



OPEN WING

Lucid Dreaming

TIPS & TOOLS



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TIPS & TOOLS

Firstly, if you want to lucid dream you need to covet it. Like a child that wants ice cream. It is your intent and thirst for this experience, which will make it happen. Approach dreaming as a child, with a sense of play.



Watch all the Dreaming movies and research books and videos about lucid dreaming. Make it an exploration and an enhancement of your life. Go to www.openwing.co.uk I have shared many of my Dreaming experiences there.

Eat earlier and lighter in the evening. Many people have found when they examined their eating habits ruthlessly, that around 80% of their eating was emotional.

Eat slowly, with full attention and you will be full with less.

Create a Dreaming space in your bedroom. Don't take mobiles to bed.

Go to bed early, get plenty of rest, use the evening in things conducive to dreaming. Turn down the lights. Use F.luxe app for your computer.

Have your dream diary and a little light and pen by your bed. If you don't remember a dream or two, write: presently I don't recall.



Writing your dreams has a crucial impact on the quality of your dream recall.

The more often you write your dreams, the more dreams you are going to remember.

To be lucid you want to be able to remember you were dreaming first.

When sleeping lie on your front in this dreaming position, men left leg bent looking to the left resting the head on left arm. For females it is the opposite - right leg bent and looking to the right resting the head on the right arm.

On awaking, keep to that position for a while. Be still and revisit your dreams before writing them.

Take 1x Vitamin B complex 100's every day, plus 1x B6 preferably as P5P. After two weeks if you are not recalling at least one dream, up the dose, and take 2 pills a day for another fortnight and see if you started recalling a dream a day. If not, consult a functional medicine practitioner.

Functional medicine is about optimum mental health. Visit a practitioner if you have no recall after several weeks of increasing the dose. Remember, you can research food that has nutrients conducive to dreaming.

Healthy brains dream and recall dreams. Yet when we are busy and stressed from morning to night, we don't get adequate rest, so the brain never gets to enter into higher functions consciously.

Look after yourself. You are the custodian of a vehicle for infinity.

Start doing awareness exercises. Intend to recognize things in your environment. Today I notice everyone with a red jumper.

Today I notice a particular brand and colour of car.



Do reality checks. This means every day you check if you are dreaming several times during the day.

You need to use something you do in night-time and daytime awareness. For me, it is going through doors, corridors, tunnels. So, every time I go through one in during the day, I ask myself: Am I dreaming?

It can easily become a fun habit, rather than an onerous task.

Creating these new habits means you will do them while dreaming probably sooner than later.

Lucid dreaming has a direct correlation with your waking life. The more alert and attentive you are during the day, the more likely you are to be alert in your dreams.

Checking, you can try to levitate, or put your fingers through your hands.

Many people use mobile phones as a reality check. Most likely, if you use your phone habitually in your waking life you will do it whilst asleep. Text, if it is anything but jumbled, rarely appears the same twice in a dream.

Checking your hands throughout the day and seeing if you are dreaming is both a reality check and an intent.

The command i: I find my hands in my dream.

In Dreaming your hands will nearly always look very strange. Fatter or longer, or less fingers, maybe like flippers or wings or malformed. Mine often look like tree branches.

Once you find your hands in the dream, take alternate short glances from your hands to a dream object (one at a time) and back again. This will solidify your dreaming attention and help you to sustain your lucid dream longer.



DREAM HERBS

There are many Dream herbs, all with ways of applying them. In the Lucid Dreaming workshop we offer *Calea zakatechichi* for vivid dreams and Galantamine for dream recall.

They are short acting, so you have to plan on taking them four hours after you go to sleep, when the longer periods of REM sleep begin. Set an alarm just before you go to bed to wake you up at 3 or 4am, and leave the capsules by your bed.

We also use Choline, Ginko Biloba, or Brahmi amongst others. These all improve your memory and dream recall.

Galantamine, or in its organic form, red spider lily, is used to treat Alzheimer's and other memory impairments.

An alkaloid, Galantamine is believed to increase the concentration of acetylcholine —a neurotransmitter that plays a very active role in dreaming—in the brain. Galantamine is also used to promote lucid or vivid dreaming. I find it very effective, with accumulative properties which means that if you stop taking it, its effects do not wear off.



Regular attendance of our Lucid Dreaming workshop is a great way to boost your lucid dreaming abilities and gather more energy to wake up in your dreams.

Regular online lucid dreaming practice has the same effect. Our next online training is on lucid dreaming, coming soon.

Ena and I offer one 2 one coaching especially designed for lucid dreaming. We teach energy movements that are discovered in dreaming and hold a specific intent for becoming lucid in your dreams.

Embark on an epic adventure of expanding your consciousness.

As a thank you gift we offer you the Dreaming Gates guided meditation. Click on the picture to access it.



Toltec seers work with dreaming and states of perception that accord with different areas of the body and their inherent qualities. They named these Dreaming Gates.

This meditation allows you to explore your physical and energy bodies on a deeper level. Enjoy.

You can work with the Dreaming Gates meditation in two ways:

- you can just play the first part up to 20min, which is a yoga nidra kind of experience: deeply relaxing. Can be used for helping you to go to bed or when you need to relax and recharge.

- doing the whole guided meditation will take you on a journey of exploring the dreaming gates of your body.

According to the shamans of ancient Mexico each dreaming gate reflects a level of skill in the dreaming world. They associated these with different energy centres in the body, calling them with the same name, dreaming gates.

In this meditation you will be waking up to consciously meet the Dreamer - your dreaming body.

To get more insight, discussions and interactions about lucid dreaming, join our Facebook group: **Sex, Dreams and Rock'n'Roll** where we have #lucidmondays. Every Monday we share, live stream, and discuss lucid dreaming topics and interview lucid dreaming experts.

Happy conscious dreaming!