDEO TRANSCRIPT

Saltcube.com Presents:

How To Lucid Dream And Have Out Of Body Experiences

Video Series Volume 1: Part 2

How To Do Wake Induced Lucid Dreams Using Teleporting OBEs

Vol 1 Part 2

How To Do Wake Induced Lucid Dreams Using Teleporting OBEs.....	4
Part 1: Overview	4
Part Two Builds Heavily On Part One.....	4
Part 2: Shifting From A Biological To A Psychological Approach	4
Why Do WILDs At All? To Have More Control	5
Part 3: Opening Up The Subconscious With Memory Impressions	5
Dipping In And Out Of Coherency.....	5
Creating A Space In Your Subconscious For You To Enter	6
Visualization Versus Conceptualization	6
“Imagery” As A Catchall Term	6
How To Sense Where The Real Imagery Comes From – Shifted Blackboard Trick	6
How To Execute A Teleporting WILD	8
Completing A WILD Is Like Shifting Gears.....	8
First Gear: Daydreaming To Loosen The Mind	8
Second Gear: Look For Memory Impressions To Signal You’re Ready.....	9
Third Gear: Create A Solidifying Space In Your Subconscious	9
How To Craft An Efficient Visualization – Make It <i>Interactive</i> And Make It <i>Surprise</i> You.....	10
Tip: Don’t Concentrate Too Much, Stay Relaxed To Keep Getting Memory Impressions	10
Fourth Gear: Literally Feel Your Body Double.....	10
Overdrive Gear: The Critical Crossover - Immerse Yourself In Imagery To Enter An OBE.....	10
Spreading Out The Critical Crossover.....	11
Shifting Between Your Physical Body And OBE Body To Learn What They Feel Like	11
Overlaid Sight	11
You Did It!.....	11
Exit Blindness And How To Fix It	12
How To Sense Your Surroundings Without Vision Using Video Screens.....	12
How To Sense Without Sight By Remembering What's There	12
Ask Yourself “What Is Here”?	13
Additional Ways To Tell How Close You Are To A Subconscious Focus.....	13
The Sound Of Thousands Of People Chattering Or M-Band Noise.....	13
The Spinning Sensation And Your Parietal Lobes	13
Sleep Breaths – Hearing Your Sleeping Body Breathe	14
Control Panels.....	14
Solutions To Problems While Entering Trance	14
Involuntary Twitching And The Wild Arm Flop.....	14
How To Combat The Dreaded Itches	15
How To Avoid The Swallow Reflex When Meditating	15
Final Reminder: Do WILDs After Waking Up In The Morning.....	15
Finishing Up.....	16

How To Do Wake Induced Lucid Dreams Using Teleporting OBEs

Part 1: Overview

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

In this presentation you’ll learn how to do wake induced lucid dreams, or WILDS, using a method called a teleporting OBE exit.

We’ll cover the following topics:

- We’ll learn a method for creating a space in your subconscious that you can immerse your focus into to have a WILD
- We’ll go over ways that you can shift your focus into the part of your brain that generates mental imagery and away from the physical imagery we usually see
- We’ll learn how you can craft your own efficient visualizations to develop solid subconscious spaces
- We’ll cover several solutions for fixing blindness in lucid dreams and how you can sense your surroundings without using vision
- We’ll look at solving some problems associated with relaxation such as involuntary muscle twitching, itching and the swallow reflex

Part Two Builds Heavily On Part One

This presentation builds on the concepts we covered in part one of this series in which we learned *physical* methods on how to trick your body into falling asleep to enter a lucid dream. The techniques we’ll use in part two are *mental* in nature and won’t work very well if you don’t have a solid handle on your ability to control your body and put it to sleep. By the time you use the methods in part two, you should have attempted the rhythm napping method given in part one at least once.

Part 2: Shifting From A Biological To A Psychological Approach

Now that we have a solid handle on leveraging the body’s *biological* workings to have a lucid dreams we can start to focus on more advanced *psychological* methods called Wake Induced Lucid Dreams or WILDS. Even though we still use all the old biological tricks like doing lucid dream attempts in the morning rather than at night, we will start to pay more attention to the mental phenomena on the way into the a lucid dream and we’ll look for ways to exploit that phenomena.

Whereas in rhythm napping the idea was to fall completely asleep and wake up with the aid of a timer several times, in a WILD you ideally go straight from a waking state to a lucid dream state without losing consciousness.

In practice you will probably fall asleep before completing a WILD and so you can still use a timer as a safety net but the goal is to maintain continual mental coherency while dropping into trance. In fact the long term goal is to eventually attain enough mental precision that you can perform a WILD while fully awake. There are some people who have mastered these skills to the degree that they can tune their consciousness to their subconscious while still walking around and talking to people.

Why Do WILDs At All? To Have More Control

That's where we're headed. While I have not attained that level of control, I have found that the more I practice these methods the less deeply into trance I need to go before I reach the point where I can have an OBE. That is the main advantage of doing WILDs. We are closing the gap between the conscious mind and the subconscious mind so that we can more fully make use of our total mind even while awake.

Part 3: Opening Up The Subconscious With Memory Impressions

As you relax into a WILD you'll start to sense environmental clues that you're nearing a dream even though you're not in the dream yet. You will start to pick up *memory impressions* of these clues. For instance, you may find you have the memory that someone had just said something even though at the time you didn't consciously hear anything.

You might also recall that a moment ago you were looking at a landscape and that you remember what the landscape looked like but you can't remember exact moment when the landscape came into view.

The landscape a concept that you find has been impressed into your short term memory much as if you were to impress the shape of a word into clay. You might not know how the impression got there but you do have the information that the impression represents. The onset of these memory impression are one of the first signs that you're entering a good trance.

Remote viewers usually access memory impressions while they're fully conscious and in fact you can access memory impressions at any level of relaxation. However most often you'll encounter them during fairly deep relaxation.

Dipping In And Out Of Coherency

In the course of your lucid dream induction you may find a lot of times memory impressions seem to be the result of dipping in and out of coherency: you dip down, pick something up, waver up again and find that you have an impression. Once you're back in conscious coherency you are operating with your perceptual filters again so you can't remember how you got the impression.

However at deeper levels of trance there is no dipping in and out of coherency and you find that you are starting to get a steady stream of impressions. That is a good sign you're on the right track.

Creating A Space In Your Subconscious For You To Enter

The reason memory impressions are a good sign is they mean you're opening up a space in your subconscious. Our eventual goal in this presentation is to open that subconscious space wide enough that you can immerse your conscious focus into it. In doing so you'll complete the WILD.

Visualization Versus Conceptualization

One effective way to open a subconscious space is to use your imagination to fill it with detailed imagery, for instance by visualizing something. In *Astral Dynamics* Robert Bruce makes the very good point that when you start out visualizing something, such as a rotating cube, you probably do not literally see the cube in your mind's eye.

Some people actually do see the cube as solidly in their mind's eye as they see their physical surroundings right off the bat, but for most people at the initial stages you're only thinking about the shape of a cube and you don't literally see it. So the term *conceptualization* is more accurate at that point in the process.

Nevertheless once the trance has progressed to a certain point you will enter into a dream environment in which you literally do see what you are visualizing. In other words, for most people visualization is process and not an instantaneous thing.

"Imagery" As A Catchall Term

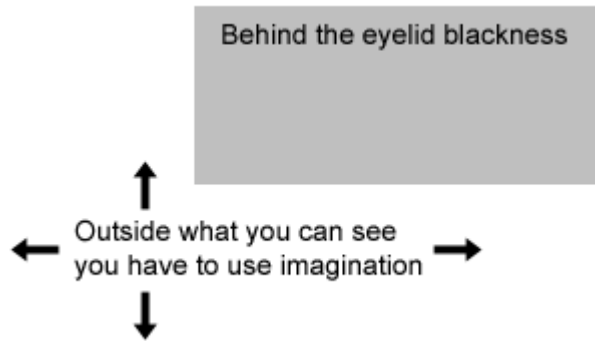
In this presentation we often use the word imagery. However the sensations you are gathering may be for any sense and not just visual. Frequently you also pick up audible and tactile impressions, sometimes even taste and smell. In fact one WILD trick we'll cover in a future presentation is to solidify imagery by invoking a strong feeling of emotion. There are many ways to sense things and Ingo Swann has identified at least 17 different types of senses he uses in his studies of remote viewing. You can read his descriptions on his web site at:

<http://www.biomindsuperpowers.com/Pages/Your17Senses.html>

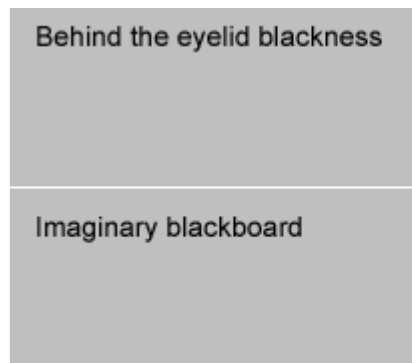
How To Sense Where The Real Imagery Comes From – Shifted Blackboard Trick

When you first close your eyes you'll likely see nothing but blackness at first and a little later on you'll see various firework type effects and random colors. These are known as *hypnagogic imagery* but they are not what we're after. Don't focus too hard on the swirling imagery because it puts your attention in the wrong place. The imagery we do seek is more like it's directly in your mind yet projected in a space that seems like it's in the behind the eyelid blackness.

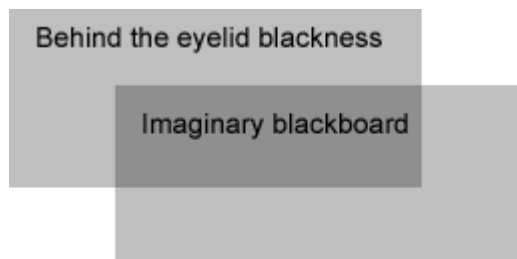
This is a trick you can use to get feeling of where in your mind to expect the real imagery to be found. When you close your eyes you see a fairly rectangular area of blackness. Outside that area you can't see anything but you can imagine that there is something outside your field of view. It's the imagination part of your awareness that imagery comes from, not the physical blackness you can see.



We can use a method to merge the visible blackness with your invisible imagination, we do it by imagining two blackboards. Pretend that the rectangular blackness is a blackboard that you can write on. Then pretend there's also an imaginary blackboard of the same size that's outside your field of view and is directly below the visible blackness:

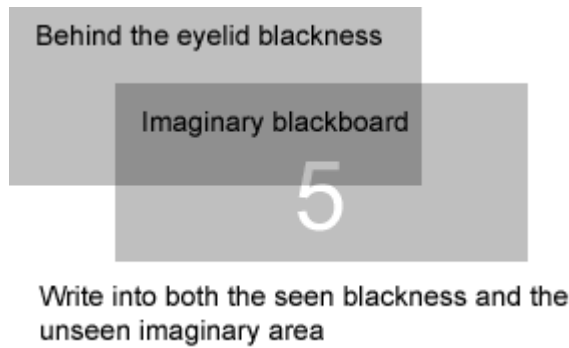


Now slide the imaginary blackboard up so that it is partially in the area you can see and partially in the area you cannot see. This will cause blackboards to be halfway overlaid on each other:



Overlay imaginary blackboard ONLY halfway

Now you have a focus on both your physical sight and your imaginary awareness. Imagine writing something such as the number 5 with white chalk on the imaginary blackboard so that part of the letter is in your sight and part is imaginary.



Do this procedure when you're on the awake/asleep threshold and it will help you to get actual visuals you can see. When you can actually see the 5 you're writing, you will be focused into your nonphysical senses enough to be able to try an OBE.

You'll find that the 5 that you see really is in a slightly different part of your awareness than the usual blackness that you see behind your eyelids. The more practice you get at focusing your attention on that slightly different area, the easier it will be for you to enter a WILD.

How To Execute A Teleporting WILD

Of all the WILD methods I have tried, the most straightforward I've found is to seed your own subconscious space by imagining there's a copy of yourself walking around a room looking at things. In this way you build a space in your subconscious with increasing solidity until you can completely transfer your conscious focus into it. As you make the copy of yourself more solid you shift your consciousness into it and effectively 'teleport' to your imagined location.

Completing A WILD Is Like Shifting Gears

If you've driven a stick shift you know that you can't leave the car in first gear if you want to drive on the highway. The car has a range of gears and each one is designed for a certain speed.

It's the same thing with maintaining consciousness while lowering your brainwaves so you can have a lucid dream. The landscape changes as we get nearer and nearer to a lucid state so it's more effective to have a series of methods with each one designed for that specific stage of trance than it is to use a single technique the entire time.

First Gear: Daydreaming To Loosen The Mind

The first phase of all our WILD methods is to just relax and let your mind wander. The goal here is to let your mind's stranglehold on your physical surroundings loosen up. By shifting away from physical focus we have more mental space to create our lucid dream environment.

It's important to never skip the mind loosening step. I have always found that if I just start into a WILD visualization without first loosening up that I can't get into a deep enough trance for anything to take hold. So always let yourself daydream for a few minutes before using a visualization.

Second Gear: Look For Memory Impressions To Signal You're Ready

How do we know when the mind is prepped enough to begin the WILD method? Wait until you are picking up memory impressions of some kind. These impressions do not need to be strong imagery at all. As soon as you start to get any kind of dream impressions you're in a light trance but a useable trance. You can start doing your visualization to create a space in your subconscious which you'll enter as its own dream world.

Third Gear: Create A Solidifying Space In Your Subconscious

Once you have impressions, shift your focus to a room adjacent to the one you're in, this will be the space you teleport to. Imagine a copy of yourself walking around in the room while dragging its hands along the walls and feeling the texture of the paint.

Put Your Focus Elsewhere, Not In Your Head

With most lucid dream induction methods your focus remains inside your head but with a teleporting OBE your focus is outside your body. Don't imagine a little room inside your head with a copy of yourself walking around, instead imagine your copy is really in the other room gathering sensory information about the room. The idea is to have as little of your focus in your body's physical surroundings as possible. In the following visualization we'll imagine that you're outside rather than in an adjacent room, but ideas we've covered still apply.

Doing The Visualization

Imagine you're outside looking at the wall of your house. Look its texture and use your hands to feel the tiny grains and bumps on it. Run your fingers through the grooves and note how different parts of the wall are smoother than others.

Run your fingers down to the ground and feel the texture of the grass. Run your fingers through the grass and see if you can feel where some parts are more supple than others. Find a patch where there is no grass and you can see the bare dirt. Dig out some of the dirt and find a rock and roll it around in your fingers.

Next crouch down and smell how the air is more damp toward the ground than it is above. Listen for the air blowing through the blades of grass and think about how things sound differently when your head is low to the ground because it reflect noises away. Look up at the sky and see if you can see any shapes in the clouds.

Walk to a door and look at the pattern on it. Use your hand to wiggle the knob and see if you can feel the mechanism working inside. Begin to consciously and deliberately name each object to yourself that you see out loud in your mind. This helps to make your copy's environment more and more solid. Speak in your mind "There's the door knob, there's the hinge, there's the frame" And so forth. This reinforces the reality of your imagination and speeds up the process quite a bit.

Look around to see what else you can interact with. Feel their textures and see if they make any noises. While you're doing this you don't have to remember exactly what is there in real life. The idea is that you're pretending at least as much as you're remembering. The goal is to get to where the information just flows to you without having to think about it. You'll get a sense that you already know what is in the

environment you're pretending to walk around in and it's all right there in front of you without you needing to think about it.

How To Craft An Efficient Visualization – Make It *Interactive* And Make It *Surprise* You

The more you *interact* with your visualization so that information flows in both directions the faster the strength of your connection to it grows. This means that your visualization must send information to you that you didn't necessarily expect.

For instance, in the preceding visualization we searched for pebbles on the ground. We didn't know exactly where we would find the pebbles or what they would look like once we found them but we allowed ourselves to pretend that we found what we wanted after checking in a few different spots. You can craft your own visualization by allowing room for the visualization to *surprise* you by sending back information to you that you didn't consciously command to happen.

It also helps if the visualization involves more than just a single sense, for instance our preceding visualization used sight, smell, sound and touch.

Tip: Don't Concentrate Too Much, Stay Relaxed To Keep Getting Memory Impressions

As you're doing this visualization you need to also stay mentally relaxed enough that you're still getting dream memory impressions. If you find that you're waking up too much and are not getting memory impressions then discontinue mentally describing things to yourself in words and just look around the room. Pause every few seconds and just zone out so that you stay in trance before going back to the visualization.

Fourth Gear: Literally Feel Your Body Double

As you do your visualization while picking up memory impressions, eventually your visualization will *become* your memory impressions. You will start to honestly get a sense that you feel a copy of yourself walking around feeling things and maybe even seeing things in the room. You may get tactile sensations first and then audible sensations a few moments later. Visual sensations might not come until the final stage where you've completely teleported into your copy.

One of the advantages of this method is it's comparatively easy to tell your dream body from your physical body. When we used rhythm napping and peeled out to separate we had to use sort of a complicated press-and-twist safety-cap maneuver in order to distinguish between our dream body and our physical body since they started out overlaid on one another. This time that step is a little easier since our copy starts out already separated from our physical body in another room.

Overdrive Gear: The Critical Crossover - Immerse Yourself In Imagery To Enter An OBE

In the final gear you close the distance between your conscious focus and the subconscious environment you've created. This is the *critical crossover* where you go from a mainly physical focus to a completely dream-world focus. Give yourself the intent

that your surroundings are the copy's surroundings. This will shift your focus to the copy's location so that you completely teleport into it.

In order to completely immerse yourself you may have to enter paralysis, so this would be a good time to try slight muscle twitching to pretend you're already in paralysis so your body falls asleep. Breathing slowly and deeply can also help to relax enough to let yourself slip into your dream copy. If you're getting vibrations it's a sign that you need to relax past them. Once you're relaxed enough and your copy is vivid enough the transfer process should go smoothly without a lot of vibrations.

Spreading Out The Critical Crossover

Another big advantage of using this method is you can use it slow down the OBE separation process and really become familiar with what it feels like so that you can use that feeling the next time you do a lucid dream. With most methods this stage goes by in a blink of an eye and it can be confusing to understand what just happened, but when you teleport you can spread it out over a period of several minutes and study what it feel like to have awareness of both your physical body and the dream copy.

Sometimes I can make my copy knock on the walls and my physical self can hear the tapping off in the distance. This gives you the sense that you can become your own poltergeist.

Shifting Between Your Physical Body And OBE Body To Learn What They Feel Like

This in between stage can be a lot of fun because of things like that. You can also reverse that process and feel your focus returning slowly to your physical body. Try wavering back and forth between your two bodies in order to gain confidence in your abilities. Compare the differences in how each feels and note if your dream copy is missing sensory details that your physical self takes for granted.

Overlaid Sight

Also when you do this your sight may switch alternately between both bodies. It can result in *overlaid sight* in which you see both the nonphysical version of your room and the physical version not one after the other but at the same time. It's very much like looking through two overhead transparencies laid on top of each other each with a slightly different image. You may also have transparent eyelids at this point and see your physical surroundings from two viewpoints switch back and forth rapidly. You may also see your viewpoint switch between your physical location and the location of the copy of yourself.

You Did It!

At this point you've completed a wake-induced lucid dream. You've completely shifted your focus into a subconscious dream world and you can do whatever you like in it.

I use the teleporting method very frequently to have OBEs because it's reliable and not very complicated. You can also use the teleporting method to enter a completely

fictional area. For instance you could imagine you're walking along a beach and gradually teleport into it.

That is actually both the method's strength and weakness. It lets you go where anywhere you imagine but ONLY where you imagine. If you don't consciously think of where you want to go, you won't go there. In a future presentation we'll learn a method that lets us lucid dream into places we might never have conceived of on our own. In the mean time we'll cover some problems that may come up in the course of doing WILDs and some solutions you can do to in response.

Exit Blindness And How To Fix It

Frequently when you first enter a lucid dream your sight becomes blurry, dim, or even black. The most consistent solution I have found for this is to simply use your fingers to pry your eyelids open.

In some lucid dreams you may feel like you have very little energy and certain parts of your body do not want to respond. Sometimes that can result in your eyelids being too weak to open on their own. Using your hands to open your eyes can be a good work around.

Other times you may find there is some kind of nonphysical gunk that's glued your eyes shut and so the only way to get them open is to use your hands. The glue can be so strong that you can't pry your eyelids open at all. In this case we use a different method to 'see' without needing your eyes in the first place.

How To Sense Your Surroundings Without Vision Using Video Screens

On one occasion after getting up out of my body totally blind I found that the eye pry method didn't help, nor did pulling off the dream version of my blindfold work. I asked myself "What does my bedroom looked like?" and I got a distant image of it, it looked like a little postcard video screen off in the distance, up and to the right. It wasn't in my eyes, it was more in my mental imagery area.

I pulled it closer to me and overlaid it on my eyes so to speak, basically moving it from the visual conceptualization part of my awareness to the eyeball part of my awareness. Then it was just like having physical eyes again and I was able to blink look around. (While I haven't tried this yet, probably you could use that method to load up multiple postcard images of different places and be able to see what's going on in them all at once.)

The post card image trick can also be used as a lucid dream induction method. Sometimes while peering into the blackness you'll see a whitish stamp-sized rectangle off in the distance. If you pull it toward you, you might find that it's a video screen you've been given for free. You can use it to immerse yourself in the imagery and enter a lucid dream. We'll cover additional ways to use video screens to lucid dream in a future presentation.

How To Sense Without Sight By Remembering What's There

I've also found that a lot of times even if you have sight in a lucid dream, you don't need to look around to know what your surroundings are. It seems like anything you

can look at is already within your memory or perhaps our collective memory. By merely recalling the memory of what is around the next corner you can know the answer without actually getting a visual image. It's like you're using your surroundings as if they ARE your memory.

Ask Yourself “What Is Here”?

By asking yourself “What is here?” and then expecting that you know the answer you'll first get a sense of your memories of your surroundings. If you also tell yourself, “I'm in my subconscious and can do anything with my mind” then you can add enough force of belief that your memory of your surroundings will soon become as detailed if not more detailed as your sense of sight.

Using your memory this way is almost like having another sense, like a radar sense. It's like having a volumetric knowledge of every particle in the room even though you're not actually seeing anything. In that respect this sense is superior to sight, the only disadvantage of the volumetric radar sense is that it takes some work to use it.

Additional Ways To Tell How Close You Are To A Subconscious Focus

In part one we went over various phenomena such as vibrations, rushing noises and the transparent eyelids effect which are all signs of how deep in trance you are. Here are some more things you may encounter on the way into a lucid dream.

The Sound Of Thousands Of People Chattering Or M-Band Noise

M-Band noise is related to pre-OBE rushing noises. When you first enter a lucid dream you may be presented with the sound of thousands of people talking all at once. Bruce Moen refers to this as follows in his excellent book *Voyages Into the Afterlife*:

"At the level of physical world reality there are presently over five billion human inhabitants packed onto a very small place called earth. Everyone living there is constantly broadcasting their thoughts and feelings into that close quarters environment. They're like five billion little radio stations all broadcasting their own, unique talk shows into the airwaves at the same time. Those thoughts and feelings are what we call M-band noise. There are so many people broadcasting at once, all pushing their thoughts and feelings out into the environment, we call it high level M-band noise pressure."

M-Band noise is something like pre-OBE rushing noises except instead of tuning to frequencies in between radio stations it's like you've tuned to a frequency with ten thousand stations broadcasting all at once. Usually you're only in this state for a few seconds before you lock onto a more narrow range and things settle down.

The Spinning Sensation And Your Parietal Lobes

If you spin yourself around then stop, you get a dizziness sensation that feels both like you're still spinning and that you're standing still. Sometimes while in trance you'll get a similar feeling like you're pivoting around on your belly button yet you feel your

are still staying in the same place. This feeling may be related to your parietal lobes which are located on the upper back area of your brain.

The parietal lobes help you determine your body's orientation, if you lay down and put your focus on your parietal lobes you may get a slight dizziness sensation which can help you to relax and loosen up your hold on your physical surroundings.

Note that the spinning sensation is different from vibrations. While vibrations feel like energy moving through you, the spinning sensation is a body orientation feeling.

Sleep Breaths – Hearing Your Sleeping Body Breathe

When your body falls to sleep you might not feel the paralysis wave but you may instead start to notice that it sounds like you're listening to your breathing from inside your sinuses. It sounds like you're breathing inside in a cavern. Your body is asleep and you're hearing yourself breathe much more deeply and rhythmically than you normally do while awake. Your body has also relaxed its grip on your mind and you're starting to shift your point of focus a bit so you're hearing yourself from a different perspective.

These usually happen at a very light level of sleep. Normally when I hear sleep breaths it causes my mind to wake up too much and I lose it. I might hear two or three exhales and before I shift back and I'm awake. However since you're already so close to sleep it's relatively easy to fall back into sleep if you can relax and resist the reflex to roll over.

Control Panels

Control panels are an extremely useful lucid dreaming phenomenon. Occasionally you'll find you have a control panel overlaid in your vision. It's like a pilot's Heads Up Display right there in your eyes. Control panels probably have a lot of uses but mainly I've found they're useful for teleporting to places. When I have one up I can focus on a button and it will send me somewhere I've never been before. Sometimes instead of teleporting you immediately, the button will bring up a video screen that you can focus into to enter it if you want.

I have not found a way to bring up a control panel in a wake induced lucid dream on command. So far I have to first drop into an unconscious dream and hope that my dreaming self knows how to make a control panel. Then if I become lucid maybe the panel will still be there.

One person reported he sees control panels as command line interfaces like DOS. My hunch is that control panels are kind of like personal organization systems for your mind, so most people are going to have very different ways of seeing them.

Solutions To Problems While Entering Trance

While rhythm napping was mainly all about just falling asleep quickly, doing WILDs involves relaxing while staying coherent. This presents some additional problems and solutions which we'll cover next.

Involuntary Twitching And The Wild Arm Flop

As you're relaxing sometimes an arm will twitch very significantly. It can be enough to completely ruin whatever trance you've gotten into. I often lay on my back

with my arms at my side when relaxing. The twitch can be strong enough to cause an arm to flop all the way onto my chest.

These things can be frustrating to deal with and I have never gotten a satisfactory answer from people on what might be the cause. The good news is that twitches seem to be a phase you pass through. For about three months I had the twitches badly and then they just kind of stopped.

Stretching your muscles before hand might help with twitches but it's really no guarantee. I did find that if I had a strong twitch while relaxing that I would not get another twitch the rest of the session as long as I did not give up but simply started the trance over again without moving. So it looks like at this point the only known solution to the twitching problem is to just keep trying.

How To Combat The Dreaded Itches

Itches are another common problem that come up when trying to stay still while relaxing. One strategy some books recommend is to use iron will to try to ignore them. An alternate route is to deal with the source of the itching which is almost always dust or dry skin. Most dust is actually flakes of human skin so hydrating your body is probably one of the best solutions to the itching problem.

Here are some things to try:

- Drink more water
- Vacuum the room often
- Use lotion on your skin
- Take a warm shower first
- Use an air filter in the room
- Turn off any fans in the room
- Use a humidifier
- Keep in mind that air conditioners dry out the air

How To Avoid The Swallow Reflex When Meditating

Sometimes if you're laying on your back and your head is not supported quite right, when you relax deeply part of your throat will relax backwards and trigger a swallow reflex.

If you try to ignore it you'll wind up gagging. The solution is to put something under your head to tilt it forward a bit. I find a hand towel folded twice so there are four thicknesses of fabric under the back of my head is enough to prevent the reflex, you may personally need more or less than that. You can also try laying on your side or stomach or simply sit up while meditating.

Final Reminder: Do WILDs After Waking Up In The Morning

Remember that ideally the best time to do lucid dreaming is right when you wake up in the morning before you open your eyes or move. You can also use the wake-back-to-bed method and get up for an hour before going back to bed and doing the

visualization. You can also use a timer as a safety net so you don't fall too far asleep although the timer can also act to disturb your concentration.

Finishing Up

You now have a powerful method for entering a lucid dream without losing awareness by creating a space in your subconscious and transferring your focus into it. You also know how you can craft efficient visualizations by making them interactive and letting them surprise you.

In the next presentation we'll cover methods on using memory impressions not just as a signpost to tell how far in trance you are, but how to develop them into a detailed space that you can press your awareness into.

These methods are called mental projections and phasing, the advantage they give is they let you enter dream environments that you might not have imagined on your own. These are somewhat more difficult to do than the teleporting method but they are useful because your target environment is not limited by your initial visualization.

Please visit the saltcube web site at www.saltcube.com where you can access 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!