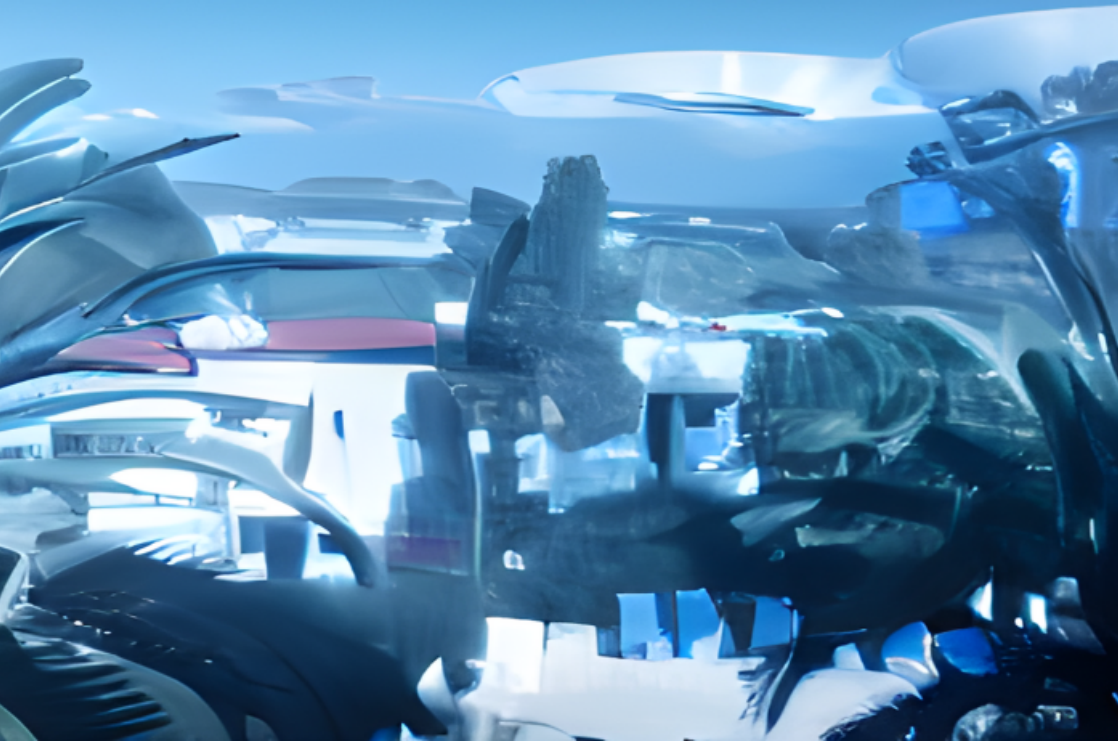
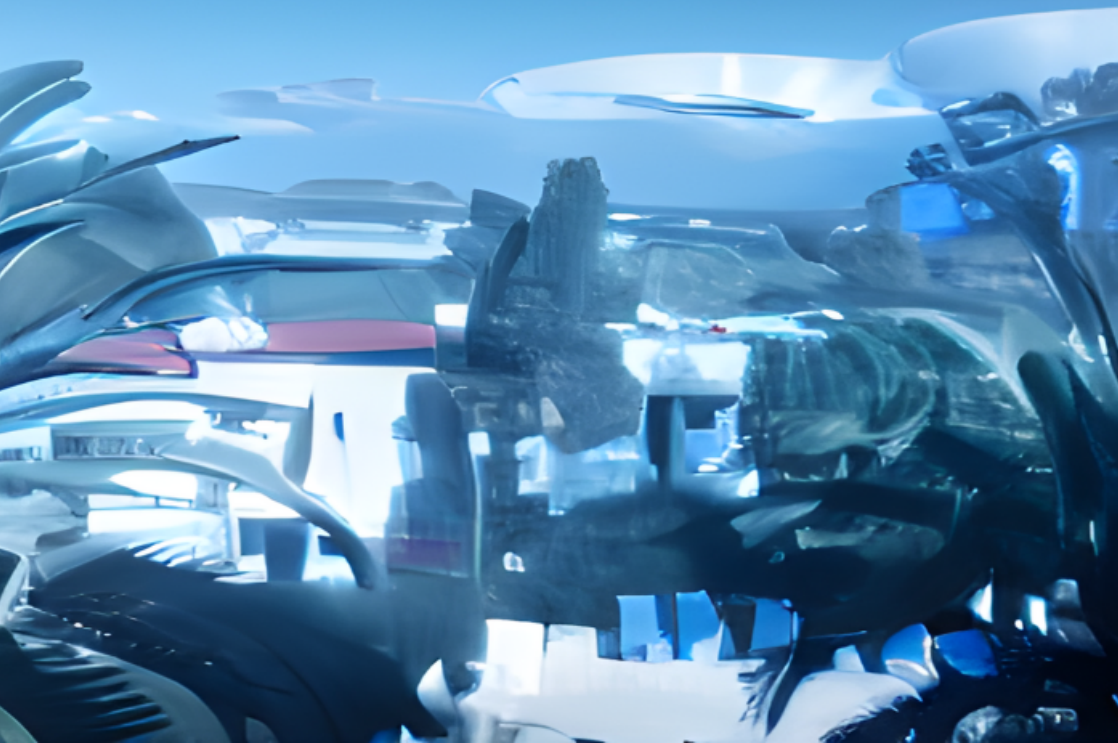




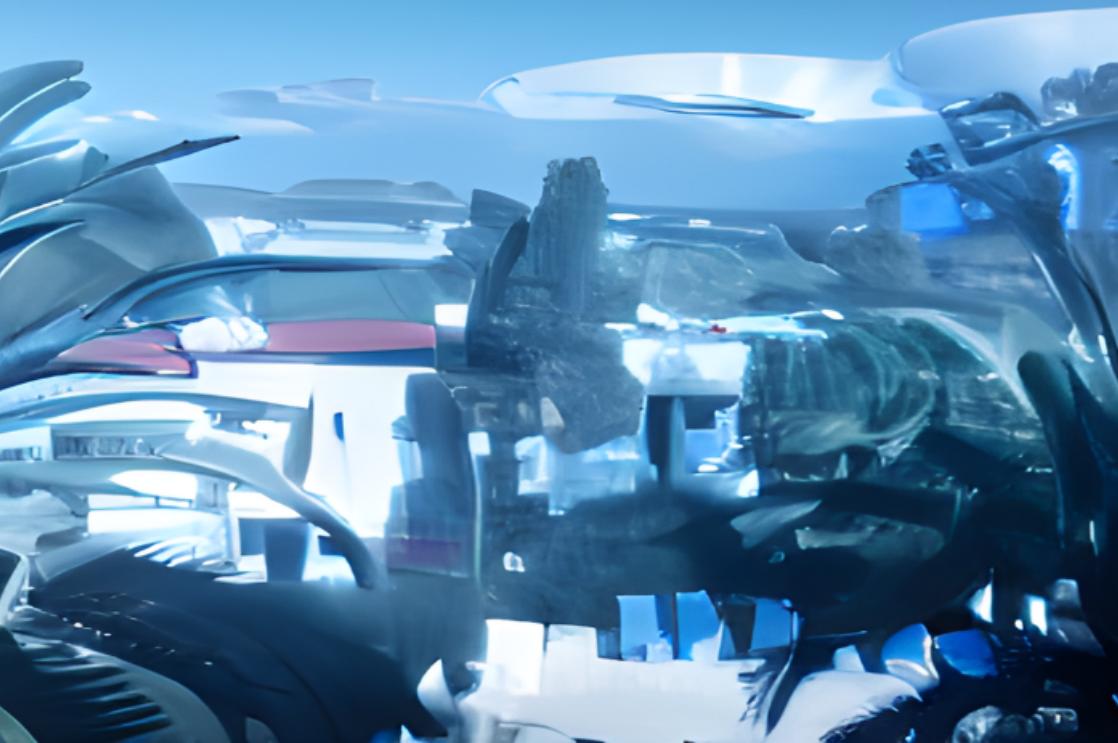
SPEYE guide to Lucid Dreaming



Make sure your bedroom is as dark as possible or wear an eyemask. Settle yourself in bed and take some, slow deep breaths



Consciously move your awareness
bit by bit through your body
inviting in a feeling of deep
relaxation. Continue to mentally
scan your body, releasing any
tension and feel yourself starting
to move towards sleep.



As you start to feel yourself drifting, separating from your body and sleep creeping in, without opening your eyes pay attention to any lights or moving images that might be starting to appear behind your eyelids.



Now bring your awareness to your energy body by releasing your focus from the physical and start to imagine yourself as pure energy. Continue to observe the lights, images, moving shapes, whatever it is you see behind your eyelids.



At this stage the temptation is to simply fall asleep (which you probably will the first few times you try) so do your best to keep your attention on the lights, images, faces, shapes, whatever it is you are seeing.

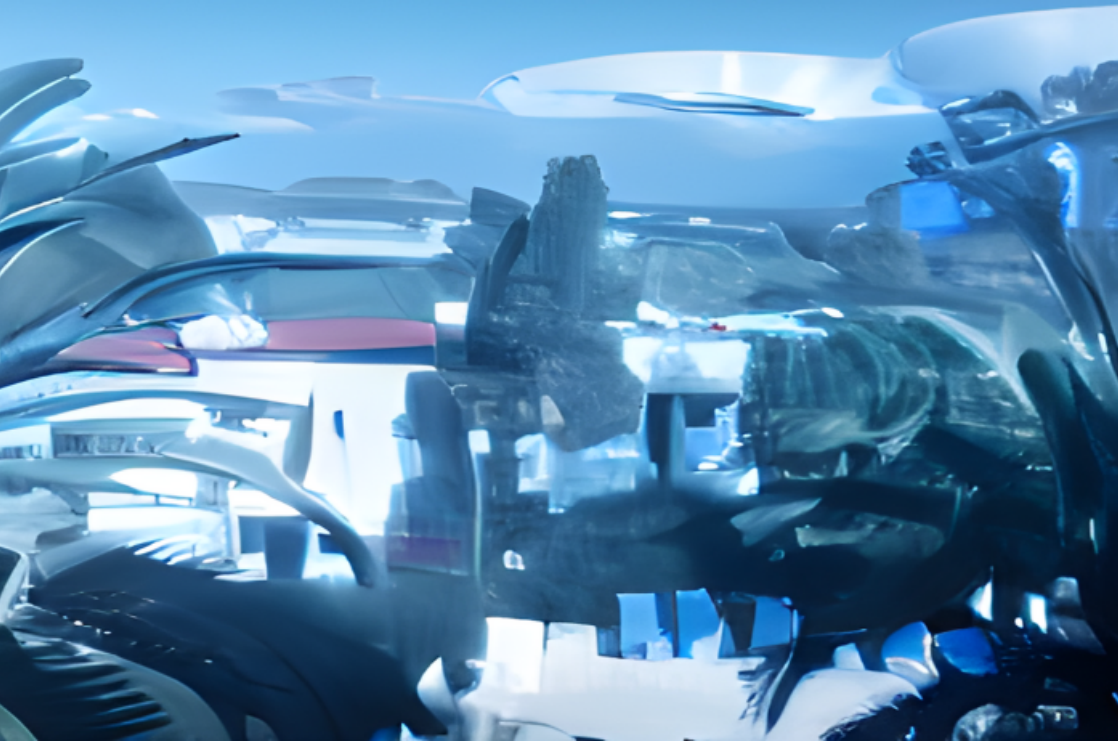


Once you are settled into this and seeing more and more, remembering to maintain your awareness of yourself as an energy body, you need to now use your eyes in the way the SPEYE glasses have trained you.

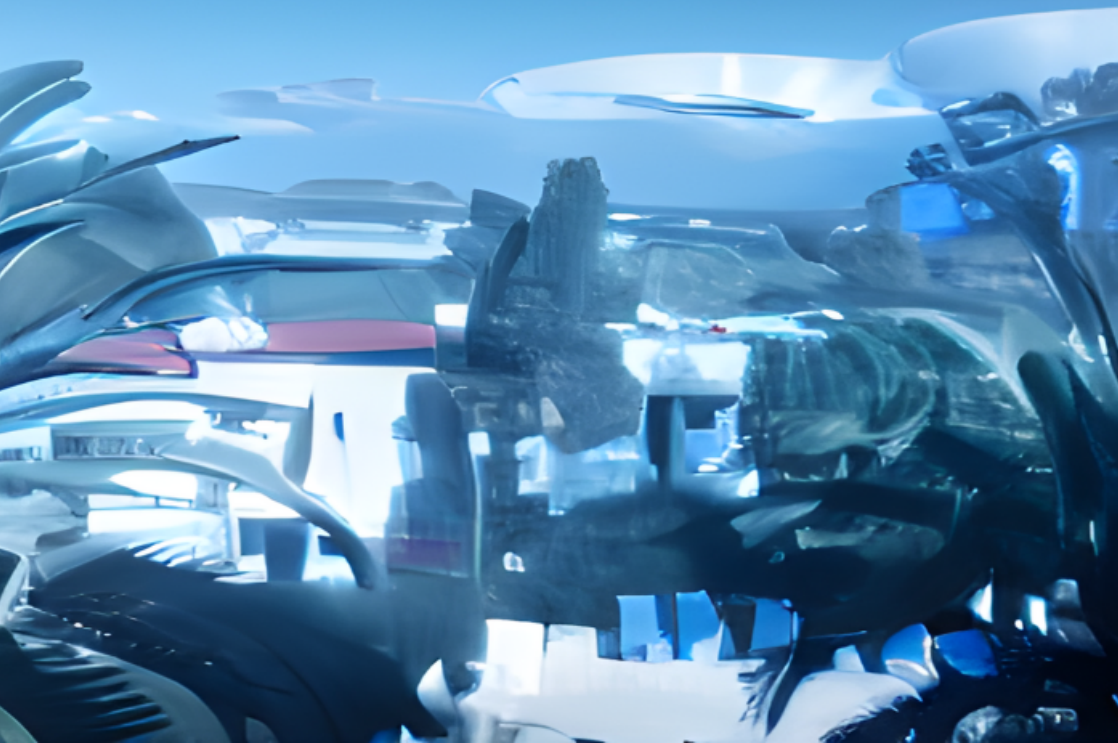


Imagine you are looking through the SPEYE glasses at the images and you will switch to using your Foveal (highest resolution) vision.

THIS IS THE KEY TO
LUCID DREAMING.



Once you do this you may start to feel like you are being pulled out of your body into the dream, try to stay calm and not let your excitement bring you back into your body.



Play with this process as much as you need (it may take several attempts) to train yourself to move effortlessly from waking, to going to bed, to deep relaxation, to moving straight into a fully lucid dream.

