

Initiations and Trainings in Lucid Dreams

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Over the years I've had a number of lucid dreams in which I've experienced consciousness training or conditioning sessions. I'll share two of them here. The first serves as a lead in to the second, given that it appears that the same two guides showed up in each. In the second dream, sacred geometry plays a part, in the form of the dream entity that "mind melded" with me, as well as through the appearance of a geometric figure symbolizing the achievement of a new level and the completion of a transformational process.

"Sword of Damocles"

EWK 4/9/07 Lucid to Super-Lucid *"A group of friendly people bring me to a testing and training facility for Mindfulness. I lie down on a sort of mattress on the floor, with the instruction not to move. An attractive young woman (who reminds me of the actress Jeri Ryan) sits behind me on my left, a young man on my right. Objects begin dropping from above to test my reactions - and my control. They look really heavy, but when they hit me, they have little impact, but I jump and start anyway. As I learn to control my reactions, the test escalates, now involving much heavier objects dropped from a great height - at my face -- but caught by the man on my right just before impact. I have to trust him, and become indifferent to what will happen to me if he misses. I begin to do better. The woman enthusiastically guides me through the process - she sounds friendly and companionable. However, she tells me that my score for the first round falls just below passing, and then asks me, "How do you do?" I can barely speak - I feel profoundly non-attached. I request another round. More objects drop down on me, heavier, snatched away at the last instant. I have to trust the trainers - or not care what happens if they miss. I jump a little a few times, but then move into a deeply non-attached state, and do not move or react. I make it to a new level. I now see a huge concrete slab hanging above me - a "Sword of Damocles" - scraping my left cheek. The woman asks me again, "How do you do?" I can barely mumble, "Fine," this time. She lets me know that I've passed. But even after I get up, I feel profoundly non-attached. I look at myself in a mirror and see a small scrape on my left cheek. Also, although I can see clearly, my eyes look cloudy and pinkish, irritated. A result of the process?*

In an area nearby I look at other mindfulness games to play. In one you simultaneously shoot two crossbows at two clock faces using your right and left hands. I also see something like virtual reality bowling. I ask the boy using the crossbows about the games purpose. "Does it evaluate right brain / left brain balance?" He says, "No" and tells me it has something to do with frontal lobe activation. I might like to try them out, but RWPR before I can."

Comment: In this dream I underwent training into a particular meditation state, one that required that I free myself from fear, achieving a state of indifference towards the possibility of harm, through entering into the perspective of my Greater Self. In order to do so I first had to enter into a state of deep trust towards my guides. I should point out that although many lucid dreamers assume that nothing in a dream can harm them, that this remains just that – an assumption. Many people still believe that anything that occurs in a dream seems "all in their heads," entirely subjective and imaginary, and as a result, almost entirely harmless. Psi-dreaming research has shown that dreams do not occur all in ones head, but in an intersubjective space. And of course mind-body research has shown that what occurs in the mind can have an effect on the physical body, for good, or for ill.

As I see it, lucidity as a variable aspect of consciousness corresponds most closely with the increased freedom of choice that results from the overt awareness of previously unquestioned assumptions. When I become fully lucid, I overtly realize that "I dream this" also just seems an assumption.

And I also consciously realize that even if I do dream, that I really don't know what "dreaming" means. In this dream I did not transcend fear by assuming that nothing in the dream could harm me. To the contrary, given what I know about mind-body effects, and realizing all that I do not know about dreaming, I assumed that it could. Because I accepted the possibility of injury or even physical death in the dream, transcending my fears required that I connect/identify with a deeper aspect of Self, where fear does not exist. As a result, in this lucid dream I achieved the most extraordinary level of focus and one-pointedness that I have so far experienced in either my waking or my dreaming life.

“Mind Meld”

EWK 5/13/07 Semi-Lucid. " ... A young man and a woman - teachers? - want me to undergo some sort of treatment to enhance my abilities. I now have on a sort of dark forest green costume symbolizing the powers I have - the costume has webbing (meridians?) markings. (It reminds me of Spiderman's costume, but in dark green rather than red.) I look large and strong. They take me to an entity that will explore my every thought and memory, purifying my psyche and activating my potentials. I sit in a chair and see the entity on the table in front of me. It looks like a glowing ball of white energy - about 6 inches in diameter. I communicate with it telepathically. When it activates and begins the process, a hundred or so white spikes extend from its surface, each about 3 inches long, turning it into a glowing multi-point three-dimensional white star shape, now about 1 foot across.

At the completion of this project, after the examination/purification, the entity will attach a trifold propeller like symbol onto the chest of my costume:



I comment to the entity that it certainly picked a positive appearance/image - a glowing white ball of energy - very much like an image I use in my meditations. After the analysis, on a data sheet on the table I see information about me. I notice it has the wrong phone number - 535-3067. Actually, I tell it, 535-7067 (Incorrect dream memory. My phone number in WPR actually differs for two digits). I tell the entity that it has some of the numbers reversed. At first it denies this, but it finally concedes the point. I wonder though, if it could make an error about my telephone number, what other errors or misperceptions might it have made in reading my psyche? The young man and woman return. RWPR.

Comment: In this dream I identified the man and woman as the two teachers/guides that helped me in the "Sword of Damocles" dream. This dream also has one interesting similarity with Suzanne Wiltink's transformative "Dreaming the Flower of Life" experience, which she reports on in this issue of **LDE**. In Suzanne's dream, she experienced an intense interaction/purification with an energy field in the form of a "Seed of Life", the center section of a larger sacred geometric figure called the "Flower of Life" (http://en.wikipedia.org/wiki/Flower_of_Life.) This symbol has appeared on temples in a number of cultures for millennia. One can accurately create this symbol – or any of its derivatives, using only a compass, as it consists of an interlocking pattern of intersecting circles. The symbol that I saw in my interaction/purification dream derives from the "Flower of Life" as well, but of an even smaller part. Perhaps one might call it "The Seed of the Seed of Life." Made up from four intersecting circles – to me it represents the balanced integration of three different aspects of Self, three circles for three aspects, with the fourth outer circle symbolizing unification as well as integration.

Discussion: What kinds of effects might initiation and training dreams have upon those who have experienced them? In his book **The Psychobiology of Gene Expression** (2002), Dr. Ernest Rossi proposed that: ". . . dreaming is a complex adaptive system *integrating behavioral state-related gene expression* with *activity-dependent* gene expression in the . . . self-reflection and the co-creation of consciousness and choice." Earlier research has shown that dreaming has psychophysiological effects, as well as psychotherapeutic effects that can promote self-healing. Some lucid dreamers, such as Paul Tholey, have reported that lucid dreams make a useful venue for practicing difficult athletic skills, and that doing so can effectively improve athletic performance in the physical world as well. Apparently, training and transformational dreams can have more than short term psychological effects, but may have long term effects on us on levels ranging from the physiological to the epigenetic. Initiatory or transformative dreams may do more than symbolically reflect changes in our waking lives, but may in themselves cause significant changes in the people who experience them.