

Communal Lucid Dreaming: An Introductory Technique

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During the last ten years, I have had hundreds of lucid dreams. They are the most exciting, pleasurable and valuable new element that I have discovered during this very eventful past decade. Any individual who had had the opportunity to experience many lucid dreams may also treasure them as I do.

Even though I find all lucid dreams to be exhilarating, there is a special class of dreams that I prize more than others. These are the communal lucid dreams that I share with friends while we are all in the lucid dream state together. I want to provide other lucid dreamers with the techniques that we use to fashion these group experiences. They are very simple and I'm sure that many people will want to experiment with them. Some individuals will discover that they have a special knack for using this approach, some will find it unproductive, and some will find a variation more effective for organizing the group dreaming experience. These procedures usually work best in the early morning hours after most of your normal sleep requirements have been filled earlier in the night. The afternoon hours work well only if there have been arrangements made with the other participants. The couple or the group, must be in a receptive state of mind at the same time that everyone wants to attempt the experiment.

All variations of this technique require that the potential participants be in one of the following states of consciousness:

1. the lucid dream state
2. the ordinary dream state
3. a sleeping state that supports dreaming (not excessively tired, drugged, etc.)
4. a deep meditative or pre-sleep state with eyes closed and the body in a reclining or seated position

The usual starting point is from within the lucid dream state. I suggest that the dream environment be cleared of all distracting objects and/or characters. Simply move away from these possible diversions or will them to disappear. Although not a requirement, this does seem to slightly increase the prospects of success in the venture. Now, in the dream, close your eyes. Once again, this is an optional directive, but since the rest of the instructions involves a very idiosyncratic thought process, this will help to focus the imagination for the task.

The first important step is to create the most desirable dream climate and surroundings for initiating a shared lucid dream. Do this in the usual manner of lucid dreaming fabrication - that is, by projecting your mental images, which then become the

reality perceived in the dream. The locale you want to create is a site, near the place where you usually meet your selected ‘target person’ during your normal waking life. This may be a living room, an office, a classroom, a park. etc. As augmentation to the details of the ‘physical’ landscape like furniture, plants, walls, etc.. include the additional thought that, in the nearby accustomed place, the intended person will be there too. Do not try to find your friend immediately. Stay where you are for just a moment. Of course, you can open your eyes intermittently in the dream to check the surroundings, if you desire. If you usually meet someone within a particular room, create the area right outside the door which opens into the room and wait there. If you usually meet out-of-doors, position yourself about 50 yards away and out of the direct sight of the accustomed meeting spot. The critical part of this technique is that all the while, you must be thinking about what it is like to be near the target person, what it feels like to be in their presence. Meditate on that person and visualize every detail of their appearance. Try to recreate the psychic vibrations that you receive when you are with them. Whether or not one is successful depends mainly upon how accurately and how strongly one is able to counterfeit, in the dream, the interpersonal feelings which are exchanged between the two people involved. Potential success hinges upon this, so take your time and get this part right.

Many of these “vibes”, including electromagnetic sensations, exist in a very real, physical, substantial manner. Many are quite ethereal. Some can be recorded and displayed in an analogous manner with the proper type of electronic equipment. We are all familiar with the EEG (electroencephalograph) which has rapidly become a standard diagnostic tool of medicine. It measures some of the many ‘brain waves’ that we all continuously propagate throughout our life. In turn, we are bathed in the spectrum of brain wave broadcasts of our fellowhumans, There exists a multi-channel symphony of bio-consciousness beckoning to us just below our routine threshold of awareness. In 1988, can anyone still doubt that this is true? At Ohio State University, there is a radio telescope which is used to scan the interstellar depths for alien radio waves. It is part of the international SETI (Search for Extraterrestrial Intelligence) project. If you were to stand on the reflector while the telescope was operating, the natural radio emissions from your body would drive every needle on the monitors right off the scale (Easterbrook, 1988). This is witness to both the sensitivity of the machine, and the reality of bio-broadcasting. The apparatus that we have available to reconstruct these interpersonal impressions is a combination of the creativity of our consciousness, imagination, memories, etc. It has been my experience that this is an extremely faithful and precise instrument for reproducing this “electromagnetic gestalt”.

Once convinced that you have distinctly duplicated the spectrum of physical and emotional components (mentally mimeographed the psychic fingerprint of the relationship) then you can search for the target person in the lucid dream. Depending upon where you have previously positioned yourself in the dream, near your target, you can now open the door, or walk across the field, or turn the street corner, or walk

through the threshold and approach the accustomed meeting place. Open your eyes, if they were closed in order to concentrate more easily, and, in the dream, move toward your friend. Of course, all the while, maintain the vivid interpersonal mental image which you have so carefully manufactured. The clearer and more detailed the total picture, the stronger and more persistent is the self-reinforcing feedback loop which develops. If this image falters, the prospect of success disappears; but maintaining this memory is not difficult.

If successful, you can find your friend there in the dream. If the individual is not immediately seen, do not stop looking. They may take a little while to show up. Look in the closet, under the table, in the next room, maybe up in the trees if you are outside. After all, this is a dream, so you can still expect a lot of surprises. Don't give up if you don't see who you are looking for right away. Keep the mental image intact and persevere.

Alter a reasonable amount of time spent searching, if you cannot locate the target person, we may assume that the timing is wrong (the target may not even be asleep at the time), or that the psychic picture is somehow incomplete. At this point, go back to the beginning and select another person to aim for and create another composite image.

Now, I must mention that just because you are able to find the intended person in the dream, that does not mean that this individual is really there with you in the lucid dream state. Of course, the other entity in the dream may merely be one of your dream characters. This technique is not fool-proof (sic), and it will not work every time. It is no secret that, in a lucid dream, one is capable of producing life-like reproductions of the human beings that we share our waking time with. The process of generating a psychological mold with the intellect only allows the possibility for real contact to be made through the dimensions of the dream state. No matter what happens, the only way to be certain that you both have participated in a shared lucid dream is to subsequently document this fact with your dream partner upon waking. Only after repeated verifications and familiarity with each other in the lucid dream state, can you become confident of the real nature of what transpires. After the initial exploratory questioning and corroboration with partners, there comes a time where no further validations are required. The concept is accepted, and the technique becomes a fantastic and magical tool,

Before I discuss variations on the method, there are a few more important facts to mention. First, it does not matter how far away from each other the two dreamers are when they attempt to have a lucid dream together. I have verified that people as far away as Florida and California have reliably and repeatedly induced communal lucid dreams. If this trans-continental distance does not pose a barrier, there is every reason to believe that physical separateness has no bearing on the efficacy of this technique. As a conjecture, possibly the contact takes place in the dimensions of this universe that exist in addition to

the four dimensional space/time continuum that we are so familiar with, One of the newest cosmological theories to gain a measure of acceptance among physicists throughout the world, superstring theory, claims that there probably are ten dimensions in this universe (Green, 1986). The mathematics of the concept demands this facet of the theory; that there be nine 'spatial' dimensions plus the dimension of time. That yields six supplementary dimensions in addition to our mundane and familiar 4-D world. These are dimensions that obviously cannot be accessed from our normal, prosaic state of mind. Maybe it requires an altered state of consciousness, like lucid dreaming, to gain entry to them. I don't regularly look to physics for encouragement or reasonable explanations regarding poly-dimensional realities which I have already sampled in altered state experiences. But, in this case, superstrings in ten dimensions does sound plausible and useful to me because I have indulged in exploits in more than four dimensions already. Haven't you?

Secondly, there is no limit to the number of people who can participate in a communal lucid dream. In fact, the more participants, the more stable the dream environment becomes. Unlike the individual who may find their lucid dream ended suddenly and unintentionally, the influence of multiple dreamers typically allows a longer lasting experience and the opportunity to reenter the dream if, for some reason, one happens to lose contact. Also, with more than one dreamer, it becomes easier and more reliable to reach out to bring additional people into the experience, if desired. Two dreaming heads are better than one. Ten are better yet. There is a snowballing effect as each new participant makes the dream environment more magnetic and sturdy.

I am aware of two major variations to the method that I have described so far. Some people do not need to initiate the attempt to make contact while already in the lucid dream state. Constructing the psychic image of the target person may be coupled with methods of inducing a lucid dream, such as Dr. LaBerge's M.I.L.D. (Mnemonic Induction of Lucid Dreams) routine for instance (LaBerge, 1985). When these are done in tandem, a successful contact may occur instantaneously upon the start of lucidity.

The other variation compresses the two stage approach from within the lucid dream. Instead of positioning yourself somewhere near the spot where you hope to find the target person residing, go directly to the best place to look as soon as the metaphysical-psychological facsimile has been conjured up. Some people will find that this works better for them. It is a matter of determining which feels most comfortable to you and, most importantly, produces easy, consistent, authentic success. Experiment and discover for yourself what works best.

As with most things connected with the manipulation of the lucid dream milieu, once you become aware of what is possible, you can extend the boundaries of your own imagination to match the newly expanded horizons. Then, it is feasible to set your will to the new task and make it happen. Even though group lucid dreaming is not a new concept

at all, this may be the first time that the notion has been presented to you for your scrutiny. If you are skeptical, that's great. I don't immediately believe everything that I hear either. Until I have either proven it for myself, or heard it from so many other reasonable people that the overwhelming volume of evidence is convincing, I'll reserve judgement. If the prospect of shared dreams intrigues you, think about it, talk about it, and do it for yourself. Good luck!

References

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