

Dillon: Hi, welcome to the Tricycle Retreat. We're going to be talking about lucid dreaming today. My name is Dillon.

Thomas: Each and every single night all of us participate in one of the most powerful and universal human experiences. We all dream. So here we are inside the dream world. It's here we see that there's grass, trees, people and it's just as real as our everyday waking experience. It's in the dream world that we revisit our past or will project into the future. It's a place where we test out scenarios, where our thoughts and emotions instantly manifest in front of us. Where a focused thought can take us anywhere or a concentrated intention can create anything. The dream world is truly a place of pure potential and one in that, we will learn, anything is possible.

Jared: So you're probably here wondering what lucid dreaming is, if you don't know already. Lucid dreaming is, basically, the ability to realize that you're in a dream while dreaming. So that same wakeful consciousness that you have at this moment watching this video, can be applied to the dream world. When you are consciously aware of a dream, you can then start influencing the dream—such as exploring the dream world, talking with dream characters or even going for a fly around the neighborhood. With this present awareness, the dream opens up into endless possibilities.

Dillon: Okay, so as we're saying the dream world feels just as real as the waking world. You have all five senses: you can taste, you can touch, you can see, you could experience life just like you're experiencing it right now. But a lot of people who've never had a lucid dream have a little bit of trouble imagining how real this is. Before I started lucid dreaming a few years ago, I was skeptical. Is it really just as real as the waking world? I didn't really believe it until I had my first lucid dream. I floated off the ground and looked around me. Yeah, it was just as real as this world is now.

If you're still having a hard time picturing what that's like, here's sort of a little clever metaphor. Let's say you're a deep-sea diver. You're a scuba diver and you're sitting on a boat. Before you dive into the ocean you're just sitting on the boat and looking down at the ocean. You're seeing the waves and seeing everything under the water, but everything looks fuzzy or hazy. It looks blurry and you can't really—you see shapes and sea vague shapes of fish floating by, but you don't see very clearly. But then you put on your scuba mask, tank of oxygen and dive down into the ocean. All of the sudden this whole world opens up. You've got fish floating by, a whale comes by, octopuses and this entire ecosystem of life exists down there that you didn't see before. So lucid dreaming is really similar to this deep-sea diving experience.

When we wake up in the morning, after we have a normal non-lucid dream, we think back on it and it seems hazy, fuzzy, black and white and sort of generally non-detailed. But when we have a lucid dream, we have the opposite experience. We dive down into that water, look around and see the coral and the richness of life. Basically, we're experiencing the present moment of the dream—what the dream actually is, which is this rich world.

Another thing to keep in mind is that lucid dreaming is not some sort of foofoo occult practice, practiced only by hippies and witches. It's actually a natural phenomenon that people have been practicing for thousands of years—the ancient Egyptians, the Tibetan Yogis, the Greeks, the Romans and indigenous tribes across the world. People have been practicing lucid dreaming and having spontaneous lucid dreams for thousands of years. All we're going to teach in this retreat is how to sort of hone your skills of dreaming and have a lucid dream when you want to on will. You don't need any of these techniques.

Dreaming is a natural experience and you could have a lucid dream tonight by just sort of getting excited and wishing for it to happen. Lucid dreaming is also becoming a lot more popular these days. It was scientifically verified in the 1970s, so science has vouched for it. It's real. Even *The New York Times* noted in 2007 that “this esoteric practice, which has been acknowledged in the western world since at least 1867, seems on the verge of becoming much better known.”

So, great. We know what lucid dreaming is. Now let's talk a little bit about the *why*. Why would you have a crazy experience like a lucid dream? Why is this important to our lives in the first place? There is the easy answer to that, the sort of obvious answer that most people try out first thing when they become lucid, is the fantasy fulfillment.

Fantasy fulfillment includes flying—everyone's favorite, so right now I could jump into the air and fly around, testing out my superman skills and feel what it's like when the wind hits my face as I fly through a cloud, look down at the ground below me, scoping out the dream world from above. That one's fun. You could try that one out. There's also another favorite of first time lucid dreamers, which is dream sex. I don't think I need to go into detail about that. You could use your imagination. You could breathe under water in dreams. You could jump into the ocean and check out what it's like to be a dolphin. You could shape shift. You could control your super powers. You could try telekinesis or throwing fireballs. Basically you could try anything that you could think of that exists in your imagination. Not everything works in the dream world, but pretty much anything does if you have a strong intention and a will to do it.

Jared: So lucid dreaming isn't just to dream sex and flying. You can go a lot deeper and actually experience some self-discovery in your dreams. There's also plenty of room for healing and overcoming nightmares. We all experience very fearful dreams that are filled with anxiety and monsters. With lucid dreaming you can actually actively confront those fears and overcome them.

For example, not too long ago I was having some waking world trouble with my brother. I was trying to do my own thing and he kept sort of interfering or trying to attach himself to me. I would push him away. I'd have these dreams where he would show up and would become sort of a nuisance to my nighttime adventures. Then there was one dream where he had shown up and gotten shot. I was thinking, even as annoying as he is, he's shot and I have to go take care of him. I wasn't quite lucid yet, but I bring him to this strange hospital in my dream world. There are all these crazy people in the dream. Then all of the sudden all of these gangsters started showing up. Then I realized: this isn't a

real hospital. There aren't this many gangsters. All of the sudden they shot him and I saw the bullet traveling in slow motion right in front of my eyes. I realized this is a dream. Thus it became lucid. I caught the bullet and told my brother, "You're not hurt. We're in a dream right now," and we proceeded to take on the gangsters and sort of minimize the fearful elements of the dream. When it was all said and done, my brother disappeared. I woke up still in the dream, in an open field and went for a fly, free of any troubles that I was experiencing in life or in the previous dreams.

Thomas: Lucid dreaming—the ability to be consciously aware while inside of your dream—is an experience beyond words. But don't take our word for it. Know this directly through your own experience. In this retreat we're going to be talking about how to remember your dreams, how to become lucid within them, and ultimately what we can do with this unique state of awareness. It's in the two hours we dream every single night that we can find guidance, insight, clarity, healing and even self-discovery. But more than that, lucid dreaming can teach you that you are the dreamer of your life both in waking and in sleep.

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