

Initiation to the Inner Frontier

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This morning my son woke up as usual from whatever animal sound was most recently set on his alarm clock. He got dressed, had breakfast, and went through his normal morning ritual. But despite the outward appearance of routine, this was not a typical morning. On this morning he had his first lucid dream.

Jacob will turn eleven years old in a couple of weeks, near the age I was when I had my first lucid dream. Like the father of an up-and-coming little league star who gets his first homerun, I was proud. Not only did he have a lucid dream, but he induced it by using a reality check. He has begun to learn a skill that will take him to places beyond his wildest imagination. And, best of all, he enjoyed the experience so much that he has proclaimed his goal to have more lucid dreams.

As Jacob told me...

I was in the parking lot of Wal-Mart. I looked at a sign and read it. I don't remember what it said. I looked again and saw the Nick (Nickelodeon) symbol. The change in the sign caused me to realize that I was dreaming. A bunch of my friends were with me. I made a broom appear to fly on it. At first I had trouble getting it to work. Then I was able to fly. I flew with my friends to Mom's house. There was a stranger in the house. The stranger was in a cloak and I didn't know who this person was, or what they looked like because of the cloak. I kicked the cloaked person out of the house (literally kicked) through a window. I made a better broomstick appear, one from Harry Potter. I continued to fly around the neighborhood with my friends.

The full impact of a first lucid dream is something that I believe only other lucid dreamers can understand. Having that first lucid dream is like tasting chocolate for the first time. You don't try it just once. You want more. A barrier has been broken down, the one in which you wonder what lucid dreaming is like or whether or not you will ever be able to achieve one. You now move into thinking about induction techniques so that you may have more, and you consider what you might want to do the next time that the entire universe is at your disposal.

Further down the line, you start to stray from the inner playground and begin to wonder what psychological or spiritual lessons you can learn in lucid dreams. You start talking to characters with the realization that they are an aspect of your own personality, and you begin to question the very nature of consciousness.

When you are initiated into the world of lucid dreaming, you join a small fraternity of people that you learn have strikingly similar personalities. Those people come from different times, places and cultures, and outwardly may have little obvious connections. It is a fraternity of people whose bodies live in the same physical world as everyone else, but whose minds look at that world just a little differently.

It is in those early lucid dreams that you begin to discover how colors become richer, to feel the sensation of flying, and to experience what it is like to just do something that the evening before you had thought impossible. This affect goes far beyond the landscape of the dream world. In subtle ways, your waking reality has altered as well. A bridge has now been built that spans the river between consciousness and unconsciousness. Things will never be quite the same again, and that is good.

So many of my best and most profound life experiences have occurred within lucid dreams, and though I have a strong reverence for all dreams, there is no doubt that lucid dreams are special. Jacob is now a member of the Lucid Dreamer's Club, where people talk with more inspiration about a dream they had twenty years ago than most people do about the dream they had the night before.

Today my son began his day in much the same way that I did one morning thirty or so years ago, flying with his friends. Jacob inherited my poor eyesight, but maybe he also inherited my way of seeing the world. Having now experienced a lucid dream, any doubt about his ability to achieve one is now gone, and along with it any question that he indeed can be the director and producer of his dreams.

Welcome to my world, Son.