

LAMA LODRO : Lucid Dreaming & Dream Yoga : May 2024

DREAM CLARITY and SLEEP QUALITY

{A}. EXERCISES when AWAKE for DREAM CLARITY and RECALL

1. As a conscious exercise of imagination when awake, pause for a few seconds at least 10 times a day, assume you are dreaming, ask yourself “Am I dreaming?” and do a Reality Test. You can link this exercise to a frequent physical action, such as opening a door, to help you remember to do it.
2. When you have a strong emotion while awake, or drift into a day dream, or get lost in thought, ask yourself “Am I dreaming?” and do a Reality Test.
3. Adjust your schedule to get more sleep to get more REM Peak Dream Time.
4. Write down your intentions to remember your dreams in a dream journal.
5. Record your dreams, fragments of dreams, images seen in dreams, and feelings experienced within your dreams in your dream journal.
6. If you wake up with no recollection or impressions from your dreams, write a beautiful story and label it as the type of dream you would like to experience.

{B}. DREAM JOURNALS

Research found that dream journals are most effective as a forum for your inner being when kept private. Lock up your dream journals if necessary to prevent snooping. If you want to share something from your dream journal, make a copy.

1. OPTIONS AND DEVICES FOR RECORDING YOUR DREAMS

- Audio Recorder : Lama Lodro has a small hand-held dictaphone with widely-spaced easy-to-feel buttons that he can use in the dark immediately after waking up from a dream. He uses a speech-to-text app to convert his audio recordings of his dreams to document form for his dream journals.
- Paper Notebook (Japanese study found paper was best for memory retention)
- Electronic Note Tablet with writing and drawing features.

2. WHEN WRITING OR DRAWING YOUR DREAM RECORDS

- Use a pencil or erasable pen.
- Leave extra spaces for changes and additions when writing your dreams.
- A fast, easy, unedited – but legible – “first draft” process is advised for your dream journal. **MOST IMPORTANT** is to record your information as quickly and thoroughly as possible. Refinements can be done later.

3. PREPARING YOUR DREAM JOURNAL BEFORE SLEEP

- Record the current date and time before sleep.
- Record your intention to remember your dreams when you awake.
- Summarize your emotional state, physical health and energy.
- How much time has it been since you last ate.
- How much time since you turned off all devices.
- Note anything that happened which might impact your sleep and dreams.

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4. **IF YOU REMEMBER A DREAM** or a series of dreams or dream fragments or an impression of a dream or a feeling you think was caused by a dream :
 - As soon as you wake up, lay still with eyes closed for 5 to 10 minutes and review everything you remember about your dream.
 - Then record the dream in your journal.
 - List the strongest feelings and significant themes in your dreams.
 - Draw simple sketches of important images or scenes in dreams.
5. **ADD A PERSONAL STATUS UPDATE AFTER RECORDING A DREAM**
 - Are you tired or do you feel rested?
 - What is your emotional state?
 - Does your physical body feel comfortable, warm, cold, sweaty, ill?
 - Include extra details you consider relevant, such as “I’m hungry”.
6. **REVIEW YOUR DREAM LATER IN THE DAY.**
 - If inclined, while doing your review add extra details about the dream and note if the dream has any connections to anything in your life.
 - Look for and mark the dream signs and reoccurring content in your dreams.

{C}. FIVE REALITY TESTS

Reality Tests done at intervals during your waking day help you remember to do the Reality Tests in your dreams while asleep. Reality Tests done within your sleeping dreams helps you recognize you are dreaming while in the dream, which helps your dream evolve into a Lucid Dream.

When doing Reality Tests while awake, do 2 or 3 in the same order each time.

Rehearse your Reality Tests before going to sleep to help add them to your dreams.

1. Ask how did you get where you are? Where were you a minute ago?
If you can easily and clearly remember the answers, you’re probably awake.
2. Quickly review in sequence the input from all your senses : What do you see? What do you hear? What do you smell? Can you taste a flavour? What do you feel when you touch something?
3. Look at a digital clock, which is best option because they are more precise. Note the time, look away, and quickly look back at the clock. If the form of the clock has not changed and it shows an appropriate time, you’re probably awake.
4. Read some printed text, look away, look back. If you can still read the text and it did NOT change, you’re probably awake.
5. Close your mouth and pinch your nose closed. If you can’t breathe through your nose, you’re probably awake. If you can breathe while both your mouth and nose are closed, you are in a dream.

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{D}. OPTIMIZING Your SLEEP CYCLES IMPROVES Your DREAMS

1. A regular schedule stabilizes sleep cycles – same time to bed and awake.
2. Your immune system affects sleep in many ways, and your immune system's lymphatic circulation, which is moved primarily by muscle contraction, benefits from daily exercise such as walking, qi-gong, or yoga.
3. Relaxation before bedtime of body and mind supports restorative sleep and more stable dreams, so:
 - No food 4 hours before sleep.
 - No caffeine 8 to 9 hours before sleep.
 - No alcohol 6 to 8 hours before sleep.
 - Many tests show ingesting THC or nicotine disrupts sleep cycle and dreams, but each person has to test that for themselves.
4. Stop media and blue-light exposure at least 1 hour before bed. Experiment with timing. Lama Lodro's cutoff for media is usually 2 hours before bedtime.
5. Gentle physical relaxation methods before sleep can include:
 - "Rivers and Streams" exercise : gentle patting of arms, legs, and torso
 - Stretching and low-impact physical movements
6. A clean bed and body improves comfort and relaxes your physical senses. Additionally, a hot shower or warm bath before sleep helps relaxation.
7. Keep the bedroom dark when sleeping or use a comfortable light-blocking eye mask. Lama Lodro advises that light-blocking eye mask should have enough cushioning around the edges to contour to your face and NOT put any pressure on your eyelids.
8. What is the air quality in your bedroom? Do you need an air purifier to help your breathing?
9. Experiment with gentle levels of pleasant fragrances in your bedroom. Lama Lodro's personal experiments confirm the research that found pleasant smells promoted more positive dreams while unpleasant smells increased negative dreams. It is important that an added fragrance does NOT cause any irritation.
10. Lab tests have identified that the best sleep postures for critical thinking and dream recall are on your side or back.

May All Beings be Free from Ill Will, Disease, and Anxiety.
May All Beings have appropriate Abundance and Access to Wisdom Teachings.
May All Beings Guide Themselves to the Bliss of Enlightenment.