

Natural Induction of Lucid Dreams

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For about three years now, I have been inter-ested by out—of—body experiences, because these experiences happen to me once in a while (appx. 1/month). Feeling very frus-trated not to be able to trigger this phe-nomena, I read all the available literature in French and English on the subject, looking for some sort of techniques. One of these books was Oliver Fox's "Astral Projection," in which the author explained how he made use of lucid dreams to produce out—of—body exper-iences. Knowing a little about lucid dreams, I decided to try this technique. But the problem now was to induce lucid dreams. I tried various techniques mentioned in a cou-ple of books I had, but I wasn't too satis-fied with them.

Then, trying to find a better one, I came to think that to be conscious during a dream, I first had to be conscious during the day. Now, that sounds silly! We're all conscious during the day, aren't we? No! Most of us are not. Most of the day, we're always in-volved in something, doing this or that, then still something else; we're just as busy as in our dreams. Never do we stop to think:

"I am here, now. I'm perfectly conscious that I exist. I hear this noise (whatever it is) now. I see this thing, or these things now. I smell whatever now. I know who I am, where I am, what I'm doing and why, where I live, and all my memory is available to me now.'"

We tend to live a great deal in the future and/or in the past. We use our actual perceptions to remind us of what we've done, of what we intend to do. Either we do things without being really conscious of doing them, either we're so focused on our own thoughts that we are no more aware of most of what is around us. I'm afraid this is not very clear but the whole idea came intuitively and synthetically to me, and I find it very hard to put into words. (Still more in English words...)

Anyway, what I did then was to write a big "C" (for conscious) on my left hand to remind me as many times as possible to be conscious during the day. I'd see it every time I'd look at my watch, and many other times too. After one week of this training, I had my first lucid dream, and ever since I never went under an average of one lucid dream per week! After three weeks, I didn't need the "C" on my hand anymore, I was spontaneously conscious during most of the day.

Then I added some refinements to the technique: I'd consider the whole world as my own creation, and to help this, I used George Leonard's idea of using one's senses, not as a means to establish the limit between you and the outside world, but as means to be in constant contact with this world. I tried (and managed to) to feel the outside world inside me. Still another addition was to remind myself of being conscious every time any

emotions, good or bad would manifest itself. In case of bad ones, it had the advantage of making them disappear. This particular addition is especially good for beginners. It raised my number of lucid dreams to three per two weeks.

This whole technique, mainly to be conscious during the day, brought me lucidity; but other results just as important came to, I'm not mentioning them now, because they might influence other people's results. But I'd be very glad if some people were to try this simple technique and report their results. The "secondary" results tend to be noticed much later (1 or 2 months) because they're unexpected. Having shared this technique with friends who tried it, I can guarantee quick results. This technique has, at least for me, another advantage, that of being natural. I have much respect and admiration for Dr. Hearne's work in the field, but I'd use his machine for the same purpose tantric buddhists used mescaline: to have a good glimpse at what one's heading for!

Original source: *Lucidity Letter Back Issues*, Vol. 2, No. 1, January, 1983, page 38.