

## Lazy Monkey's Barebone Dreaming

(from 0 to sci-fi, hopefully)

There are lots of good tutorials about Lucid Dreaming and related funsies. Most of the things I've seen posted around or linked in this page offer solid, effective advice. However, as I've recently found myself introducing (my views on) the subject with different people, I thought it could be of some use to put down the points I usually end up repeating.

This brief list of tricks is intended both for those who just decided to give it a try and are starting out, and for those who already do it their own way just fine. It's mostly stuff derived from my own observations and those of some close friends, and it's pretty much compatible with any style or method (as far as I know).

Due to the effort to keep the focus on experience, I won't go looking much for the "proper" names or interpretations of such experiences. If I get something massively wrong, feel free to insult me through your favourite social media.

- *Point Zero dot Zero: Get enough sleep (or find a workaround)*

You would be surprised by the amount of people, either in forums or offline, that get curious about dream related stuff, but when asked "How much do you sleep?", answer "Oh, five hours, tops".

It also happens surprisingly often that people who used to lucid dream a lot just "lose the ability", and are puzzled about it until someone points out that it happened just around the time they utterly fucked up their sleep schedule (usually due to getting a job, or kids, or other adult stuff.)

I'm not saying it's *entirely* impossible that someone manages to tamper with their dreams with such a sleep schedule, but it is not common, and definitely not healthy. Most probably, your poor sleep deprived brain will hold on for dear life to its painfully limited supply of REM sleep and defend it with tooth and nail.

Of course, not everyone's life is set up so that they can afford a healthy amount of sleep. Workable alternatives are \*naps\* (blessed naps!), or, occasionally, the phenomenon known as "REM rebound", which is basically your brain gorging up on REM sleep after being starved of it (which usually happens after you pulled an all-

nighter, or whenever you temporarily stop smoking pot. Incidentally: pot is not a dreamer's friend. Sorry 'bout that. This is a cruel world).

- **Point Zero dot One: Memory (not just dream recall)**

This is the bit where usually tutorials say “there's no much fun in having amazing dream adventures if you don't remember them”. It is sound advice, but I think it misses the point a little bit. Sure, forgetting whole dreams or bits of them sucks, but what matters most is that a strong “inter-state” memory ((more on that later)) is absolute key for *all* dream-related activities – from the most basics to the most bizarre.

As a start, the usual advice is solid: keep a dream journal. Spiral bound or loose leaf notebooks are the best, as they can be left comfortably open on your nightstand, with a pencil or pen ready on the page. Seriously, the amount of willpower it takes to actually get halfway out of the fuzzy sheets and write is bad enough without adding the need to open the notebook, or even uncap the pen. Just leave it open, your sleepy self will thank you later.

If you only remember a word or a simple concept, write that down – more often than not, more will follow. If you remember none, go as far as putting the pencil on the paper and start the act of writing. “I've forgotten already” is the number one trick your brain may pull to keep you in bed.

Once properly awake, it's advisable to go back to your already barely readable scribbles and transcribe them in a language you will still be able to understand tomorrow. This way, you reinforce your contact with your dream memory, and also get the chance to identify recurring patterns or details that will come handy later.

- **Point One: The Laundry Alarm**

This is the key of this doc. If you only read one paragraph, make it this one.

In your debauchery, you'll probably be familiar with the urban legend that circulates among students, saying that if you study stoned, you better go stoned to your exam or you won't remember much. It is terrible advice, and I'm not even sure the science behind it is real, but it does point out something: *memory does tend to create*

*different compartments for different states of consciousness.* This is both the main obstacle and the main instrument for the dream dabbler.

First useful thing to know: there are areas of your memory designed to be easily accessible from different states of consciousness. Depending on your model, you may describe this phenomenon in many different ways, but the core concept is: there is a “place” where you can dump messages for the “other versions” of you to access. This works in all directions (in this case, both from waking!you to dream!you and vice versa), and is basically “Columbus’ egg” applied to dreaming.

The good news is that this is easily accessible and used every day; it’s that area of memory that will keep nagging you about the urgent need to do your laundry (and even if you forget it was about the laundry at all, you’ll still remember there’s something nagging you); it is also that function that you use whenever you wake up a few moments before your clock. This second use points out the fact that this function, whatever it is, works just fine when you sleep.

Think of it like that box some professors leave at the entrance of their departments: they can toss in the box stuff for their students to pick up, and students can leave there their assignments for the professors to ~~ignore~~ pick up at their own pace.

The trick is to come up with a simple command, as linear and practical as possible (making it either strongly visual or physical helps), and hammer it soundly in that area of your memory. The “nagging” function will work as an “alarm clock” to get dream!you to wake up inside the first suitable\* dream, and the “mailbox” function will allow dream!you to go “Oh, right, what was I supposed to do? Let me check the inbox” – and hopefully do whatever you planned to do.

(This is also handy if you’re already the kind of dreamer that gets lucid easily, but has trouble doing anything useful with it.)

While trying to remember what you wanted to do by trying to access your whole waking memory might cause you to lose your hard-earned lucid dream, a simple, economic command left in that safe “decompression chamber” will do the job just fine, saving all your focus and energy for the task at hand.

- **Point Two: setting the command**

However, despite the ubiquitous nature of that section of memory, the state from which you set the command does matter when it comes to “hammering it in” as

effectively as possible. The most failsafe route is probably to do it from several different states of mind.

First, come up with something simple. If your aim is just to achieve lucidity, then the most classic command (hello Don Juan) is to *look at your own hands*. It is practical, clear, familiar, both fairly visual and physical, and doesn't provide your dreaming brain with much of an excuse not to let you (while "when I realise I'm dreaming, I will eat a giant ice cream" may end up with frustration, as the ice cream may not be there to be eaten).

If you are set on trying a specific experiment, you will want to phrase it in a way that makes it both clear and *interesting*.

A point to keep in mind is that you are, after all, hijacking something that has also its own functions. This is not bad – as a species, we hijack breathing to produce language, and that's quite a bit more invasive – but it does mean that there will be resistance. In the long run, it becomes a tug of war between your own aims, and those of whatever is in charge of keeping your brain in working order. Some haggling will occur.

Once you've come up with a simple, clear statement of intent, you'll want to park it in that "inbox/outbox" area.

Good ways to do it include \* while wide awake, simply stating your intent with conviction; \* while meditating or doing whatever else it is you do; \* while being halfway there.

By "halfway there", I mean this:

Select a recent, strong, important and/or lucid dream (consider all those factors and pick the dream that totals the highest), and focus on the *sensation* of that one dream. You'll want to focus on the light, the tone, the flavour, whatever it is that means "its footprint" for you. Do it so when you state your intent and set the command for dream!you in the "buffer".

Then, when you're about to sleep, pick up the memory of that dream/feeling again, and repeat the command again – then either hang on to it if you're the kind that falls asleep easily and dreams right away ((also know that I am jealous...)), or stop thinking about it if you're the kind that falls asleep with difficulty and mostly dreams later on.

- *Point three: dream signs & reality checks*

Dream signs are all those things that happen in a dream that could make you wonder: “Am I dreaming?”; Reality checks are all the little tests and experiments you can then proceed to do in order to answer that question.

Keeping a dream journal is the fastest way of identifying one’s own dream signs. Absurdity, in itself, has little to no influence on how likely a dream event will be to trigger lucidity. Pink elephants flying across a triple moon may be surprisingly quickly explained away by your sleepy self – and “finally managing to get those maximised fireballs working” won’t probably help much either (especially if you’ve been trying *very hard* since you were six).

On the other hand, a pretty mundane pattern that you have already consciously identified as “recurring” will have much better chances to be “spotted”: “Oh, right, I’m being scolded by my aunt for stealing her socks, *again*. Isn’t that what I dream so often? I wonder if this one is a dream too... let’s do a reality check!”

However, a dream sign might also be something more subtle – a specific quality of the light or the air temperature, a nondescript feeling...

On top of those more subjective signs, there are some that are more or less commonplace (though far from infallible or universal) – which mostly amount to a variety of “bugs” in the simulation – especially a failure to simulate the cause-effect relationships. Light switches won’t work most of the time; digital clocks will either not make sense or change whenever you look away; text may be hard to read; tech may fail horrifyingly or be unexplainably exhausting to use or concentrate on (think drunk texting, but worse).

Of course, some of those can happen during the day too. In which case, why not take the chance to practice asking yourself “am I dreaming?”

Any assiduous dreamer can count many times when what was believed to be a “drill” question turned out to be the real thing.

Whatever the reason – be it a dream sign or just the habit of randomly asking yourself “am I dreaming”? – unless sudden certainty arises spontaneously, the next step is often *doing a reality check*.

The most common ones include trying to breathe through your nose while pinching it with your fingers (you can’t while awake, you almost always can in dreams); sticking

a finger through the palm or your other hand ((basically, object collisions in dreams are buggy AF)); jumping and trying to float.

The reason why I prefer the latest is because, as well as being subtle and simple, reality checks work better when they are *fun*: if the dream you are having is an enjoyable one, you will have more chances to find the will to “sacrifice” the plot if the alternative is also pleasurable: “Ok, I didn’t really find a whole new box of amazing junk food in my cupboard, but hey! I’m flying!”.

However, reality checks aren’t infallible, and may also lose their effect over time – at which point, they might need to be replaced.

To maximise effectiveness, some prefer to not really “test” their reality checks “for real” when awake, but just visualise doing them (and succeeding) – to avoid teaching the brain to simulate a failure. I’m not really sure it matters much, but I’ll leave this here nonetheless.

- *Consider also*: having placed a strong, direct, effective and enticing command can sometimes make this whole paragraph unnecessary: in fact, if the urge to complete the task is strong enough, simply finding yourself in the condition to do it (e.g., if the task is to eat a banana and you find yourself in front of a greengrocers stall full of bananas) may be enough to grant immediate certainty that you are, indeed, dreaming. In which case, (unless, of course, you have *\*strong\** personal reasons to distrust your sense of reality AND are about to perform a deadly task ) my suggestion would be “go on with the task and skip the questioning”.

- **Point four: WILD, DILD, WBTB**

Here comes the shameless cypypaste from dreamviews.com (that forum rocks, btw):

“WILD stands for “Wake Initiated Lucid Dream.” The goal is to pass directly from a waking state, to a state of lucid dreaming, without ever losing consciousness. Where DILD [Dream Initiated Lucid Dream] is passively reliant on memory and habit to increase the dreamer’s chances of becoming lucid, WILD is a meditative process in which the dreamer actively witnesses the onset of sleep. WILD is often seen as the most direct path to lucid dreaming, but also one of the most elusive.”

I’m not going to try and explain it here for the simple reason that I *\*suck\** at it, and wouldn’t be able to say anything remotely more useful than what you can find

anywhere else. If you're reading this on a device that goes online, you may as well [click here](#) and go read it yourself.

[WBTB](#), (“Wake Back to Bed”), on the other hand, is The Shit.

Basically, it involves calculating the amount of sleep required to allow your brain to do all its maintenance business (roughly around five hours), setting an alarm clock after that, staying awake for a while (from a few minutes to an hour or so), and then going, as for the name, back to bed with the only purpose of dreaming.

My own two cents: if you can manage to set your “internal” alarm clock instead of that of your cell phone, it works much better; for starters, the lingering command to wake up for the WBTB may trigger lucidity even in that first REM phases in which you're “not even trying”; moreover, it is good training, as it uses the same “laundry alarm memory slot” that you'll be using to smuggle orders and memories back and forth from your dreams.

The moment between when you wake up and when you go back to sleep is the perfect one to reinforce the command by “latching on to the sensation of a previous dream”. Also, if you're lucky enough to remember a strong dream from the first part of the night, things will get twice as easy.

Yes, “going back to continue that dream” works ☺.

- ***Point I've lost count: Cheating***

What if nothing works? Maybe you've been trying to do something for a while, maybe you're not getting any results, maybe you're used to having lucid dreams crazy often, but lately you seem to be stuck... maybe you want to try something about which you care too little or too much, or maybe you need to get X done exactly tonight, and yet you have the clear feeling that “the stars aren't right”... what do you do, now?

You cheat.

My “last resource” way of cheating consists in forcing a “omg I'm late” kind of dream. You know those annoying nightmares in which you overslept and missed work/some event/the end of the world and now everyone *and your mum* is shouting at you? On the scale of suckiness, they are about there with the dreams that simulate

“not being able to fall asleep”. And are hella easy to recognise as dreams, once you try a few times.

Same goes for false awakenings: get the habit of questioning if you really woke up, and you’ll find yourself with an abundance of good quality raw material for lucid dreaming, with the *added bonus* that you’ll often get a second chance when you “lose control” of a lucid dream and *apparently* wake up. (more about this later, if it fits).

Other thing that help (some of which I’ve been recommended to include):

- Chocolate milk. Not sure why, but it helps.
- Drinking water before bed (basically, WBTB without a need for alarm clocks)
- Small amounts of caffeine, provided you have a high enough tolerance not to hinder your sleep.
- Music, brainwave entrainment audios (e.g. neuro programmer), apps and electronic gadgets (e.g. nova dreamer). I am partial to music, especially prog.
- Herbs. I only ever tried Calea zacatechichi, and what it did was apparently to improve the transmission of memories between the different phases of sleep – so probably good if you rely on memory a lot, but ͇\_(ツ)\_/͇.
- Apple juice. (Seriously. Apple juice is one of the most cherished “open secrets” in the lucid dreams fandom.)
- Sleeping upside down (I mean, with your feet where your head usually is) – or switching when you wake up for WBTB.
- Sleeping with a cat.
- Sleeping with a witch.
- Sleeping with both.

- **Point “’twas about time”: *What to do when you’re there.***

Enjoy.

No, really: finding oneself awake in a dream is quite different from any other feeling, and it’s a good idea to get there having decided that whatever you feel reads as “loving it”.



Apart from this, just look around. The most common setback during the first attempts is to get overexcited and wake up. Just decide that the most important thing for you is to look around and curiously observe what you see.

You'll soon find out that whatever happens in there is determined by your attention; concentrate too hard and you'll wake up, let the leash too long and the story will swallow you back. The best way to stay in there for a good while is to give some moderate degree of "distracted attention" to everything.

You may want to consolidate the impression of having a body (although sometimes you'll want the opposite, depending on what you're up to; let's start from that, though). A quick way to do so is to rub your hands together (just assume you have hands to do so). This is also where the classic "look at your hands" bit comes handy again. They might look odd – which can also work as a dream sign – and you might want to avoid giving them exclusive attention for too long; in Castaneda's books, if I remember well, they suggest to alternate your attention between your hands and your environment. I find it good advice, as what you want is to get the habit of "balancing" the amount of attention you spend to "keep the dream up".

In a way, attention behaves like some sort of energy – it isn't exactly practical to explain in straight words, and metaphors also only get so far. The most reasonable approach is to become familiar with this mode of perception by trial and error. With some luck, it may also become useful in other situations...

There are tricks to help do this without trying hard. The simplest one is "moving fast". Compared to standing or walking, flying or running around like an anime character provides you with fewer chances to get distracted by one single object. Skip through your landscape with the attitude of a tourist looking at architecture from an open top two floor bus. You can always slow down if something picks your curiosity – just remember to stay "light-handed".

Once you've figured out how to balance attention (it may not even need putting much thought, sometimes it comes natural; sometimes it doesn't), you can just do \*whatever\*.

Fun things include:

Flying (of course)

Testing your senses (eating stuff, smelling stuff... etc.)

NSFW (let's call it "building positive associations to increase chances of future lucid dreams" :P )

Shapeshifting

Exploring

Testing the rules of the dream setting

About the last one: common myths about dreams are fun to play with. Will dying in a dream wake you up? Is it really impossible to read or write? What happens if you look at yourself in a mirror? And if you jump through it? Will characters say things that make sense or just gibberish?

Most often, if something appears scary, there's a good chance it will turn out interesting. There is also a chance you might wake yourself up, but if you don't, it'll be probably twice as satisfying.

A few random tricks and bits:

- Conjuring stuff out of thin air is fun, but deciding the thing will be already there around the next corner is more economical.
- Getting too involved in conversation might get you captured back in the plot. Which is not necessarily bad unless it ends with you waking up pissed because you forgot to complete your experiment.
- If you feel you're "losing" the dream, retreat to a smaller space to save GPU memory.
- It is actually possible to maintain awareness even if the dream \*does\* dissolve. If you wait patiently enough there's a chance a new one will coalesce around you.
- Perception itself is possibly the most fun bit.

- ***Point "what the fuck": Interacting with locals.***

Good luck.

Ok, no. To be fair, there's a lot to be said about the subject of other characters in your dreams, but... I kinda don't want to influence people's experiences and spoil the fun?

In short: as you get lucid, some will go blank. Some won't. Some will be coherent, some won't. Some may make you doubt you're making them up, for right or for wrong. You probably won't get eaten by big ugly aliens. You probably *\*will\** get distracted halfway to heck a frustrating amount of times. A healthy dose of "whatevs, mate" may be advisable.

Cutting it short here to avoid spoilers.

\* a side note that I wouldn't know where else to fit:

Dream! you may or may not feel as a partially separate identity from your usual one. Occasionally, you may even find yourself split across two or more characters. It may or may not be immediately apparent while you are dreaming it. There's some interesting stuff to be studied there. Experiment.

- ***Point now what: going elsewhere.***

In a word, Zapping!

Whether you're trying an experiment that requires a specific setting, or you're hoping to use a dream as a launching pad to do more "woo" stuff, learning to jump through different dreams is of the utmost importance. Also it's fun.

Castaneda makes a big deal out of this, but really, it isn't.

Dreams change, end and begin spontaneously all the time. Lucid dreams are more stable, as gaining awareness in a dream equals to sort of "setting camp" in one specific dream – but it doesn't make it any harder to move to another one. The only bit that requires some attention is having it happen when you want, and of course to maintain your hard earned awareness through the process.

As a child, the way I spontaneously learnt it was to simply "jump into shadows". As an adult, I shiver a bit at the thought, although technically it makes sense.

Some suggest spinning around like a dervish (although it is also mentioned as a method to stabilise a dream. I am perplexed by this second use but hey, whatever works).

Castaneda suggests to use the pull of a detail to be sort of "drawn into" the dream that detail sort of belonged to. I never really figured out his method and had mixed results. ??? I am confused.

A method I use and like sometimes is to let yourself fall backwards and \*through\* the ground.

I'd honestly say go with your instinct here. Jump through a mirror, briefly close your eyes (this one takes a bit of control but simplicity feels nice when it works), run so fast the landscape blurs... whatever.

Different methods may get different results, but the nature of those is a matter of personal experimentation.

Yes, just opening a portal mid-air is a perfectly acceptable method. Incidentally, I happened to actually get \*somewhere\* and interact with actual people by doing this – so, cartoony doesn't mean less appropriate for “serious” applications.

A special mention should be made of “going to sleep in a lucid dream”.

Castaneda only mentions it as part of the “twin positions” method (which includes a bunch of other instructions, including lying down in the same position of your sleeping body and other stuff I forgot); doing it properly can be considered a ritual in itself and it comes with all its premises and consequences, which won't probably be of much interest in the context of this file.

In my opinion, however, simply the act of embedding a dream into another can open very nice cans of experimental worms. There are advantages and drawbacks – which I won't list because figuring them out along the way is more fun.

...

Dang. I almost forgot: magic doors! Seriously, they're the best. Actual, physical doors chalked on your walls: call it campy if you want, but it works like a charm. (Probably works better if you've watched Beetlejuice but hey, it's a nice movie, there are worse ways to spend an evening.)

My dad went as far as building a permanent door in his bedroom – by sticking an unused wooden door to the floor, complete with a fake doorframe and everything. This might be a bit heavy-handed on the freaky side, but a properly “weird” fake door can be a game changer.

I like the chalk version better because actually drawing it feels “weird enough” that it might help hammer in the command to wake up in a dream, just to get a chance to use it; additionally, you may try and draw other stuff that you may find useful. (I once tried to draw myself a cat companion, but though the door worked even too well, the cat failed miserably. Bummer...)

The nice thing about having dream-related physical signs around your actual house is that it may be of help in taking advantage of false awakenings. Which is kinda vital, as the fuckers *will* try to screw you up.

- **Point “dang!”: Failing hard.**

No matter how good you get, your dreams *will* troll you.

The best you can do is to keep track of the tricks your sleepy brain pulls on you and prepare your countermeasures.

I will keep this short, also to avoid giving your brain gremlins ideas, but I’ll just give a few examples to make it clear:

“Hey dude, we are dreaming”. Yeah, sure. Persuading random characters that *\*they\** are dreaming is sure a productive use of your dream time. (#sarcasm).

“Dang. I just woke up from the best lucid dream ever... good thing I have written it all on my diary, so I can stop focusing on remembering it... I feel sooo sleepy... Wait, is the ceiling blue?” – Woops! Guess who just self-wiped the memory of a whole night of dreaming?

“I totally failed my experiment. The dream I had isn’t even remotely related to it. I should be ashamed and forget it entirely, no need to bother writing it on my journal!” – Yes, brain, great advice. It’s not like half the time you’re fucking lying to get me to stay under the blanket...

... you get the hint.

Word of advice: False Awakenings Are Your Friends. Double check those fuckers, and you’ll get yourself a prime quality brand new lucid dream to work from. Troll back the troll brain. You know he deserves it.

- **Point “yes but...”: X files**

I recently stumbled upon an article that did a valiant effort to express the qualitative differences between lucid dreams and out of body experiences. It’s been reprinted in the Liber LS, p. 125, Frater E.S. (hello, sry), and may I be damned *\*even more\** if I use footnotes in this file.

I mostly agree with the description in the article, and find the “sensory” hints it offers as useful as they are relatable.

However, looking back on a long if scattered history of experimentation, I feel more inclined to see the difference not in terms of two entirely separate states, to be achieved through similar but separate techniques, as much as a matter of “switching from AM to FM on an old radio”.

Which, in practical terms, means I personally feel like Dreaming (capitalising because it sounds more woo) may/can/should be used as a launching pad for \*actually\* going elsewhere. The main reasons for it being that

- it works
- it saves a shitton of energy
- ... basically that.

Provided you manage to *smuggle* enough of your memory to actually remember what you were up to, dreams do offer you an amazing base camp for your mountaineering missions – if anything, up there you get unparalleled access to your own intent.

Of course, I can also see why it may not be a widely encouraged approach. Namely, it’s dangerous. Not in the sense of “omg actual ill-intentioned forces will gain access to my sleep whenever I’m not looking out”. This is plain silly - not necessarily untrue, but extremely counterproductive to worry about. The danger is what may happen if you take your accomplishments too seriously – basically, it does become harder to tell if something really worked or you just had a very effective wish-fulfilling dream that mimicked it. If you’re not entirely out of the weeaboo phase, it may plunge you deeper back into it. And let’s be honest, the results are seldom pretty.

In short, it makes things easier, but it takes some sobriety. Not very unlike using herbal and chemical supports, to be fair – the issue being mostly that it may come less natural to distrust a “spontaneous” woo-y event than a chemically induced one.

- *Point “good grief you’re verbose”:* *Weird stuff and wicked tricks.*

Yes I’m aware this has been a 13 pages long rant. Sorry about that.

So, practical woo stuff I am *relatively* positive that can be somehow achieved:

*- Marking a physical place for later visit*

Let's say you are in a place that looks haunted or otherwise interesting. You can leave there a mark and come back later to visit it, starting from a dream state. Yes, I am as positive as possible that you can get objective info out of this. As to how to achieve it, go back to the concept of "holding to the sensation of a dream", as mentioned in the paragraphs about placing a command while falling asleep.

In this case, what you can do is to hold on to that sensation, tricking yourself as much as you can into walking around as if you were getting your bearings in a dream. Touch stuff, concentrate on light and air texture, try and "balance attention" as if the landscape depended on that to "stay put". Then just intend to leave a mark – your good old MMORPG recall rune, if you like – and set "going back there" as your "current command" for your dream self.

#### - Seeking other dreamers

You know you will try. Try enough, and you'll occasionally succeed. If you and your partners in crime both/all write down time and date when you update your dream journals, the skeptic voices in your heads will be trolled harder.

#### - Creating a shared dream haven

It can be done. I am kinda crap at it. To be fair, this kind of operation is probably more accessible from an "astral" narrative than from a dreaming one, although actually getting there (as opposed to "hosting"/creating) is perfectly viable in both. Also, it appears possible to "edit" a place created by someone else and have the edits be "openly accessible" too.

When I asked if the DKMU had any of such places, I was answered that it was unlikely due to the amount of sustained cooperation it would involve. This sound reasonable, considering, but I won't complain if someone springs up to prove me wrong 😊.

- **Point "Is there a point?"**

Yes. Probably. I don't know. Swim long and deep enough and the waters will stick to you. Spelunk enough and you'll bring out gems. And loads of crappy stones that only looked nice on the bottom of underground lakes, and weren't worth the bug-eyed-fish bites in the slightest.

I don't know.

I like to think that part of what you can learn through experiments in dreaming can be brought back out here and used. If I'm wrong about it, then I'm not a witch. I am quite sure I am not wrong.

I don't doubt I left out something important from this file, but I can assure you I sincerely tried to write down all I know – or all I could remember.

I'll probably notice whenever I get back to it in a few weeks or something, and add whatever I forgot, possibly after a good facepalm.

This was basically it.

Good luck, have fun.