A woman with her eyes closed is meditating in a forest. The scene is bathed in a golden, ethereal light, with sunlight filtering through the trees. The woman is wearing a light-colored, possibly white, dress. The background is a dense forest of trees with golden leaves. The entire image is framed by a decorative green border with ornate, carved patterns at the corners and midpoints.

THE GUIDED MEDITATION HANDBOOK

MEDITATION ADVICE
FOR LUCID DREAMERS

Rebecca Turner

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Part One: Theory



Artwork: *The Forest Bus Stop*
by Jeremiah Morelli

A Brief Introduction



This mini-guide will teach you how to meditate effectively in a few short practice sessions. Equipped with this knowledge, you'll raise your level of self-awareness required for lucid dreaming and step out of reality any time you like to enjoy the blissful peace of meditation.

Meditation is not merely about relaxation and stress-relief - it goes way deeper than that. Meditation has multiple profound purposes and by-products, such as the ability to:

- Receive insights from your inner self
- Experience a sense of timelessness and oneness with nature
- Enter altered states of awareness at will
- Visualize with ease for lucid dream programming

Most importantly for lucid dreamers, I'll focus on the effects that regular meditation will have on your dreaming life, how to visualize effectively, and how to use these remarkable states to induce lucid dreams and OBEs whenever you choose. Enjoy the journey.

About The Author



My name is Rebecca Turner. I'm a long term practitioner of lucid dreaming and meditation, and am the author of the website *World of Lucid Dreaming* and the book *The Art of Lucid Dreaming*.

For those new to the concept: lucid dreaming is a state of heightened awareness unlike regular dreaming. It occurs when you become *conscious while dreaming*, realizing that the dream is... just a dream.

Upon this realization, you can experience a level of waking consciousness that turns the dream into a vivid alternate reality. It also enables you to control the dream as you desire. It's a lot of fun and, like meditation, has a lot of profound applications too.

I began lucid dreaming when I was 14 years old. I had never meditated before at the time. But as I learned more from the books of the out-of-body pioneer, Dr Robert Monroe, and induced altered states of awareness as I went to sleep at night, I began to appreciate the power of meditation to supercharge my lucid dreaming skills. The two went hand-in-hand.

Over the years I have experienced higher states of awareness through meditation, lucid dreams and out-of-body phenomena. Some were experiences which actually changed my perspective of physical reality and forced me to question the nature of my waking world. It helped me explore questions like: What is reality? Are I living in a dream world? How can I change my brain's perception of living?

This handbook summarizes what I've learned over the years about guided meditation for lucid dreaming - and the experiences that ensue. It is a beginner's recipe for creating deep states of meditation and gearing that knowledge towards lucid dreams and out of body experiences.



A History of Meditation



Meditation is a broad term used to describe any practice of tuning the mind towards altered states of consciousness. It requires a calm, reflective state of mind and body in order to delve within to examine different states of self-awareness. It is a focus on the inner experience of consciousness, rather than drawing stimulus from the outside world.

The more you focus inwards, the greater the meditation effect. The perfect meditation completely disassociates you from your physical body and awareness of the outside world. You become a bodiless entity, floating in space, able to direct your awareness however you choose and receive all manner of insights from your subconscious inner self.

The true origins of meditation are difficult to trace. Perhaps the earliest example is of repetitive, rhythmic chants used among tribes in prehistoric times. However the earliest documented examples occur around the year 600 BC with Taoists in China and Buddhists in India developing their own religious meditation practices. And on that note...

Is Meditation Religious or Scientific?

Sometimes meditation is used for simple stress-relief, to clear away anxious thoughts created by modern day living. Other times, it is used in religion to induce feelings of compassion and a connection to the divine. Another use of meditation is to disassociate the mind from its awareness of physical bodily sensations and set it free in an internally created but otherwise highly realistic dream world.

So meditation is practiced by both religious people and atheists alike. Since the 1960s, more than one thousand published scientific studies have found meditation to have positive effects on metabolism, blood pressure, brain activation, stress relief, pain relief, and other bodily processes.

Here are some scientific definitions of meditation to help you fully grasp the goals and implications of this special state of consciousness:

“We define meditation... as a stylized mental technique... repetitively practiced for the purpose of attaining a subjective experience that is frequently described as very restful, silent, and of heightened alertness, often characterized as blissful.” - Jevning et al, 1992

“The need for the meditator to retrain his attention, whether through concentration or mindfulness, is the single invariant ingredient in... every meditation system.” - Coleman, 1988

Although meditation is rooted in virtually all religions, you do not have to be religious in order to find joy in meditating. You can put any interpretation you like on your experiences. We are, after all, living in a subjective reality, where almost everything we observe becomes skewed by our emotions, memories and interpretations. Religious or scientific, it’s your personal approach that counts.

So one man’s divine experience is another man’s temporal lobe anomaly. And through meditation, we can train ourselves to consciously activate the temporal lobe or call upon divine entities (whichever interpretation you choose) to initiate Earth-shattering insights in our personal development.

This is one of the beautiful things about possessing a human consciousness. We can attune our awareness to different desired states and reflect inwardly on our experience.

Meditation and Drug Use

Many religious traditions, like Buddhism and Hinduism, advise members not to take drugs, while others, like Shamans, Rastafarians and the Native American Church, say drugs are integral to their religion. Substances like cannabis, salvia divinorum and peyote are all considered in religious contexts to aid meditation and altered states of awareness.

In *The Master Game*, Robert S de Ropp writes that the “door to full consciousness” can be glimpsed with the aid of substances, but to “pass beyond the door” requires yoga and meditation.

Other authors, such as Rick Strassman, author of *DMT: The Spirit Molecule*, believe that religious experiences reached by way of meditation and psychedelic drugs warrants further exploration. DMT itself - which may well be produced naturally in the brain during intense meditation and near death experiences - certainly opens the doorway to heightened consciousness. There is speculation that it may even play a direct role in the creation of lucid dreaming and out of body experiences.

What is Guided Meditation?



Guided meditation is a simple form of meditation because it requires very little discipline compared to silent meditation. Your primary goal is to feel your body relax and disassociate, while listening to the guiding voice which takes you on a journey.

This journey begins with some relaxation exercises - stretching, breathing and releasing muscle tension. Then it enters a peaceful natural environment which you visit in your mind's eye.

With practice, the visualizations can become powerful and completely immersing. For instance, one meditative technique called Wake Induced Lucid Dreams uses visualizations to transform your waking state directly into a lucid dream world. Sound exciting? It is!

But first we'll start with a peaceful guided meditation, at the end of which you won't enter a lucid dream but will be brought back to reality feeling refreshed and energized.

A guided meditation can be something you listen to (either a friend speaking to you or a ready-made recording). Or it can be a self-guided tour of your mind, where the visualizations evolve on their own.

Basic Rules for Guided Meditation

- Make sure you have plenty of time and aren't in a rush to finish
- Choose a quiet, warm, comfortable place without disruptions
- Allow yourself to be completely immersed in the experience

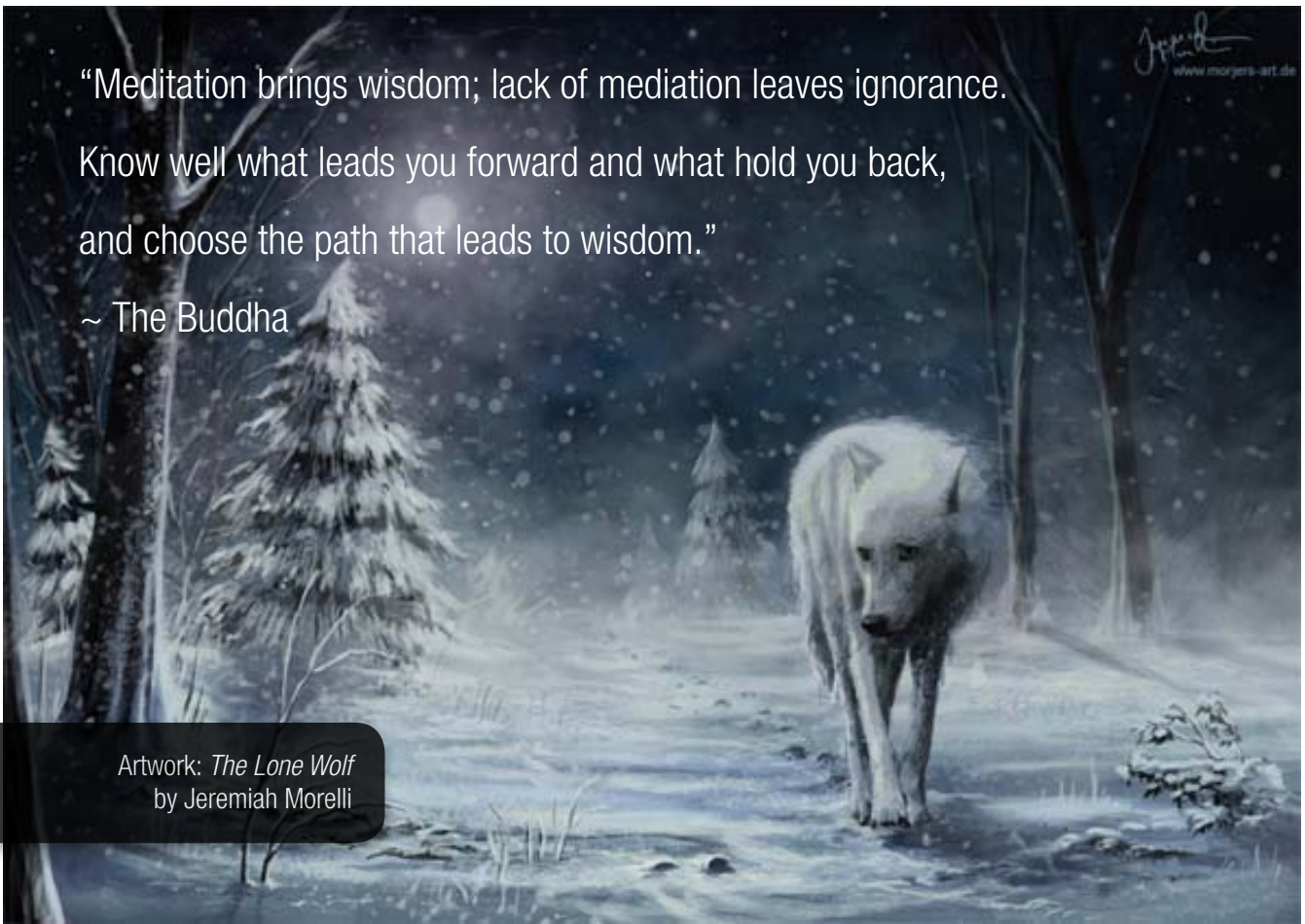
Ground Rules for Visualization Settings

- Imagine a peaceful and natural setting like a beach, forest or garden
- Incorporate a broad landscape with close-up and far-away features
- Include a water source such as a lake, ocean, waterfall or rain

Tips for Turning Your Visualization into a Lucid Dream:

- Look at everything in detail, such as the sea glittering in sunlight
- Listen closely, do you hear the waves lapping at the shore?
- Feel the warm sand underfoot and the sun on your face
- Smell the sea salt and the clean fresh air
- Move your dream body to draw your mind into the scene

Soon, I will provide you with a full guided meditation script to give you a good idea of how it should play out. Once you've tried this, you will feel confident creating your own unique visualization and running your self-guided meditation on autopilot. The wonderful thing about this practice is you'll never run out of places to go in your mind's eye.



“Meditation brings wisdom; lack of mediation leaves ignorance.
Know well what leads you forward and what hold you back,
and choose the path that leads to wisdom.”

~ The Buddha

Artwork: *The Lone Wolf*
by Jeremiah Morelli

How Meditation Aids Lucid Dreaming



Studies by the notable lucid dream researcher, Jayne Gackenback, showed a direct correlation between meditation and lucid dreaming. People who meditate regularly are simply more likely to have lucid dreams, because of the effect meditation has on raising self-awareness.

Self-awareness gives you the ability to direct your own thoughts and interpretations - rather than simply entertaining the thoughts triggered by the outside world. It's unique to human consciousness and gives us the mental prowess to think in abstract terms and philosophize about our own existence.

Self-awareness is essential in lucid dreaming. But why?

To become lucid in a dream, you must first consciously recognize that you are dreaming. For most people, this doesn't happen naturally. We accept the bizarre nature of our dreams as they occur because the conscious brain is asleep during dreams. Instead, the subconscious mind runs free. Surreal, illogical interpretations collide to create the dream world - and it's only when we wake up that we realize it was all nonsense. At the time, however, our ego self is convinced it is real.

"You may fly, teleport, swim, run or hover across the dreamscape..."

All this came from the simple recognition that you were dreaming."

What happens when your self-awareness kicks in while dreaming? First, the conscious brain is roused. It begins to analyze the environment with waking logic and intuition, causing the dreamscape to surge into focus. It suddenly becomes "real".

Next, you experience a wave of elation as you realize "I'm dreaming!" Free from any physical laws or psychological constraints, you can explore your dream world as if it is a carefree virtual reality environment. Once again, you have the sense of possessing your own body, just like real life, and you can choose how you want to move it. You may fly, teleport, swim, run or hover across the dreamscape.

All this came from the simple recognition that you were dreaming.

That is what self-awareness does for your dreams. It gives you the conscious choice to reflect on your situation, to ask where you have come from, where you are now, and where you are going.

And I don't just mean that in a literal sense. Self-awareness expands your understanding of your own existence and how you can contribute to the world during this fleeting lifetime.

It also means you can recognize when reality is pulled out from under your feet... and this will help you distinguish your dreams for what they truly are - internal creations of the mind.

Meditation also benefits lucid dreaming with the ability to deliberately silence your inner monologue on cue. Creating an inner silence is key to the Wake Induced Lucid Dream technique. It also helps to be able to detach your mind from your bodily awareness - to be able to visualize yourself as a third party observer. This helps trigger the mind-body separation required for WILDs and OBEs.

So by learning to meditate and visualize effectively, your ability to WILD will equally improve. A WILD is the most exciting type of lucid dream because it is the most vivid, arising directly from a conscious waking state. I will describe the technique in full later in this guide.

Finally, a daily meditation also gives you the opportunity incubate a lucid dream by planting positive affirmations such as:

- "I can remember my dreams in vivid detail"
- "I can have lucid dreams whenever I want"
- "I find it easy to recognize when I'm dreaming"

These affirmations can help improve your dream recall and your ability to become spontaneously lucid from within non-lucid dreams.

Part Two: Practical



Artwork: *The Ladder*
by Jeremiah Morelli

A Guided Meditation Session



The following is an original guided meditation session which you can either pre-record with your own voice, have someone read to you (and in return, you can later read it for them!) or roughly memorize and play back in your mind when you are relaxing.

I have broken it down into four parts to it is easier to memorize, and once you have done this a few times it will become much easier to recall as you go to sleep at night. Remember, this script is hypnotic in nature and you should not listen to it while driving a car or operating machinery.

Step One - Relaxing...

Before you begin relaxing deeply, settle down in a comfortable, warm position and allow yourself to inhale deeply.

Now let it out.

As you release the tension in your shoulders and neck, take another deep breath in... and out. Allow your eyes to close naturally, as relaxation starts to drift through your body, lapping gently at your muscles, sweeping deep rest and a wonderful kind of release through your body.

Allow your mind to take a vacation away from the usual thoughts and feelings, watching them get more distant as you relax through time. Even the air around your skin starts to feel so much more relaxed.

And as you drift so soothingly into a trance of pure rest and tranquillity, allow my words to simply wash over you, gently seeping into your dreamstate.

Feel your legs ready to go. Let them melt into the furniture. Feel your feet sinking and deflating, sending a wave of relaxation through your body.

Let go of all remaining tension and let this blissful feeling ripple upwards towards your neck, and as it does a peaceful, warm electricity tingles down your arms and into the tips of your fingers.

Allow the relaxed state to climb further up your neck and into your head, closer and closer to the very center of your consciousness. And as you feel the relaxation reach your head, your mind goes deeper into a state of blissful calm and peace. Your mind and body are at one.

Calm. Peaceful. Tranquil. Life seems so far away now...

Step Two - Deepening...

Now in your mind's eye, imagine you are standing at the top of a wooden staircase, with a door at the bottom. And as I count down from 10, you're going to take another step down towards the door, and with each step your mind and body will go deeper into the trance.

- Ten. As you take the first step down the staircase you luxuriate in the feeling of deep relaxation that has encompassed your entire body.
- Nine. Your body is so heavy now it just sinks into the furniture.
- Eight. Your body is so relaxed right now it's almost impossible to perceive.
- Seven. As you take another step down the staircase you realize that your body is almost completely numb.
- Six. As you forget about your body is becomes easier and easier to visualize the staircase, which is leading you down towards your deep subconscious.
- Five. As you take another step, the stairway becomes more vivid and you start to notice how the stairs feel against the soles of your feet.
- Four. Deeper and deeper into this relaxed trance state.
- Three. Your awareness is focused on my voice, leading you down to that secret door.
- Two. You are in a deeply relaxed trance, at peace with everything.
- One. As you open the door, your body goes to sleep and your mind enters the dreamworld.

Step Three - Dreamworld...

The dreamworld is a lush, green, open forest, filled with the sounds of exotic wildlife - birds and monkeys chatter overhead.

There are no people here; it is a private sanctuary for you to engage in blissful relaxation and be at one with nature.

As you move through the forest with wide open spaces between the trees, feel the soft earth beneath your feet and marvel at the way the sunlight scatters through the trees that reach high up over your head.

Your dreamworld is illuminated by beautiful light.

And as you breathe the clean air into your lungs, feel the warmth of the sun on your skin and face. The dream is very comfortable. Peaceful. Paradise.

Looking into the distance, you can see the forest opens out to a field full of daisies and wild flowers. As you move toward the field you feel a sense of excitement for what may lie ahead.

A group of young monkeys playfully follow you through the forest... their chatters and calls so care-free. Perhaps they will come into the field with you, if you choose.

And as you reach the opening and become bathed in warm yellow sunlight, you are struck by the sheer beauty of the landscape. The field you stand in is flat and expansive and wraps around a large, still lake, covered in lily pads and exotic plants rising from the water.

In the far distance, you see a stunning, snow-capped mountain sitting on the horizon. Between you and the mountain lies a huge expanse of fields, each with its own special type of trees, natural markers which show they are each and all unique.

Walk towards the lake and sit down next to it in the soft, green grass.

A small monkey, braver than the others, has ventured forward to say hello. He sits next to you in the grass and tumbles around clumsily, making you smile. He has beautiful soft fur and bright twinkling eyes.

As you play together, the sun beats down overhead and the more warmth you feel, the more comfortable you become. You are completely enveloped by nature. It feels wonderful.

A soft breeze flows past and the monkey scampers off to rejoin his friends.

Now, dip your hand into the lake. It feels cool and refreshing, like a nice cold drink on a hot day. Lift your hand out and feel the water trickling through your fingers. Each tiny little movement feels real to you.

And yet this is all a dream.

Lie back in the grass and notice the clouds floating by overhead.

What shapes do they make?

As you hear gentle running water in the distance, remind yourself that you conjured up this place with the power of your mind.

Your mind is very good at creating new dreams.

And you have the power to create and control your dreams consciously whenever you choose.

Your dreams are often very vivid and lifelike, just like this beautiful wonderland. You find it easy to recognize when you're dreaming. And you can always remember your dreams when you wake up in the morning.

As you watch the clouds float by, notice how you can consciously change their shapes at will. Observe how you can paint pictures in the sky with your mind. You must be dreaming.

And you can come here at any time simply by going to bed and thinking about this place. This is your escape. It's your secret wonderland. It's your gateway to the lucid dreamscape.

And it leads on to any lucid dream imaginable.

Step Four - Awakening...

Let's go back to the real world now.

Just behind you, a door has appeared in the field. A solid, wooden door. A dream door. It can take you deeper into the dreamscape - or back to waking reality. For now, let's go back to reality.

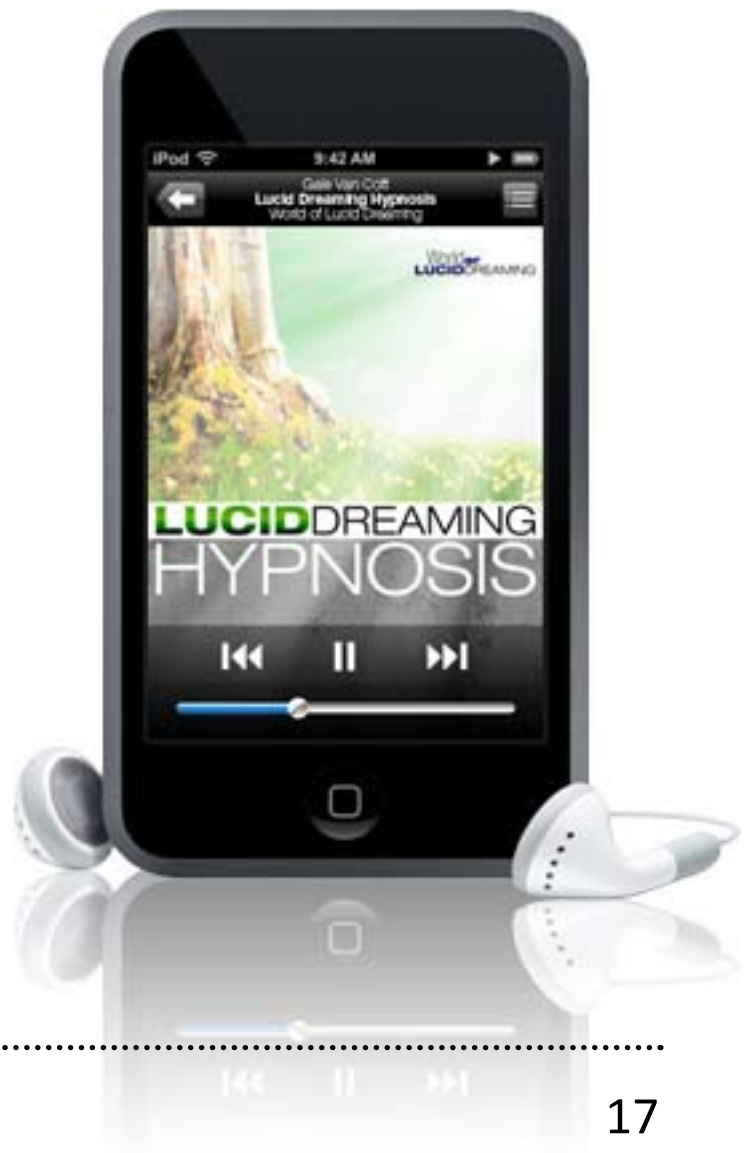
You're going to walk back up the ten stairs into the real world. With each step you take, you will become more and more alert, and when you reach the top you will be fully awake and out of the trance state.

When you wake up you will feel fully refreshed, your mind and body rejuvenated. Now... open the door and pass through it.

- One. You are leaving the lucid dreamworld behind now.
- Two. You start to feel your real body again.
- Three. Energy is rushing into your muscles.
- Four. You feel your arms and legs.
- Five. Your mind is feeling alert and rejuvenated.
- Six. You are getting very close to the top of the staircase now.
- Seven. Reality beckons.
- Eight. You can move your body if you want to.
- Nine. Your mind and body is energized.
- Ten. Open your eyes; you are wide awake, feeling very happy and energized!

FAST TRACK SUPPORT

Listen to the alternative version of this guided meditation in your Lucid Dreaming Hypnosis MP3



Lucid Dream Incubation



Lucid dream incubation is a method of planting the subconscious seed to have a lucid dream. As the subconscious mind rules in the dream world, this simple trigger makes you are far more likely to recognize when you are dreaming and become lucid.

This technique uses meditation and is based on Mnemonic Induction of Lucid Dreams, created by lucidity expert Dr Stephen LaBerge in the 1970s. The technique combines several elements:

1. Dream Recall - to help you remember more dreams
2. Reality Checks - to increase your waking self-awareness
3. Incubation - to increase your dreaming self-awareness
4. Visualization - to program your dreams in advance

The first half of the incubation method is based on your waking activities, while the second half forms a guided meditation routine to perform as you fall asleep tonight...

1. Dream Recall

The first step of lucid dreaming is to have good dream recall. This means being able to remember and write down at least one dream every morning in your journal. If you can't remember your dreams, then they are probably not very vivid, and so the likelihood of you becoming lucid within them is poor. What's more, if you do spontaneously have a lucid dream, you will not even be able to remember it!

Supercharge your dream recall by writing down your dreams every morning, and meditating on the notion that you want to remember your dreams. Other specific techniques for remembering dreams are covered in *The Art of Lucid Dreaming*.

2. Reality Checks

The next step is to perform multiple reality checks daily - my preferred method is to try to push two fingers from my right hand through the palm of my left hand. At the same time I expand my self-awareness by asking myself: "Am I dreaming?" I perform this grounding exercise at least a dozen times per day so it becomes an ingrained habit. Such a habit will soon filter into your dream world.

3. Incubation

When you are lying in bed tonight, go through some lucid affirmations in your mind. This is really where the term dream incubation comes from - you are programming commands into your memory, to be recalled later on in your dreams. Here's how it works.

When you are completely relaxed and your body is still, repeat this phrase over and over in your mind:

“The next scene will be a dream.”

Put real feeling into the words as you chant them in your mind. If you feel your mind start to wander, draw it back to the issue at hand. Stay focused and observe any hypnagogia that appears. Repeat the affirmation until you feel like you are about to fall asleep (how long this takes depends on you personally; it may be 2 minutes or 10 minutes). Then proceed to step four.

4. Visualization

Now we can begin the visualizations - my favorite part. Only perform this step once you are deeply relaxed and feel you could drop off to sleep quite easily. You will likely be aware of hypnagogia (swirling colors and fleeting memory impressions) at this point which is a sign that the dream state is close.

Imagine you are back in a recent dream - but this time you are going to re-live the ending differently. Visualize the scene in as much clarity and detail as you can remember, then look for a dream sign. This is some unusual character, location or object which reveals the dream to be mere fantasy; something you wouldn't see in real life. Then say to yourself “I'm dreaming!”

Although you are merely day dreaming at this point, continue to experience an imagined lucid dream fantasy. Do whatever you would do if this were a real lucid dream. You might decide to fly and explore the landscape, or seek out a dream character.

During this process, you will likely fall asleep. That's ok. The primary purpose of dream incubation is to have your very last thought before you go to sleep be about lucid dreaming. Mission accomplished! Later the same night you have a much higher chance of becoming lucid.

Occasionally, something amazing will happen. Your imaginary day dream world will suddenly pop into life. It will become a REAL lucid dream. Your body has literally fallen asleep but your mind - so captivated by the visualization - remained conscious and traveled into the dream world as it does every night. You'll pop into the rich 3D landscape and experience the dream world with vivid intensity.

Wake Induced Lucid Dreams



The Wake Induced Lucid Dream is the most powerful lucid dreaming technique known to man for two reasons. First, it enables you to have a conscious dream at the time you choose. Second, it produces the most vivid kind of lucid dream because there is no lapse in consciousness.

Also referred to as the Mind Awake / Body Asleep technique, it enables you to enter a lucid dream directly from a waking state. This is method if often used by out-of-body explorers and, depending on subtle differences in induction, can either lead to lucid dreams or Out of Body Experiences.

The modern WILD technique stems from practices used in Tibetan Buddhism for thousands of years - an art form they call Dream Yoga. In Buddhism this is one pathway to enlightenment. However, irrespective of your religious views, you can use this WILD technique to have fantastic guided dreams. It is a natural, intuitive method of entering the dream body and many children have figured out this technique on their own, as a simple way to falling asleep and entering their chosen dream world.

The best time to initiate a WILD is after 4-5 hours of deep sleep, when your body is deeply relaxed, your REM cycles at their longest, and your dreams the most vivid. If you are a deep sleeper, set your alarm about 2-3 hours earlier than usual. If you are a light sleeper, simply practice this method when you naturally wake up in the night. Alternatively, you can practice if you are tired and taking an afternoon nap, when your brain will immediately catch up on lost REM sleep.

1. Physical & Mental Relaxation

Think about how you fall asleep every night. We're going to replicate that process with one tiny difference: as your body falls asleep, your mind will stay awake. That may sound like an alien concept to you now, but rest assured it is entirely possible (and becomes easier with practice).

To begin, your body should already be very relaxed and loose. Lie on your back, or whatever position you can lie in for a while without moving. Empty your mind and gaze into the blackness of your closed eyelids. If any thoughts pop up, just observe them - don't interact - then send them on their way.

2. Hypnagogic State

Now lead your mind into the sleepy, half-dream state of hypnaogia. Sometimes you'll wake up in the night and already be in this dreamy state - your body soft and relaxed and your mind drifting back into

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the dream world without any effort at all. When you catch that cloud - float on it!

(If you are attempting a WILD “from cold” you will need to relax into it, both physically and mentally, with at least 10 minutes of meditation. Soon, the hypnagogia will come.)

Once in the hypnagogic state, you’ll see patterns and colors that take over your vision in the darkness. Observe the hypnagogia and go deeper, allowing it to hypnotize you and draw your awareness away from the outside world. The internal dream world will start to evolve now.

Remember to let your body stay soft and sink into the bed, keeping absolutely still and imagining numbness taking over. If you have an itch, scratch it and start over, but otherwise try to stay completely still and relaxed. Silence your inner monologue if it starts to chime in. You may hear hypnagogic sounds - echoes of voices and other sounds in your head. Just relax and enjoy the experience.

3. Creating a Dream Scene

At this point you need to make a judgment call. If you don’t feel sufficiently relaxed or ready to drop off to sleep, then stay with your hypnagogia for longer. However, if you feel the dreamstate coming on and feel quite detached from the real world, then you’re ready to start the launch sequence for your lucid dream. Making the right judgment makes all the difference between an easy, successful WILD and numerous fruitless attempts. But don’t worry, once you know the signals (or absence of signals) that precede a WILD, you’ll find it easier to recognize every time. Practice makes perfect.

Begin to visualize a vivid dream scene in your mind’s eye, with as much close-up detail as possible. Explore your surroundings in a calm, peaceful manner and send your visual awareness into the landscape as clearly as possible.

If you are a musician, then you may have a better auditory sense, so instead of visualizing, use your imagination to create the sounds of your dream. Listen to everything and make the sounds and voices realistic. Likewise, if you are good at sports or working with your body, induce a kinetic sensation such as walking, running or riding a bicycle. In essence, use your strongest sense to fully engage your mind in the desired dream. It may feel like a form of vivid day dreaming but that will soon change...

With your mind absorbed the half-dream state, allow your body to fall asleep altogether: lose all awareness of it and place your mind fully into your new dream body. You should sense that you are no longer lying in bed - but now walking in your dream! When you feel it “pop” into place, your sleeping body is but a distant memory. The feeling is unmistakable - you are now lucid dreaming!

4. Entering The Lucid Dream

The final step is to fully submerge your awareness into the lucid dream - and stabilize the dream to prevent yourself from waking up. Keep exploring your dream scene with all your senses. Say to yourself “I’m dreaming” and do a reality check. You will know you’re dreaming because the whole scene will be 3D and feel like a world of its own. You will have little or no awareness of your physical body, your bed, or the real world.

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The Out of Body Experience



Meditation also plays a key role in most out-of-body techniques. The popular OBE method described below bears remarkable similarities to the WILD method - but with one key difference. Instead of visualizing a dream scene, you are going to visualize your own bedroom. As your body falls asleep, you will shift your awareness out of body and float, ghost-like, above the bed and into a dream bedroom.

1. Physical & Mental Relaxation

The out of body technique begins exactly the same as the Wake Induced Lucid Dream method. Spend 5-10 minutes mentally and physically relaxing and observing your hypnagogia. Do not engage your mind in a faraway dream scene, but instead visualize what the room looks like through your closed eyelids. Place as much detail as possible.

2. Sleep Paralysis

As you go deeper and lose sensation of your body, you may encounter sleep paralysis. This is a natural protection mechanism which stops you from acting out your dreams every night. It happens just after you fall asleep (which is why you've probably never noticed it before).

Sleep paralysis can be scary if you don't know what's happening, but fear not, it is completely natural and safe - and we can use it as a stepping stone to an out of body experience or lucid dream.

It will feel like your limbs are going numb, or a lead blanket is moving up your body. Don't fight it. Instead, relax and rejoice in the fact that you are about to have an out of body experience!

3. The Vibrational State

The next unusual sensation can be quite overwhelming the first few times you experience it. OBE explorers commonly call it the vibrational state; a very loud buzzing, humming or vibrating sound. This could well be the brain's "warning signal" that is about to shutdown the connection between mind and body, in preparation for dream sleep. If this is accurate, then it acts as a further sleep protection mechanism. You have to ignore this signal - perhaps against your intuition - and push past it.

The vibrations can be very loud and may even throw the whole attempt off so you have to start again. Fortunately they don't last long, so just hang it there, staying calm and focused, safe in the knowledge that it's an internally generated sound and there is absolutely nothing to fear. Indeed, your OBE induction is going perfectly if you are at this point!

4. Moving Out of Body

Once the vibrations fade, you will be ready to move out of body. If you can see at this point (of course your physical eyelids are closed because technically you are now asleep) you will see a dream version of your bedroom. You will be lying in bed, or perhaps floating a few feet above the bed.

If you still feel a sense of paralysis, then your mind is still slightly entangled with the real sensation of your sleeping body lying in bed - and your new dream body lying in bed. Let's disentangle them.

When it comes to exiting your body, use whatever works for you. The physical rules of the real world don't apply so much here. So if you can't simply sit up, try sinking or floating out of your body instead. Alternatively, imagine how it feels when you're swinging really high on a swing in the park. That imagined movement can free you from your body.

You may also sense a presence in the room - one or more dream figures. If you welcome them and ask for help, they may pull you by the ankles or lift you up and send you out the window. Remember these dream figures are good natured if you want them to be and can certainly help you get free.

Lastly, if you still can't exit your body by swinging, floating, lifting, sinking or rolling, begin to visualize a new dream scene. Use your most powerful senses to fully engage your mind in the new picture - perhaps it's a friend's apartment across town, a tropical beach destination, or even your own back yard. Any other location will do... You will soon find that you are teleported there with a whoosh!

Final Thoughts



Having reached the end of this mini-guide I hope you have experienced your first taste of meditation and found it enjoyable. If not, take some time right now to lie down, close your eyes, and put into practice some of the intensive training you have just received.

Now here's the paradox. Meditation gives us access to extraordinary states of awareness; experiences which you may never have encountered before. Although the prospect of inducing a lucid dream or out of body experience with it is very exciting, it's important to remember that you can't rush these things. In order to meditate, you must be calm and patient. If you approach the matter with wild expectations you may be too anxious or excited to achieve the desired mental quiescence.

That's why I recommend doing your meditation practice just as you go to sleep at night, when your body is tired and your mind ready to drift... Alternatively, try it any time you happen to wake up in the night or early in the morning. This is when your body's chemistry is just right.

Some of you may find an afternoon nap is also ideal; when you become tired in the day your mind is keen to go into REM rebound and this can be a good time to lucid dream. You'll come to learn the signals when it's a good time to meditate - and when that can go deeper towards a lucid dream or OBE. Follow the instructions laid out here as closely as possible, but as you develop your skills, feel free to experiment and go with your instincts while engaging in these altered states of awareness.

I hope you found this guide useful. We have looked at the scientific and religious interpretations of meditation; the benefits for lucid dreaming; the meaning of heightening your self-awareness; the mental effects of meditation; how to visualize effectively; and two techniques for turning a basic guided meditation into a lucid dream or out of body experience.

This guide summarizes my knowledge and personal experience of meditation for lucid dreaming but is by no means an exhaustive exploration. There is still a great deal to learn and, especially when it comes to the deeply personal and profound nature of meditation, this is a unique journey which must be experienced first-hand. Enjoy your journey.

World **OF** **LUCID**DREAMING

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