

Conscious spirituality in search of truth...



ROBERT WAGGONER: THE LUCID DREAMING EXPERIENCE MAGAZINE

In 'Lucid Dreaming' you are consciously aware of the figures, characters and events taking place in a particular dream. More importantly, you as "the dreamer" may become interactive with the symbols, figures, characters within that dream. The "Lucid Dreaming Magazine" founded by Robert Waggoner, author of *Lucid Dreaming* the book is an exponent of dreamwork and in particular, with active lucid dreaming.

The above magazine is an online platform providing dreamwork resources along with opportunities for members who in practice are actively or progressively engaged in dreamwork can submit their 'dream articles' for publication and online discussion. Below is a brief outline of Waggoner's book "Lucid Dreaming" and a selected dream article submitted by Daryl4D who has forty years of dreamwork experiences. Daryl4D Lucid Dream article extract appears below.

—Philip Crouch, Tasmania, 2020

ROBERT WAGGONER: LUCID DREAMING-BOOK BACKGROUND

'**Lucid Dreaming: Gateway to the Inner Self** is the account of an extraordinarily talented lucid dreamer who goes beyond the boundaries of both psychology and religion. In the process, he stumbles upon the Inner Self. While lucid (consciously aware) in the dream state and able to act and interact with dream figures, objects, and settings, dream expert Robert Waggoner experienced something transformative and unexpected.'

He was able to interact consciously with the dream observer -- the apparent Inner Self --within the dream. At first this seemed shocking, even impossible, since psychology normally alludes to such theoretical inner aspects as the Subliminal Self, the Center, the Internal self-helper in vague and theoretical ways. Waggoner came to realize, however, that aware interaction with the Inner Self was not only possible, but actual and highly inspiring. He concluded that while aware in the dream state, one has both a psychological tool and a platform from which to understand dreaming and the larger picture of man's psyche as well.

Waggoner proposes five stages of lucid dreaming and guides readers through them, offering advice for those who have never experienced the lucid dream state and suggestions for how experienced lucid dreamers can advance to a new level.' Lucid Dreaming offers exciting insights and vivid illustrations that will intrigue not only avid dream-workers but anyone who is interested in consciousness, identity, and the definition of reality.' [Cited, *Book Depository*].

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DARYL 4D: LUCID DREAMING MAGAZINE-ARTICLE EXTRACT 2019

[PP: 12 -13] **“THE POWER OF METAPHORS,”**

“It’s a wonder that with so many aberrations, we often don’t realize we are dreaming when we are dreaming. But then, they doubly confound us when we awaken in the morning, scratch our heads and say, “Wow, what was that all about?” As we confront the puzzles from our night. What gives. Why aren’t dreams just more straight forward? Why don’t they just give us their meaning and their gifts? This is what I explore in this article...

‘It’s my belief and understanding, through my 40+ years as a lucid dreamer, that dreaming itself is very intricate and represents so much in the human experience. In clinical dream books, scientists usually start with the question.

“What is dreaming or why do we dream?”

It often ends with a few guesses and the admission that nobody really knows, and they leave it at that. I believe this is a cop-out; anyone who works with dreams, and specifically with lucid dreaming, over time will understand the benefits and through their experience, find the answer they seek.

Dreams are multi-dimensional; they cover the full human experience from healing to future thinking to daily integration and on and on. They are not just one thing. But why the strangeness? If they are trying to heal us or give us a message, why not be straightforward about it? Well, I believe dreams are actually quite straightforward. They are not meant to be confusing or to trick us.

They are on our side. Part of the problem exists in us and our ego – and what I like to call the Dear Abby effect. I’m sure everyone here knows someone who is great at extolling advice to others while their own life is a mess. Or just think of a family member or friend who has a problem that everyone is completely aware of, and yet the person themselves is completely oblivious to – many times to the extent that you could walk up to them and tell them and still they would not see it and be in complete denial.



You become too close to the problem itself and are blind to even obvious answers and start to see the world through that problem. (Like they fondly say, if you're a hammer, all you see around you are nails.) **I feel the same mechanism occurs in dreams. We seek answers but maybe we can't handle the truth directly. So a part of our self (our larger self) will bundle the answer in a metaphor.** This way, when we wake up, rather than the answer flying over our heads we say, "Man, that was a strange dream, I wonder what that meant?"

We begin by writing out our dream, and because of its strangeness we begin to think about it, the symbols, the drama that took place. We begin to unpack it and contemplate it. And over time the meaning emerges, often in fun and exciting ways.

A metaphor is a figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable. In other words, you're trying to describe something using an indirect example. So in this vein, dreams can be seen as living metaphors, full of indirect answers, just waiting to be unleashed. This is very important to understand because if you say, "That dream was so strange, it could never apply to my life," you might find yourself leaving a lot of money on the table.

Not that you won't get any benefit from these dreams even if you ignore them, but we do have free will and if we exercise it by glazing over confusing dreams, we may just miss their gems. And in this time in history, where everything is accelerating at such a rapid pace, we can all use all the help we can get as we evolve ourselves and as dreams are more and more crossing over into the physical and into our daily lives. I'll give a recent example of how this process has occurred in my life with a dream I had last year but wrote about in the last issue of [Lucid Dreaming Experience] LDE."—*Daryl4D*



Suggested resources:

The Lucid Dreaming Experiences Magazine, <http://www.luciddreammagazine.com/>
Lucid Dreaming - Robert Waggoner, 2015, Pub: Movement Point Press, USA, ISBN: 9781930491144

<https://www.bookdepository.com/Lucid-Dreaming-Robert-Waggoner/9781930491144?ref=grid-view&qid=1577074907657&sr=1-1>
International Association for the Study of Dreams, www.asdreams.org
Robert Moss, www.mossdreams.com

Dream Research Institute, London, <http://www.driccpe.org.uk>

Association Research Enlightenment -Edgar Cayce

<http://www.arecatalog.com/ProductCatalog/Product/3106/Dreams-and-Visions>
www.philipcrouch.org

