



*A Cthulhian Grimoire
of Dream Work*



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Waning Moon Publications



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*Ph'nglui mglw'nafh Cthulhu R'lyeh wgah'nagl fhtagn
In his house at R'lyeh, dead Cthulhu waits/lies dreaming*

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Introduction



should have known the moment I decided to allow the material to simply flow from direct inspiration, as if channeling the priests of old, that this would end up being something unexpected.

At first things proceeded as planned and both a Cthulhu rite and some interesting grimoiric preparations quickly made their way to paper. It was short, more like a scroll than a book, and so I was torn between adding supplemental text so that I would have enough pages to bind or veer into unknown territory and figure out a way to make an old scroll. I liked the idea and challenge of a scroll but I also wanted to build a set of books based on my annual or semi annual Lovecraftian workings, which began with my Book of Yog-Sothoth that I have chose to not yet release to the public.

Since the intention of this Cthulhian working was to assist my experimentation in dream work, I began to articulate my findings thus far as well as outline the various applications I planned to "explore in the future.

The influence of a magical working does not begin at its performance itself, but the moment one begins to plan it. One *becomes* the working, giving it form. It is therefore of no surprise that this supplemental text has become so extensive.

T also realized that the supplemental material which follows the Rite of Cthulhu stood on its own as a type of grimoire of dream work, providing its own internally-consistent system which could be easily adapted to any magical or self-help tradition. Since a Lovecraftian grimoire would limit interest in this material, at some point a more mainstream edition will be released, stripped of its Cthulhu references.

Contained herein is an artistic expression of my current understanding of the nature of Dream Work. As always I welcome your own thoughts on, and experiences with, this material and while I may not always be able to reply I do love to see how others have approached this subject. It's ok not to agree with me! We are not all wired the same. By all means tell me what you did not like but make sure to include *why* you did not like it and when possible what you have found works better for you. I don't only write to teach, I write to learn.



From the Ancient Scrolls



Hail unto thee who art ruler of R'lyeh.
From dark stars thy kind hath come.
And betwixt and between the silent places
Doest thou now reside.

Long hast the remnants of R'lyeh
Remained hidden in abysmal depths.
Long hast thou sleepest the dreaming death

Thy priests have kept to the old ways.
They await the return of
They-Who-Lurk-in-the-Shadows.
They alone fear not that which shall be
A new aeon.

From darkened waters
Shall we summon the Dreamer.
As the stars become right
We will prepare their way!

In his house at R'lyeh,
Dead Cthulhu lies dreaming.





Opening the Eye of the Dreamer



reams are the experience of inner realities, infinite in their possibilities and vast in their depth. To bring forth knowledge and wisdom from a dream and manifest it in the world of light is the mark of a Priest of the Old Ways.

Preparing the Sleeping Chamber

Foul not one's place of sleep with the mundane. Let it serve as a sanctuary - a refuge from the forces which demand one's constant attention. Treat the bed as the sanctum sanctorum of this Temple of Dream Work, making all acts of love and rest a sacrament of Initiation.

While preparing for this working keep lights in the sleeping chamber ^dimmed or use candlelight if they will not require supervision which would distract one from the work at hand.

Burn a small amount of mugwort and peganum harmala upon hot coals. Powdered white sandalwood or any aromatic herb of a lunar nature may be added or used as a substitute.

Place some leaves of mugwort beneath your pillow. Its fumes will open the Eye of the Dreamer, that through which we perceive our dreams.

Preparing Oneself

A tea of mugwort*, alone or mixed with peganum harmala, is most conducive to dreaming. Sip slowly while warm, not hot, as you prepare for sleep. Placed within a dark bowl this brew may also be

* Do not take mugwort when pregnant.

used for scrying during the time of the moon's wane. Reflect upon earlier dreams or of primordial memories of R'lyeh whilst peering into its depths.

Upon retiring anoint your forehead in the shape of an opened eye with an oil of a lunar nature or of the dreaming herb, mugwort. This represents the Eye of the Dreamer.



Opening of the Eye

Turn off lights and remove all distractions so that you may drift to sleep at the close of this working. Candles and incense which cannot be left unattended should be extinguished.

Sit for a moment and inhale slowly and deeply. Exhale and release any negativity which has been accumulating throughout the day. As you exhale, make a sound such as a sigh of relief. Pause for a moment to bask in the peace of the chamber. Do this several times and then lay in bed on your back or in a position most suited for sleep.

Become aware of the Eye anointed earlier upon your forehead. Do not force this attention but simply allow your awareness to drift to, and linger on, that area. It will likely begin to tingle or feel warm.

As if seeing through that Eye, envision yourself floating on the calm dark waters of an unknown sea. It is night but the stars shine brightly upon you, illuminating the anointed Eye on your forehead as if the light is being absorbed by it and radiating back out.

Feel warm gentle waves caress your body starting from the feet and moving their way slowly to your head. As each part of the body relaxes allow it to sink into the murky water. There is no fear of drowning. Allow the water to consume you willingly.

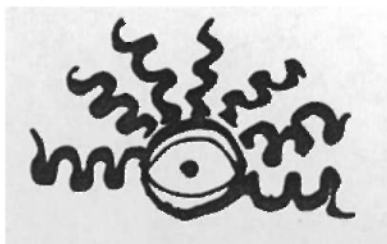
Feel the subtle pull downwards and allow your relaxed body to sink ever deeper into the abysmal depths. You are consumed by darkness as the last remnants of light from above can pierce no further.

Eventually you arrive at the sunken ruins of R'lyeh. You stand in a great courtyard surrounded by glistening cyclopean towers with non-Euclidean angles barely visible in a faint green glow that permeates the blackness of the ocean depths. This glow originates from the Eye of the Dreamer upon your forehead.

There is movement in the shadows, a dark shapeless mass is aware of your presence as you are aware of it. Slowly it creeps toward you, conscious but not alive. Allow it to envelope you from the feet upward to take you within the bowels of the city. Relax each part of your body as it is enveloped and give in to the embrace of sleep.

Upon awaking record your dreams in a journal kept for this purpose. Note details and feelings. Concern yourself not with meaning until the dream is fully recorded. Only then may additional notes be made of possible meanings.

Perform the *Opening of the Eye of the Dreamer* whenever one wishes to focus on one's dream work.





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Notes on the Rite of Cthulhu



he *Rite of Cthulhu* which follows was designed to tap into the Cthulhian current which runs deep within the unconscious. It is the source of dreams and nightmares and the fount of artistic inspiration. Those not wishing to peer into the abyss are well advised to stop now, before a gateway to the unknown can be opened.

Preparation

Perform the *Opening of the Eye of the Dreamer* for three consecutive nights before attempting the *Rite of Cthulhu*.

Consider reading [The Call of Cthulhu](#) by HP Lovecraft.

Timing

The times of the new or full moon are ideal, as are the equinoxes and solstices. The 23rd of any month is an auspicious time for working with Cthulhu and its related current. Stormy weather is also conducive to the work at hand.

Site and Setting

This working is best performed in a cave or by a deep body of water at night with as little light as possible. Use glow sticks as torches, ideally wrapped in layers of clear cellophane so as to not appear handmade.

Any means of establishing the area as being otherworldly will enhance the experience.

Instead of music consider recorded natural sounds such as ocean waves or dripping of water in a cavern.

Ritual officers

While the rite is worded for one leader ("Priest") and three "Voices" various parts of the working may be divided among the participants to suit the needs of the group.

Special Instructions

The three "Voices" should speak one immediately after the other with no delay, almost overlapping. To accomplish this effect, as the preceding Voice is saying his or her last word the following Voice would have already taken his or her breath in order to seamlessly continue the liturgy. The Voices should speak in a slightly monotonous or trancelike manner but not too slowly. There should be a steady pace and flow.

In the litany section of the invocation where the entire congregation responds "Cthulhu fhtagn!" there should be an increasing of energy to the calls as the invocation progresses so that the final call of *IA! LA! IA!* is screamed or shrieked.

Materials

- Incense if desired.
- Subdued lighting such as candles, florescent sticks, or black lighting depending on the location.
- Singing bowl or other means of producing a resonating sound, or a horn which makes an unearthly call.
- Dress appropriate for the occasion and place of working.
- A small idol, glyph, talisman or other object made or carved from stone which can be left behind. That lacking, bring a stick of chalk to leave an inscription behind.

The Rite of Cthulhu

(Prolonged singing bowl or resonating sound)

In ages past the Old Ones came,
and today Their mark remains.
It clings to the land like the stench of a tomb,
for with Strange Eons even death may die.

Few have dared walk their time-worn paths
to seek but a glimmer of their glory
and taste but a fraction of their power.

So it is that we have gathered the scattered remains of their cult.

Voice 1: We dare to speak the accursed names...

Voice 2: We dare to draw the forbidden signs...

Voice 3: We dare to stir that which lies dead but dreaming...

Listen now to the pulse behind the veil of silence.
Know the mystery:
It is in the spaces between in which reality is revealed.

And so it is that we,
heirs to the priesthood of old,
now gather in the lonely places
to be heard by those Great Ones
who have come before,
and will come yet again.

We gather but to stir the Sleeper
so that in His timeless slumber

WE shall be heard!

As the great Cthulhu dreams of us,
so may we gain but a glimpse of his secrets.

Slow droning chant:

Ph'nglui mglw'nafh Cthulhu R'l'yeh wgah'nagl fhtagn

All slow almost whispered:

la Cthulhu. Cthulhu fhtagn.

(Prolonged singing bowl or resonating sound)

Priest: Ancient one.

All respond: Cthulhu fhtagn!

Priest: Dead but dreaming.

All respond: Cthulhu fhtagn!

Priest: Sleeping one.

All respond: Cthulhu fhtagn!

Priest: Lord of R'l'yeh.

All respond: Cthulhu fhtagn!

Priest: High priest and god!

All respond: Cthulhu fhtagn!

Priest: Bringer of dreams!

All respond: Cthulhu fhtagn!

Priest: Unstoppable one!

All respond: Cthulhu fhtagn!

Priest: Inspirer of art!
All respond: Cthulhu fhtagn!

Priest: Terrible dreams!
All respond: Cthulhu fhtagn!

Priest (shrieking): IA! IA! IA!

All loudly: Ia Cthulhu! Cthulhu fhtagn!

Closing

From unfathomable depths
an eye opens
and a great one stirs in his slumber.

Note well your dreams.
Act on your inspirations.
Within them is the key,
for they will reflect the mind of the sleeper.

Great and terrible things shall come of them;
To ignore them is to risk madness!

Voice 1: As it was, so it shall be...

Voice 2: Unto darker eons...

Voice 3: They shall return...

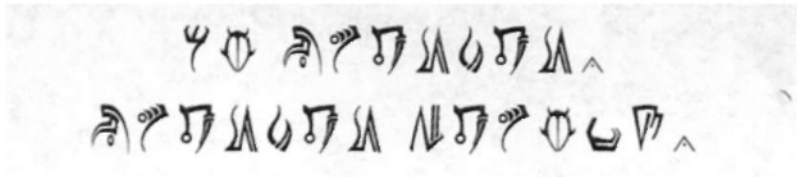
All: They shall return!

(Prolonged singing bowl or resonating sound)

Priest: So it is done!

All: So it is done!

Note: It would be "customary" to leave an artifact behind such as a small Cthulhu sculpture or glyph made of clay or carved in/from stone. At the least use chalk to inscribe the Eye of the Dreamer, or other appropriate glyph or portion of liturgy, upon a wall or available surface.



On Dreaming



eed well to the teachings of the Priests of the Old Ones, handed down from of old:

Dreams are not bound to linear time and so memories may be of past, present, or future. Symbolism is often multilayered and only through time will the many meanings reveal themselves like a multifaceted gem.

Observe patterns and note them well.

Within dreams open all books and attempt to read and recall what you see. The words may change and resist the force of consciousness upon them but images may remain clear.

Record all memories one has *within* a dream, especially those which upon awaking now seem foreign. These are glimpses of more subtle realms.

When facing an adversary stop and confront it. You will learn things.

Master flying. It is a rare and wonderful gift and a sign of a creative mind.

Learn to examine and look behind and under objects. There are more dimensions to dreams than one may think. You will learn things.

Develop the habit of periodically stopping and questioning if you are awake or dreaming, regardless of which the answer is supposed to be.

You have more senses than sight and hearing while awake... why should dreams be any different? Learn to use them.

Practice awareness exercises while awake to develop awareness while asleep. Learn to see the small details. They are worlds unto themselves.

Words are not the only way to express dreams. Art can say what the words cannot. Let your dream expressions awaken the artist within.

Make manifest your dream artifacts. This too will awaken the artist within.

Do you really think the link between dreams and art is a coincidence?

Are you more awake in your dreams or dreaming when awake? Be aware. Always.



On Dream Recall



Attention and persistence go a long way in improving dream recall. Progress is slow with some days better than other but continued work does yield results, regardless of the use of other techniques. However there are many ways to improve dream recall for those wishing to try them. Keep a means for recording dreams near the bed. This not only allows for quick recording of dreams before they fade but also serves as a subtle reminder of your intentions to remember your dreams.

Before Sleeping

Relaxation

Perform the *Opening the Eye of the Dreamer* rite outlined earlier in this book or develop a relaxation routine before retiring for bed. Hot baths, light stretching, simple yoga, and meditation are just some possibilities.

Avoid television, caffeine, strenuous exercise, and other stimulating or stressful activities. This will allow sleep to come sooner and unhindered.

Rest

Lack of sleep is not conducive to dream recall and generally does not lead to a beneficial condition of mind and body. Develop regular sleeping habits and ensure you are getting enough sleep each night. If you are continuously feeling the need for morning caffeine or hitting the snooze button on the alarm clock many times, consider trying to go to bed at an hour earlier.

Ignore charts for number of hours of sleep needed by age - those are only averages. Each individual has their own requirements. Learn to gauge yours.

State Your Intention

As you are laying in bed falling asleep, state to yourself "I will remember my dreams in detail." This implants the idea in the unconscious and confirms your intention.

Avoid negative wording such as "I will not forget my dreams" since that is more complex and may not parse well in the unconscious. Be as direct as possible.

Intentional Disturbances

While dreams may seem to have lasted the entire night, in reality we are only dreaming at certain times. Scientists have found that there are several stages of sleep, each with a different level of brain activity. The specifics of each stage is inconsequential to our work, but what we do need to realize is there is a cyclical pattern to our sleep which dictates when we are actually dreaming.

Essentially, upon falling asleep we rapidly descend the various stages reaching the final stage which is when our body is most relaxed and brain activity is at its lowest. After about an hour, breathing, heart rate, and brain activity increase again and we shift into what is sometimes called REM (Rapid Eye Movement) sleep due to the tell-tale eye movements which can be seen from behind the eye lids. The body may also twitch. It is during this stage of sleep that we are having our most vivid dreams. Eventually we again descend into deeper levels of sleep and the cycle begins anew. In a given night we only spend about a quarter of our sleep in REM sleep.

Should we be awoken during REM sleep we are more likely to recall specifics of our dreams. Only do this once a night so as not to disrupt sleeping patterns and impede rest.

Set your alarm clock to wake you up during the night two hours after going to sleep. With luck you may have timed it to catch you during REM sleep. Another trick is to drink a large glass or two of water before sleeping so that the body will wake itself during the night for a bathroom trip. This may, however, result in dreams of needing to use the bathroom or general dreams of anxiety.

One may also set the alarm clock an hour earlier than usual to recall dreams which might otherwise fade. Sometimes using the snooze button allows one to recall various fragments as one shifts in and out of sleep.

If you have a partner who shares your bed, you may also instruct that person to gently wake you should he or she notice you have shifted into REM sleep.

Supplements and Brews

Some say taking vitamin B-6 supplements (50-200mg) a half hour or so before going to sleep will encourage more vivid dreams and lucid dreaming. Melatonin aids in sleep and can produce more intense dreams for some.

- * Traditionally mugwort tea aids in dreaming and can be mixed with various herbs. Below are some common teas to aid in dream working. Since herbalists suggest pregnant woman avoid mugwort, one can substitute with mint or simply leave out of the recipes.

Dream Tea Recipe 1

Mix equal parts of the following:

- ❖ Mugwort
- ❖ Chamomile
- ❖ Lemon Balm
- ❖ Rose Petals
- ❖ Jasmine flowers
- ❖ Damiana Leaves

Dream Tea Recipe 2

Mix equal parts of the following:

- ❖ Mugwort
- ❖ Rose Petals
- ❖ Peppermint
- ❖ Jasmine Flowers

To this add a stick of Cinnamon.

Upon Awakening

Mental Review

Immediately upon awakening start reviewing your dreams in your mind when you are not able to write them down on the spot.

Sometimes before awaking, especially when one maintains a regular sleep pattern, there is a moment of semi-lucidity. During such times you may realize you are dreaming and can start reviewing the events of the dream as you would want to write them down.

Stay in the Moment

One of the reasons we forget dreams so quickly upon awakening is that our waking state of mind is very different from our dream state.

If the dream had a certain feeling, thought process, or mood attached to it, try to maintain that sense as you record or mentally review the dream. The closer you remain to the state of mind you had in the dream the better chance of remembering details.

Remain Still and Quiet

Remain still and quiet while you are reviewing your dreams upon awakening. Try to wake up more slowly. Don't jump out of bed, shift

positions, or start reviewing the day ahead. Hit snooze if needed and remain in bed, maintaining awareness of your dreams. Avoid idle bedside conversation with a partner until the dream has been recorded.

Likewise, refrain from trying to find meaning or making sense of the dreams while you are recalling them. It is best to not encourage the rational mind to become active until you have recorded what you could. Just write it as you recall it. There will be plenty of time later for analysis.

Keep to Present Tense

Many find it helpful while recording one's dream to write it in the present tense as if it is happening at the moment and you are ranning through it again. For example instead of "\ saw" say "I see".

Start with Key Words and Sketches

Instead of trying to write out the dream from start to finish, jot down the five or so main key words or draw a few quick sketches of the main themes of your dreams. This will help jog your memory once you are in a better frame of mind to write clearly and in more detail. Start with any fragments which come to mind without concern for sequence. You can always sort out the order and details later.

Ask Questions

Asking certain question can help to recall the specifics of the dream later in the day when we have more time and clarity of mind to reflect upon it. This also allows for a more organized dream journal, making for easier reference later when looking for patterns. Likewise, it develops a good habit upon awaking so you don't miss important details in that groggy state.

- Were there any key images or characters?

- Where was the dream located?
- What was the general mood or feeling of the dream?
- Did the dream remind you of any situations or places in your waking life?

Just Start Writing

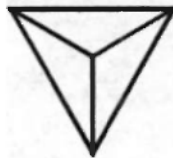
Sometimes one can feel overwhelmed with all the details in the dream, feeling it is impossible to articulate the finer details or get it all down in one sitting. Be that as it may, just start writing the key points which are clearest in your head. Often the rest will flow naturally and the scope of the dream in hindsight will not have been as expansive as originally thought.

One's records need not be perfect. Even if only fragments of memories remain then at least write those down. Sometimes that alone is enough to tap more memories but even when it is not, it is better to have a partial record than no record at all.

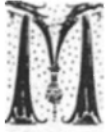
Let go of preconceived notions of how dreams should be recorded, and just write them down. In time you can adjust the method to suit your needs.

Put Modesty and Pride Aside

Sometimes we may feel embarrassed by some of the odd dreams we have, such as sex with family members, the same gender, or people we find repulsive. Dreams are symbolic and rarely can be taken literally. Since a dream journal is best kept private or shared only with those who will be nonjudgmental, do not censor your dreams; their true message may not be revealed immediately.



fnprefrfn Journals



uch can be said on the construct of a dream journal or other means of recording one's dreams, but ultimately it is dependent upon the needs of the individual. It is wise to experiment with several types in order to discover the best fit, since what may seem ideal in theory may not hold well in practice.

Types of Journals and Recording Means

paper Journals

There is a certain satisfaction in sitting down and hand writing one's journal. Such journals are portable to accommodate travel and can always be in reach upon awaking for quick recording of notes.

The downside to its portability is the risk of loss or theft with little likelihood of a backup apart from photocopies which one is not likely to maintain frequently. Likewise reviewing and organizing past dreams to locate recurring themes and symbolism can be limited and trying to locate a specific dream without remembering the date can be daunting, especially if one does not have neat handwriting.

Legibility is definitely a point to consider, especially since even those with neat handwriting may not write legibly while still semi-conscious. Notes are only as good as they can be read.

PDA and other Handheld Devices

Such devices are portable and easily backed up in case of loss. These notes can also be readily transferred to a more permanent archive such as a personal computer, internet-based journal, or printed and bound. Many devices come with a backlight making for easy entry in a dark room. However some may find that handling these devices

can take one out of the moment which can hinder dream recall. The more such a unit is used the more natural it becomes.

Devices lacking a backlight usually require more light in the room to see the screen than would be needed when writing on paper. This can further take one out of the moment.

Internet-Based Journals

The key benefits of an internet-based journal is its ability to categorize and search dreams while allowing trusted friends to review and discuss them if desired. Sometimes others will more readily catch interesting trends and have insights one might otherwise have missed.

Some such services are not easily backed up so this should be considered to ensure no loss of data. Also, while accessible anywhere there is an internet connection, even with a wireless laptop quick access to the journal is not as easy as reaching for a notepad and can be cumbersome, possibly hampering dream recall, especially if one has to wait to start up and log into the computer. The further one moves and utilizes the conscious mind, the quicker dreams can fade. Technology has a tendency to activate the conscious mind, which is not conducive to dream recall.

Tape Recorder

Tape recorders also provide a quick and portable means of noting ones dreams, although the need to later transcribe it to a more permanent medium can prove to be an inconvenience and require much discipline.

Speaking aloud can also shift one further out of the current state of mind, impacting dream recall.

Choosing the Medium

While each of the above means have their pros and cons, with persistent use of any of them dream recall will improve and one will find ways of compensating for their shortcomings. For example, one can consider using the margins of a written journal to categorize or otherwise add key words and symbols for later reference. Or one may use a PDA device for initial note taking and later copy to an internet-based journal for better organization. A tape recorder could be used purely for noting key words to help aid dream recall later in the day.

Sharing Your Journal

Since dreams reveal much of our-hidden selves, and we often are not immediately aware of their revelations, it is wise to consider well who, if anyone, may review your dream journal.

Trusted friends and/or complete strangers are ideal, avoiding co-workers, neighbors, and acquaintances who may either misunderstand or take advantage of such personal imagery.

When using an internet-based journal, which is most ideal for sharing and collaboration, consider building an internet persona whose name is only known to your most trusted friends, thus allowing for commentary of both those close to you and those completely unbiased by your true identity.

It is essential that you feel at ease enough to not censor your dreams and loose possibly valuable details. A journal that does not provide that "safe space" will not be an effective journal.

Many on-line journals allow the ability to lock or selectively choose who may view each entry, allowing one to share only those dreams one chooses to share.



On preofitt Xnterprefatipn



he first step in interpreting dreams is to take any dream dictionaries you own (lest they be written by you) and throw them away.

Dreams are very personal communications with the unconscious and while there is a portion of the deep unconscious which overlays collective archetypes, where the boundaries of Self may become fuzzy, such commonalities are subtle and vague.

The language of dreams is symbolic and so the context of the dream is sometimes less important than the imagery and feelings which are present.

Such symbolism will have both cultural and personal meanings so generic lists of interpretations will rarely provide any deep significance to dream interpretation. For example, in the United States red is typically indicative of danger but in China red is a lucky color. The meaning of a dream which includes a red room could thus vary greatly with the cultural associations of that color. Likewise the significance of a cat would differ between someone who grew up in a loving home with many pet cats and someone who was traumatized by a vicious cat attack as a child.

Therefore when considering the meaning of a dream several dimensions of the dream should be evaluated.

- Did the context of the dream remind you of a certain life situation you have experienced or are currently facing? Sometimes the context will not seem similar but *metaphorically* link to that situation.
- Were there any places, objects, circumstances, or people which resonated with a certain feeling? Often in dreams tilings are

not what they seem, but rather represent something else. Note well such feelings and what caused them. Are there any correlations which come to mind? Do a free association with the dream images and feelings to see if any sense of their hidden meaning can be gleamed.

Are there recurring images, places, people or scenarios in your dream? Review your previous dreams to see what consistently surfaces in dreams. Are there any correlations?

Can any of the antagonizing characters of a nightmare or anxiety dream represent a situation you have been avoiding or an aspect of yourself you have been denying?

Common Imagery

not what they seem, but rather represent something else. Note well such feelings and what caused them. Are there any correlations which come to mind? Do a free association with the dream images and feelings to see if any sense of their hidden meaning can be gleamed.

- Are there recurring images, places, people or scenarios in your dream? Review your previous dreams to see what consistently surfaces in dreams. Are there any correlations?
- Can any of the antagonizing characters of a nightmare or anxiety dream represent a situation you have been avoiding or an aspect of yourself you have been denying?

While common imagery can be misleading, at times it may provide some insight since it occasionally may apply to some of one's dreams. I recall, for example, reading how dreams where one's teeth fall out or one is in a public place naked infer a sense of insecurity and lack of control in one's life. It is thus no surprise that the dreams of such themes which I can recall come mostly from my awkward teen years. Likewise dreams of flying is said to indicate a creative mind and on reflection it was during my most creative periods in life that I can recall flying in my dreams. Such common imagery seems to stem from what some like to call the collective unconscious and which others might merely consider shared cultural or racial memory.

Such shared imagery in the waking world is quite common and usually taken for granted. For example if I see a symbol within a yellow triangle I would assume it is a warning since that would adhere to the standard symbolism I have been exposed to within this culture. Little conscious effort is required in its comprehension.

Again we return to the example of the significance of colors and how red means luck to the Chinese and caution or danger to Americans... the color itself has no inherent meaning and so the mind relies on the

cannot always be heard above the clamor of our daily experiences which shape our beliefs and way of thinking on so many levels.

Asking for Opinions

While one's personal interpretations should hold the most weight in interpreting one's dreams, sometimes the insight of others may open the door to fresh perspectives one would otherwise have missed.

When asking others to consider the meaning of one's dreams, ask them what that dream would mean to them if it were *their* dream. Avoid having people try to analyze your dreams on your behalf as such interpretations would include their own projections of who they think you are, which may not be as accurate as one may think. Such direct interpretation can also activate unconscious defense mechanisms making for awkward moments and possible hostility.

Ultimately when asking for the opinions of others one is not looking for the dreams "true" meaning but rather merely of *possible* meanings which may or may not resonate with the dreamer. Those ideas which do seem to resonate or trigger an emotional response (good or bad) are worth further consideration.

Meaningless Dreams

Not all dreams necessarily have useful meanings. When we sleep the mind uses this down time to parse though the material it has gathered during the day. The more disjointed and vague the dream is, and the more it lacks any emotional context, the less likely it's significance. However, recording all dreams helps develop one's recollection skills and discovers trends. Sometimes these seemingly meaningless dreams may provide a glimpse into the secret language of the unconscious. An especially vivid or emotionally laden dream, or a recurring dream, be it in details or theme, should be carefully examined regardless of how meaningless it may seem at the time since those are key indicators that it may hold some significance, although perhaps not readily apparent.

Besides random firing of synapses, the mind may play out one's fantasies much as we do while daydreaming. Such dreams are usually easy to differentiate from more meaningful dreams, but not being as consciously directed as daydreams, they may help one distinguish one's wants and motivations from mere fantasy.

So while dreams may often provide useful insights, some will prove more valuable than others.

Prophetic Dreams

Besides random firing of synapses, the mind may play out one's fantasies much as we do while daydreaming. Such dreams are usually easy to differentiate from more meaningful dreams, but not being as consciously directed as daydreams, they may help one distinguish one's wants and motivations from mere fantasy.

So while dreams may often provide useful insights, some will prove more valuable than others.

Prophetic dreams are best approached as an extension of one's intuition, a subtle sense we all have but do not always pay heed to. This intuition is arguably the unconscious mind's ability to catch subtle patterns we consciously have filtered out with the constant bombardment of physical stimuli we encounter in the daily course of our lives. Whether of a true extrasensory nature or an unconscious failsafe, this intuitive whisper has no doubt proven invaluable to those who have learned to hear it. It is not surprising then that dreams, which allow the unconscious the opportunity to be heard, occasionally have a prophetic nature.

Only a small portion of dreams are prophetic and they tend to have a different "feel" to them than most dreams. Many simply just "know" when a dream is prophetic but possible indicators may include:

- Recurring over a period of time.
- Having a sense of urgency or importance.
- Being especially vivid.
- Being in context to an upcoming event.
- Being shared by others.

Alone, these indicators are not definite, but coupled with a strong sense of significance and link to a future event, one may have experienced a prophetic dream.

Keep in mind of course, that those worried about an upcoming event such as one's wedding may also experience recurring nightmares purely out of nerves or self-doubt. Since there is no way to know for sure what is prophetic and what is merely a nightmare of more natural origins, ultimately one must rely on one's personal intuitive judgment.





On Lucid Dreaming



Lucid dreaming is the awareness that one is dreaming. With practice this skill can be developed to a point where dreams can be explored in a more controlled and conscious fashion, leading the way for magical and therapeutic work within the dreamscape.

The level of lucidity can vary greatly. At a low level of lucidity one may realize one is dreaming and have limited control of the dream but still be absorbed in the dream reality. In such a state one may still hold fears of personal safety and not realize that the people and situations are also aspects of the dream. At higher levels of lucidity one realizes that there is no true danger and that everything that is occurring is actually happening in the mind.

Complete dream control, while entertaining, is a misleading objective. Dreams are fed from the unconscious and so while some aspects of a dream may be altered consciously, to exert complete control runs the risk of shifting into the realm of daydreaming.

Before attempting lucid dreaming, it is important that you first develop your skills in dream recall. The reasons are simple; first the techniques used to develop lucidity in dreams build upon the techniques used to develop dream recall, and secondly, it's of little help being able to gain lucidity only to not remember it in the morning.

Techniques to Encourage Lucid Dreaming

Reality Testing

Develop the habit of periodically asking yourself if you are awake or dreaming and then performing a few tests to confirm. One may then

find oneself performing such tests while in a low level of lucidity, encouraging a greater level of awareness.

- Try reading some words. It is very difficult to read in dreams since the letters will have a tendency to change. If you re-read something the words will have likely changed since the last reading.
- Try to jump. Often in dreams we have difficulty getting off the ground or will stay in the air longer than would be possible when awake. A similar test is to jump slowly and then fast and see if this changes how long you remain in the air. When awake the laws of physics remain fixed and unyielding.
- Look at your hands. In dreams this is often difficult or the hands may fade away.
- Press your finger into your body. In dreams one often can penetrate the body without pain or difficulty. Pain is not a common experience in dreams and so is something to remain aware of in general.

Consider habitually doing a few reality tests upon awakening since sometimes lucid dreams manifest as a false awakening where one thinks one has awoken but is really still in a dream.

Plant a Seed

At moments appropriate for daydreaming, such as while sitting on a train, visualize what you would like your next lucid dream to be like. For example if you enjoy flying in dreams visualize what you would like your next flying experience to be like. Visualize yourself enjoying the experience.

When falling asleep, state that you will become aware in your dreams. Maintain this intention as you drift off to sleep.

Taking Naps

If you have the ability to nap for an hour or more during the day and nap with the intention of becoming aware of yourself dreaming, you may find yourself more likely to experience a lucid dream during your nap than you might during your normal night's sleep.

Using External Cues

If you have a partner who can assist, ask that person to monitor you while you sleep and when he or she notices you experiencing REM sleep (Rapid Eye Movement where your eyes seem to be circling around behind your closed lids), have him or her either shine a flashlight in your face on and off several times or ring a bell lightly in the hope that these subtle disturbances might not be enough to wake you but still trigger a conscious response which you notice in your dreams. Your partner can also say in a soft, clear voice "you are dreaming."

Remaining Asleep

Often one awakens soon after becoming lucid in a dream but with time this state can be prolonged.

The first trick is to learn to suppress any excitement at the realization that you are dreaming. Often it's this initial surprise or excitement which jars the mind too far into a waking state and the dream ends. Instead, gently return your attention back to the dream itself.

Signs of a Dream's Ending

Before discussing additional ways in which to prolong a lucid dreaming experience it is necessary to learn to recognize the warning signs of a dream's ending.

These include:

- Loss of clarity or depth
- Disappearance of imagery or people
- Loss of sense of your dream body

Once you become aware of your physical body in bed you have shifted too far into waking state and not likely to recover the dream state. However it never hurts to try to maintain the dream anyway.

Techniques to Maintain a Lucid Dream

Twirling

If you recognize you are beginning to awaken, try twirling or spinning your dream body while you are still within the dream state. Unlike while awake, such spinning is not likely to get one dizzy. (Thus this can also serve as another reality test.)

Look at Your Hands

While dreaming look at your hands. This will bring your attention back to your dream self. Don't be surprised if the hands prove difficult to keep in focus.

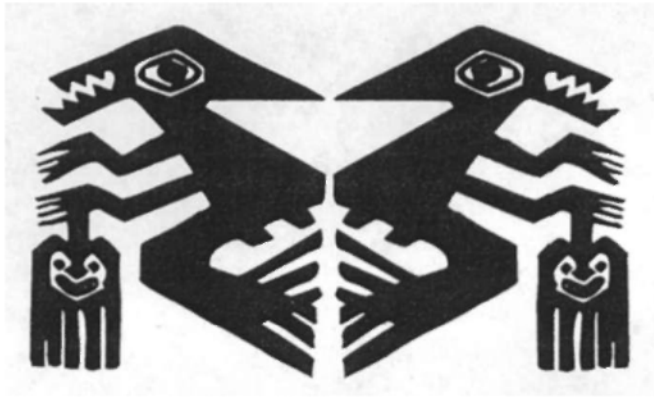
Do your Reality Testing

Perform the usual reality tests you have been developing the habit of doing to help involve yourself in your dream environment.

Sometimes you might be dreaming that you are starting to awake and be pleasantly surprised at the results of your tests.

Interact with the Environment

Fixating on a specific object or detail of the dream may also help to hold on to it. Try to interact with the environment, perhaps moving an object to see what is behind or under it. If you have "memories" within your dream try to recall them.





On Astral Projection and Out of Body Experiences

Lucidity and Out of Body Experiences



here is a matter of debate as to whether an out of body experience (OBE) is actually occurring as perceived - where one's astral self or consciousness has truly left the body and one is experiencing the waking world in the same manner as when awake - or if the experience is more a form of active imagination or lucid dreaming where one's experiences are symbolic representation to the corresponding reality of the waking world. Perhaps the reality is that both are viable approaches?

Consider for example that what we experience as waking reality is still a mental construct or model based on our sensual experiences. Reality is ultimately experienced "in one's head" and thus will always have a subjective element. This internalized experience is very much the same way we experience dreams. The only difference is that in dreams we need not be concerned with the ramifications and finality of our decisions since there is no objective reality with which we are interfacing.

Lucidity and Astral Projection

As with out of body experiences, the link between astral projection and lucidity is a debatable subject which is open to interpretation.

The astral plane is usually considered to be another level of consciousness and dimension of reality. One travels upon it via visualization and active mediation techniques where one shifts one's consciousness to one's astral body which is what then can interact upon this astral plane.

While OBE experiments would allow for a certain level of phenomenological confirmation where the accuracy of things seen at a remote location could be confirmed, the astral plane relies on much more subtle and esoteric senses and so more difficult to know with any certainty whether experiences upon it have any external basis or all just in one's mind. Already many consider astral travel and OBE to be the same process just on a different plane of existence and level of consciousness.

Similar to astral travel, the techniques of lucid dreaming entail a dream self through which one interacts with the dreamscape. Given these similarities lucid dreaming can be used as a staging point or stepping stone for both OBE and astral projection. Essentially once in conscious control of the dream, one can establish a portal to the astral self and realms outside the mental construct of the dreamscape.

Such a technique would rely heavily upon mastery of lucid dreaming before taking it to the next level of establishing a conduit.

As with other forms of dream work, intention and persistence are key. How one establishes such a portal is reliant more upon belief in the ability than any specific procedure. As with telematic images, subtle forces have a tendency to function through the mental forms provided for it, so with practice such a portal would naturally occur through one's dream constructs.

How such a portal would appear is arbitrary and subjective. It would look as one would expect it to look.



On Nightmares and Anxiety



f awoken from a disturbing dream, sit up and touch your face. Feel the ground beneath your feet. Take a moment to note the specifics of the dream and of the feelings it instills.

If there is no desire to continue work with that dream, walk about the room a moment to return consciousness to this reality before returning to sleep. Turn on a light and drink some water.

To attempt continued work with the dream, focus upon the object or scenario of your fears as you sink back to sleep. Try to recapture the feelings of the dream but with the intention of maintaining better focus and control so that the feelings do not overwhelm you. The dream may or may not continue.

In the case of recurring nightmares and anxiety dreams, they are not likely to stop until the internal crisis feeding them has been acknowledged or resolved. Recording one's dreams and paying careful attention to the feelings certain characters, objects, or situations instill may offer the insight needed to pinpoint their meaning.

Remember, as horrible as nightmares can be, they cannot harm you and should be considered a warning sign much like physical pain. Nightmares are a *symptom* of an unresolved conflict and not the problem itself.

Stress is a major factor in nightmares and anxiety dreams. When no specific cause for such dreams can be determined, consider a daily meditation or relaxation exercise and work on recognizing any sources of tension in one's life, be it a difficult neighbor or coworker, or poor sleeping habits.

In determining the root of the nightmare, keep in mind that the unconscious operates with an *associative logic* so the dream associates to our life - both present and sometimes past - by a specific feeling. By re-experiencing that feeling while awake, one may be able to recall where this same feeling shows up in one's waking life. The setting of the dream will often allude to this, but most likely in a figurative manner which may only become apparent once the feeling has been associated with it.

Lucid Dreams and Nightmares

While we do not always remember our dreams, we are very much aware of our experiences while we are dreaming; we simply do not realize our experiences are in our mind. Hence when we suffer from nightmares or anxiety dreams the feelings are real and we are attempting to return our perceived lives to some sense of normalcy. It is only upon awaking or at moments of lucidity that we realize the cause of our fear or anxiety is "just a dream" and that some of the memories we may "remember" have no basis in the waking world, despite how real it seemed in the dream.

Lucid dreaming provides a way to escape unpleasant dreams and set them right, possibly learning more about the causes of those feelings by asking questions or further exploring the dreamscape. Likewise, one can find moments of fun learning to fly or living out fantasy scenarios.

The use of lucid dreaming as the basis of an effective means of therapy for nightmares is not uncommon. Once aware of the fact that one is dreaming, one realizes that however unpleasant the experience, it cannot cause physical harm. Hence there is no need to run from or fight with dream antagonizes, be they monsters, difficult people, or bad situations. Trying to fight is usually pointless since the pursuing terror was conceived in one's own mind and is being fed by one's fear and anxiety. As long as you continue to fear it, it will continue to pursue you. True escape will only come by

ending its source. Remember, the fear you feel in a nightmare is completely real, complete with physical symptoms such as a rapid breath and heart beat it is the *danger* that is not real.

It is believed by some that dying in a dream will result in the death of a dreamer. While we can never know for sure if one can physically die (since we cannot ask the dead) we do know that many have experienced their own death in dreams only to wake up, quite alive.

Using lucid dreaming to face an antagonist or monster is especially important when dealing with recurring nightmares since waking up is only a temporary escape and is indicative of unresolved issues in the psyche or the waking world which is merely being expressed within the dreams.

When facing a monster it will often change once faced to reveal its true form or possibly a better representation of whom or what the problem is. For example a monster may represent a problem you have been avoiding and which has been gnawing at you from within, unknowingly causing stress and anxiety while both awake and asleep. It was only while asleep that it was able to make itself known in some symbolic fashion. These monsters might also merely dissipate or become playful or friendly once faced with no clear indication of what internal conflicts have been resolved. The mind can be a mysterious thing and the unconscious often works on its own without clear conscious understanding of what it is doing.

Facing one's difficulties while asleep is a transformative and empowering experience that builds confidence in oneself which extends outside the dreamscape into the waking world.

Rites of Banishing and Protection

If you have a preferred banishing ritual such as the *Lesser Banishing Ritual of the Pentagram* which you practice regularly, consider using it within a dream in which you are able to achieve a certain level of

lucidity. While facing or querying those fears is usually preferred, there are times when that approach does not improve the situation, or the level of lucidity is not high enough to realize one is not in danger. The more instinctual the banishing process has become through regular practice, the more readily this technique will make itself known, like a psychic reflex.

Other means of protection could include formally casting a circle, invoking a protective entity with which one has developed a rapport or activating and channeling a characteristic (such as strength) from within oneself. Visualizations of shields or force fields may also provide a sense of protection and allow a less emotionally charged handling of the situation.

Sleep Paralysis

During REM sleep the body experiences a natural state of paralysis. On rare occasions however, while falling asleep or awakening, one may reach consciousness while still in this state of paralysis. Such an experience can be disconcerting and include the sense of a crushing weight upon the chest.

While unsettling, this experience will not last long, although it may seem to last longer than it actually does. Simply allow oneself to drift back to sleep, or allow the paralysis to naturally fade. One may wish to do a mental banishing ritual to keep the mind occupied while the waking process completes and the paralysis wanes.

It is not uncommon for those developing their lucid dreaming skills to experience the occasional sleep paralysis. It is also not uncommon for one to also experience hypnagogic hallucinations during this state.

Hypnagogic Hallucinations

During the natural process of falling asleep or waking up, one passes into a transitory state where one may occasionally experience auditory, visual, or even tactile hallucinations. For example while falling asleep one may hear someone call one's name or about to fall. One may also sense a "presence" in the room. Not surprisingly many argue that certain alien abduction experiences where one is paralyzed and then taken from bed may be nothing more than a hypnagogic hallucination during a moment of sleep paralysis, especially since these are often experienced together.

As with sleep paralysis, hypnagogic hallucinations are short lived and are not dangerous, despite their potentially unsettling nature. Magicians may find it good practice to perform a mental banishing ritual "just in case" the experience is a form of psychic attack.





On Dreams and Creativity



he construct of reality within dreams usually veers from the reality in the waking world. As such, things which make sense in dreams do not necessarily make sense upon awakening despite the seeming clarity while in the dream. Perhaps this is due to the high brain activity observed in REM sleep coupled with the lack of constraints in sensory input, leaving the mind without a leash, so to speak.

This experience of dream bizarreness provides new perspectives and perceptions of reality which may no longer make sense when consciousness returns to a more mundane state. This difficulty articulating dreams upon waking is much akin to the difficulty in explaining one's perceptions and experiences while in an altered state of consciousness, be it of meditative or pharmacological origin.

Art and poetry are often the only ways to express these experiences and the medium of this expression depends solely upon one's own abilities and preferences. The dream itself may also offer new sources of inspiration.

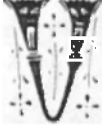
Those who do not consider themselves artistically inclined should not limit themselves. The more one attempts to express oneself via art, the more easily that expression will flow.

The intention is not so much to create a museum quality masterpiece but to allow for the freedom of self-expression. Since the language of the unconscious is symbolic, art is often a better means for its expression. Poetry and prose, when done properly, also create the internal imagery needed to re-experience the nature of the dream and glean further insights from them.



On Dream Work and Self-Improvement

Dream Rehearsals

isualization in general is a useful tool in self improvement. The mere act of strongly visualizing one's success when coupled with a strong, clear intention can go a long way in aiding in its achievement. This technique goes well beyond the realm of magic. Public speakers are encouraged to visualize themselves giving their speech to an interested audience and athletes visualize themselves performing at their top potential. Many forms of therapy also make use of visualization in learning to deal with difficulties and phobias.

Lucid dreaming can provide yet another arena in which to apply these same techniques while sleeping, providing a more direct link to the unconscious through which to plant the seeds of success. As one's skills in lucid dreaming increase one can use the dreamscape to practice public speaking, confront a difficult person, argue for a raise, ask a person out on a date, or improve one's athletic or artistic performance.

As you rehearse in your dreams, allow for positive reactions and results and note the feelings. When the time comes in the waking world to do what you have been practicing, take a moment to relax and remember that feeling. Tap into it or attune yourself to it.

Neuro-Linguistic Programming Techniques in Dreams

Neuro-Linguistic Programming (NLP) is a series of techniques for self-improvement based on the notion that the mind can be "reprogrammed" through the use of language, images, sounds, and other sensory input. Many of these techniques rely on mental

imagery and so Lucid Dreams provide an excellent medium with which to work.

Two NLP techniques of particular use in dream work are *associated states* and *anchoring*.

An *associated state* is essentially a clear memory of a moment in time which one can recall as if looking through one's eyes and perceiving through one's various senses. One can then alter the scene as needed and step "into" that perception of self to feel the feelings which match the projected experience. By doing this, one can relive a traumatic experience differently as if it were real. For example if one were always picked on as a child and it has resulted in low self esteem, one could use associated states to relive those experiences but this time stand up for oneself. The theory is that since memories of the "real" event and those of the modified memory are perceived the same in retrospect, one can undo a certain amount of emotional harm caused by those original experiences.

An *anchor* is the process of associating an internal response with an external trigger so as to activate that response at will. For example if one were to start ritual in a specific manner, such as ringing a special bell a certain way, then eventually one can condition oneself to establish an altered state of consciousness conducive to ritual by ringing the bell in the proscribed way. The sound of the bell will trigger the appropriate response, readying the mind for ritual.

Therapeutic Applications using NLP

For past experiences which have been holding one back, use the NLP technique of an associated state to return to that moment while in a high level of lucidity and change the outcome. If you did not like how you were treated stand up for yourself. If you were taken advantage of tell that person off.

As you begin to relive the experience and become flooded with those old familiar feelings, stop and make your changes. As you do, note well the feelings. When you have found the feelings you want take them back with you.

Consider this: Regardless of whether asleep or awake the feelings you have when experiencing something good or bad are your own. It is often these feelings which stay with us and influence our future choices. For example if we were belittled as a child then those feelings remain and even when not always conscious our actions, choices, and posture may reflect a lack of self worth and low self esteem.

If those experiences can be "corrected" within a lucid dream, those feelings too will remain and in time, with persistence, those feelings can replace the old ones, paving the way for a better life within the waking realm. The more one's confidence grows the more one will manifest those feelings outside the dreamscape. While facing one's fears in a dream is not the same as facing them in the waking world, it's an important stepping stone on the way to self mastery.

Additionally, consider using anchors established in the waking world to trigger a response in a dream, such as gaining the courage to face a nightmare. One can also develop purely dream-based anchors to aid in out-of-body experiences and astral projection as well as lock into a greater level of lucidity in dreams. For example, if one establishes a certain gesture made whenever one finds oneself in a lucid dream, one may be able to use that gesture when only slightly lucid to gain greater control of that dream.

Problem Solving

Much of what was discussed in the section *On Dreams and Creativity* would also apply to problem solving which requires similar aids to creative thinking.

Lucid dreaming can allow one to work on problems in a dynamic environment. One can repeatedly play out scenarios and even design models to see how they might look when manifest in the waking world. Such a process allows one to gauge needed materials and techniques to use when the time comes to create it.

The often unique perception one experiences within the dreamscape also provides insights conscious contemplation in the waking world many not readily provide. Within dreams, one can more easily think "outside the box."

Healing

A well known and effective healing technique in the waking world involves the visualization of healing energy or the anthropomorphication of the healing process (such as visualizing white blood cells as warriors fighting an infection and winning). This technique can also be used within lucid dreaming just as effectively if not more so since it allows further reinforcement unconsciously.

Besides physical healing, one can use lucid dreams to work on various personal issues such as stress reduction, physical therapy rehearsal, and even sexual inadequacies and performance anxiety. (The mind after all, is the most powerful and critical sexual organ we possess!)



On Dream Work and Magic



As magicians, the art of lucid dreaming offers a new medium with which to work. Just as the magic circle represents the universe of the magician - the microcosm we control with the intention of influencing the macrocosm - so the dream universe of the magician can be the incubation chamber for one's workings to ultimately manifest in the waking realm.

Dream Temples

Just as one may create astral temples within which to perform magic upon the astral plane, so too can one create durable dream temples upon the dreamscape through lucid dreaming. Such temples could persist between lucid dreams and occasionally may become the setting for non-lucid dreams as well.

The process of constructing such a space is the same as with an astral temple. Once a high level of lucidity has been established one would transport oneself to the appropriate setting and build the temple through directed visualization. The form and contents of the temple would resonate with personal meaning and symbols.

Groups wishing to experiment with group dream work could begin by establishing a collectively shared dream temple, much like some groups establish astral temples to allow members separated by great distances to still pool psychic resources. To build a dream temple the group would first decide on a location within which to build. When building their astral temple, Nema's Horus/Maat Lodget for example, chose the Moon since all its members could identify with that imagery. The dreamscape can be a bit more vague so using an

^t Not affiliated but noting as an example of a group's active astral temple. See horusmaat.com.

external image like the Moon or a well known landmark such as the Sphinx can serve as the location for the portal into the area of dream space within which to build. Members would then use an OBE technique while dreaming to travel to that location and then enter the portal back into a shared area of the dreamscape. Each would bring pre-established gifts for this temple and add it to the collective creation. Groups could then meet regularly there to help enforce its continued presence within the dreamscape. In time a group may wish to further enforce its dream temple by creating and leaving an egregore there to both guard the temple and assist its members. (See section on dream servitors below.)

Dream Artifacts

Within our dreams we may occasionally come across certain tools or artifacts which resonate with power. When possible, attempt to create these artifacts within the waking world, be it through sculpting, carving, drawing, or any appropriate means. Place this dream artifact upon one's altar or within one's magical chamber to establish a magical link between the waking and the dreaming realms.

Due to the physical limitations of the waking world dream objects may not always be able to manifest exactly as they do on the dreamscape, just as some stones appear differently when wet, so in creating dream artifacts merely provide a practical form for their physical manifestation, knowing that their essence extends into the dreamscape. Just as we interact in dreams via a dream body so does a dream artifact interface with the waking world through its physical representation.

Sigils and Dreaming

Sigils are cast out into the unconscious where they are to be forgotten in order to work unhindered by conscious tinkering or lust for

results. Lucid dreams provide an excellent opportunity for both creating and casting forth sigils.

After achieving a workable level of lucidity, create a dream sigil for the desired result. This can be predetermined before sleeping but better if it is designed and created within the dreamscape. Such sigils can take any form imaginable. One may then cast this sigil directly into the unconscious via several methods:

- > Open a "portal" into the deep unconscious and toss the sigil through it.
- Breath life and movement into the sigil (such as wings) so that it can seek out its final destination on its own as you watch it fade from view.
- Dig a hole and bury it.
- Travel to the unconscious (perhaps via a cavern) and leave it in a dark corner.

The general imagery would be to bury things or toss them into holes and caves to reach the unconscious. To reach the higher self and higher forms of consciousness try reaching towards a star-filled sky.

One may then shift back into deep sleep and allow the memories to fade. Make no effort to recall or record your dreams that night and the memory will likely fade.

There are many resources outlining how to create sigils and any of them can be employed in the waking world to later be "brought" into a dream or be adapted for creation within the dreamscape itself.

Apart from those methods one can try the following. While in a lucid dream visualize the desired result before you. If it is a specific scenario, such as a job promotion, place yourself within that scenario and let it play out. Allow it to become more like a memory of what has already happened. Feel the satisfaction of its attainment. Don't

focus on the means so much as the end result in these visualizations. Once it has become like type of memory, "step out" of it and condense it into a sphere which rests upon your hand. It may keep this form or naturally take on a specific form (or be given one if so desired). This dream sigil may then be planted in the unconscious or cast out into the universe to manifest itself.

Dream Seeding and Communication

Dream seeing involves using dreams to implant ideas or images into the dreams of another in order to communicate or influence that person in some way.

Since the unconscious speaks via symbolism, direct communication with others via dreams will prove difficult. However planting an image which resonates with the idea one wishes to convey may well up into consciousness.

While this would not prove an effective means of communication, it would provide a means of experimentation where the results could be measured. Using a lover or trusted friend, one can attempt to implant imagery into that person's dreams and then review the subject's dream journal to see if the images appear in or seem to influence their dreams.

A practical application of this technique may be in influencing someone via dreams. For example if trying to make contact with a long lost friend one could regularly implant one's own image or one of fond memories together in the hopes that it will encourage the target to begin thinking of you and possibly seek you out. Likewise such continued implantation may inspire or persuade someone, however subtle, toward a desired idea or even encourage nightmares when known insecurities are exploited. Obviously this can be construed as a form of psychic attack and so must be approached carefully to avoid misunderstandings or return fire.

One final consideration for dream seeding is the use of NLP techniques in the waking world to plant the seeds which would sink into the unconscious and later be expressed in dreams, just as how imagery from movies and television shows may be weave themselves into the fabric of one's dreams that evening.

Within NLP there is a theory that we each favor a particular sense or senses. For example some people are more visually oriented and so might be found using expressions like "you see what I mean" or "I see," while others may be more auditory-oriented, using expressions like "I hear what your saying."

Knowing what sense a subject favors allows one to build better rapport with that person and be more likely to influence that person. For example when presenting an idea to someone who is visually oriented one would want to present images and encourage the subject to "see" what you are trying to relay. Thus a car salesman might tell a prospective customer to picture oneself driving the car and being the envy of those one passes, or he might encourage someone more kinesthetically inclined to *feel* the comfortable seat and the smooth ride.

Using this technique one could initiate a conversation with the target reasonably soon before that person would be retiring to sleep and attempt to plant an idea through calculated attention to that person's favored senses. It is then possible that those ideas would more readily "sink into" the unconscious and play out in the course of that person's dreams.

Dream Servitors

A servitor is a thought form "robot" which the magician creates and "programs" to perform a specific task or function on behalf of the magician.

For example, one may create a servitor to protect one's home or to locate rare books which one desires to obtain. The process of creating such an entity will vary with the magician but the general process is similar to that of a creating a sigil. One would establish a name which one would then sigilize into a glyph used to represent the entity. One would then charge the entity through the sigil, giving it a form via visualization. Often a physical representation of the being is then provided as its "home", allowing for a link into the physical world, much as one would do with dream artifacts.

Since servitors are thought forms, created from the energy of the mind, they are well suited for use within dreams, which are also a construct of the mind.

Some of the ways in which a thought form could be used within dreams include:

- Assist with nightmare resolution by offering encouragement or intervening in antagonistic encounters.
- *> Assist in finding new ideas or a solution to a problem while dreaming.
- Assist in achieving lucid dreams, perhaps by locating you in a dream and reminding you that you are dreaming.
- Assist with OBE and astral work. By their very transitory nature, thought forms "know the way" out of the mind and could lead one through such portals.
- Serve as an emissary into the dreams of others, implanting messages and imagery or perhaps reporting on the nature of their dreams.
- Find hidden wisdom or old memories buried within the unconscious.
- Assist in making contact with one's superconscious or higher self.

These are just some of the ways in which to experiment with servitors and seek practical results.

One can also consider lucid dreaming an ideal place to create and program a servitor in general, be its destination the waking world or the dreamscape. After all, visualization is the key means of creating such entities and lucid dreaming provides an excellent medium for this, especially if one has already created a dream temple within which to work.

Another type of specialized thought form is an *egregore*, usually defined as the "spirit" of a place or group. Such entities are often created naturally through continued interaction and then intentionally focused through visualization and other techniques essentially the same as the creation of other forms of servitors. Egregors are particularly suited for group work since they are composed of the psychic energy of more than one person.

Dream Grimoires

The concept of a dream grimoire can be used in several ways depending on the nature of the task and could well be considered a type of servitor in itself. It is essentially a magical tome or record within the dreamscape.

Some uses of a dream grimoire include:

- Gaining access to the insights of one's higher self. Direct communication with one's superconscious may not always be feasible and so more indirect means of communication such as a dream grimoire can provide that first contact and open the door to further inspiration and insights. By reading the Grimoire one will pull down magical ideas and symbols. Remember that in most standard grimoires dealing with the communication of one's Holy Guardian Angel, it is the angel which teaches the magician personalized rites and techniques.

A dream grimoire provides a means of expressing those ideas to the dreamer.

- Means of communication with others, especially when placed within a collectively shared dream temple. Members could record magical ideas and workings which other members might be able to tap. Since reading in dreams is very difficult, such grimoires are more likely to plant seeds of inspiration rather than provide specific information. Groups may use such books in order to inspire future generations to follow.
- To many who work within the framework of the Cthulhu Mythos, the "true" Necronomicon is perceived as something which can only be accessed within the dreamscape since it deals with forces which are beyond our full conscious comprehension. Thus the various books in print which claim the name are at best attempts to articulate that wisdom which has been gleamed within the pages of the dream grimoire known as the Necronomicon. All who work with the Mythos are encouraged to seek out their own means of articulating or expressing their encounters with this book or the Current itself which flows out of the dreamscape from more subtle realms. Often art, more than words, is found to be a more suitable a medium but each will find his or her own way to express these mysteries.



On Dream Work and Initiation



While dreams can provide an initiatory tool as one strives to increase or reach one's full potential and come closer to a relationship with one's "higher self", not all aspects of dream work are initiatory.

The use of dreams in therapeutic work for example, is often mistaken as Initiation instead of the groundwork for it. Therapy, be it formal sessions or self-exploration, can help to pull together one's fragmented and often-contradictory sense of self into a more realized whole. While this process of individuation, as it is called in Jungian psychology, is never fully completed, it can provide for a more stable sense of Self which includes the many neglected or denied aspects of one's personality. One also learns to acknowledge and own those repressed aspects which have unconsciously been influencing one's behavior and manifesting as self-destructive patterns and a general sense of lacking, allowing one to take greater responsibility and control of one's life.

As discussed in the section on nightmares, internal and external issues we have been denying will eventually express themselves in the form of threatening or frustrating characters and situations in dreams. When these nightmares are understood and faced, not only do the dreams lose their oppressive hold, but the individual is then able to deal with the underlying issues in the waking world as well, allowing for personal growth.

The more stable we become as individuals the more effective we become as magicians. Those who are slaves to social conditioning and self delusions sacrifice too much of their personal energy maintaining their illusions rather than striving to manifest their true Will. The practice of Magic is often deemed a danger to one's sanity not because of the Magic itself but because an inflated ego fed by projections and misidentifications can only hold up to so much weight of the initiatory current before crumbling into an identity

crisis or psychosis. Without a solid foundation on which to develop one's identity, ego inflation becomes unchecked.

Thus therapeutic work plays an important role in preparing an Initiate for the Great Work. It allows one to shed illusions and self-imposed limitations, allowing one to transcend to greater levels of personal Initiation.

As a wise and rather peculiar man* once said:

Therapy is about ending nightmares.
^ *Initiation is about Awakening from Sleep.*

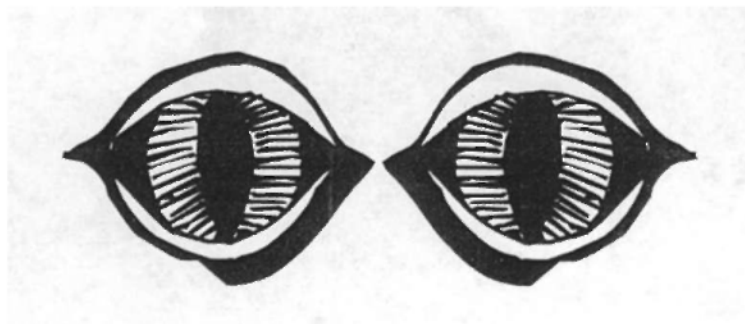
Outside of therapeutic work, one can still use dreams to promote one's Initiation. For example, just as lucid dreaming can allow for an internal dialog with the unconscious, so may it also provide communication with what some might call the superconscious, higher or "divine" self, or Holy Guardian Angel. During such communication we can ask questions about what we need to further our Initiation or what may be hindering it. Fresh perspectives and new insights may often be gleamed from such communication, although one should always be wary since things are not always what they seem in dreams.

Just as one can be a slave to the self-delusions of the ego in the waking world, so can they carry over to the realm of dreams, especially lucid dreams. When one's "higher self" offers only shallow cliches and flattery it is a good indication that the entity is merely an emissary of the ego.

Likewise, having the ability to shift into lucid dreaming at will and be a master of that inner universe does not necessarily apply said mastery to the waking world. That which offers no practical value upon waking is nothing more than fantasy. It is akin to memorizing Enochian calls and assuming that such knowledge in itself infers the

t Priest Fitzsimmons, Temple of Set

ability to summon and control angelic beings. Such masturbation of the ego will not lead to Initiation and is unbecoming in a magician.





Exitus



hus ends this Grimoire, but the true Work only begins.

Remember that Intention and Perseverance are the greatest tools in dream work. The gift is inherent in our very being and need only be unlocked by the Will to claim it.

May the Eye of the Dreamer peer deeply into the Abyss.

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Ia Cthulhu! Cthulhu fhtagn!





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Besides his publishing work, John J. Coughlin is the author of *Out of the Shadows: An Exploration of Dark Paganism and Magick, Ethics and the Craft*, and *Liber Yog-Sothoth*, as well as creator of various websites found on WaningMoon.com catering to various pagan, magical, and gothic communities.

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