

Dreams, Lucid Dreams, Dreams within Dreams, and Nightmares/Night-terrors

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I'm a bit foggy from sleep right now so if I wane incoherent, please forgive me. Let me introduce the title of this essay with a "test if you're really dreaming":

1. if you think you might be dreaming, find a book
2. open the book to a random page and stare at the text
3. if the text is blurry and constantly changing, you're in a dream;

NOTE: this test FAILS in lucid dreams

As of writing, I don't have an "acid test" for lucid dreams.

Lucid dreams: for me, absolutely no different from reality. Can't confirm/deny whether you're actually dreaming or not. Just have to "wait it out". In my experience, they're not inimical/dark/sinister so there's nothing to worry about getting trapped in a lucid dream. They usually have some "important message" for you personally. As with anything, the meaning/interpretation is totally up to you.

Dreams within dreams: this has only happened to me a few times in my life BUT they had remarkable similarity in three ways with the movie Inception:

1. you can't wake up to reality directly
2. you must first wake up from the deeper dreaming in order to finally wake up to reality
3. time really does slow down in the deeper dream so you could spend a day in the deeper dream state while only 5 minutes sleeping in the higher level

Nightmares/night-terrors: I'm a kind of "expert" about this topic so please pay attention. As a kid, I was plagued by night-terrors. It seemed as if demons were hovering around me trying their best to insight/inspire terror which they seemed to literally feed on. Initially, I had a "trick" (which later failed so don't waste your time): knowing I was trapped in a demonic-inspired dream, I would scream and scream to wake myself (and of course the whole family) up.

Eventually, the demons got wise to this technique and somehow made me feel drugged and unable to wake up by simply screaming my lungs out. So eventually, I had to devise another "trick": face my fears. So, if the demons appeared as alligators with gaping mouths, I would grab the mouth with my hands and put my head inside the mouth without fear knowing it was a dream and couldn't really hurt me. Or, if they appeared as floating vampire heads with blood dripping from fangs, I might grab one of the heads and force the fangs into my neck without fear again realizing they could not really hurt me. Eventually, the night-terrors faded and stopped happening; they could no longer feed on my terror that didn't happen because I faced my fears no matter the incarnation.

Some cool quotes:

"no matter what you do today,
tomorrow will arrive regardless"

"you don't know how important something is
until you don't have it"

"positive change, with respect to a movement/person,
can ONLY happen from WITHIN"

"transformation is permanent only if we nurture it"

"life is an alternating sequence of
shit and steak / ice cream; the trick is to
deal with the shit gracefully"