

Guide to Dreaming

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Introduction

This book is a companion book to my novels Dream World and Dream School.

It is a freestanding book, and there is absolutely no need to read the novels to use this book. I will also not be punting my novels at each opportunity, so relax!

This guide to dreaming is meant to give you, the reader, some insights into the world of dreams and dreaming. It will, hopefully, show you how to enjoy the rich life available in the dreaming world.

And now for the disclaimer: I do not take any responsibility for anything that happens to you or anybody else from your use of this guide. You read this guide, you use this guide, you take the responsibility.

As far as I know, none of the methods I mention in this book have been scientifically proven to work. Anecdotes abound, from the stories about dreaming recorded in the ancient Christian Bible to more modern day tales, to lots of stuff on the Internet.

Most people know dreaming as snatches of visions remembered upon awakening from sleep. Often, a particular strange or vivid dream or nightmare might be remembered. When this happens, the dreamer will often go rushing off to the book shop, or nowadays more likely the Internet, and look for a dream dictionary to explain what the dream had been about. That is a bad idea, but more about that later.

To make things clear, I use the words 'Waking Reality' for the normal world we live in, and 'Dream Reality' for that strange world where we live our dreaming lives while asleep.

Keeping Dream Diaries

The first and most important thing to do to get going, is to learn to keep a dream diary.

Some people find this to be very intrusive, especially if they sleep with a partner, but it is of cardinal importance.

Write down as much of your dream as you can remember, in as much detail. Record the date and time of the dream, even if you only write 'at night'.

On reviewing dreams from your dream diary, or even as you are writing down the dream, you might often realize that what you dreamed was a hash-up of the previous day's experiences. Sometimes a snatch of conversation, or even just a sentence or part thereof, will set off a whole dream sequence. Learn to recognize these dreams, so that later, when you become a stronger dreamer, you can discard them when you are looking for other, more important dream aspects, such as precognitive dreams.

Dream Incubation

Incubating dreams means deciding before you sleep what you want to dream about, and then doing some simple yet effective exercises to make those dreams happen.

A word of warning here – although dream incubation is fun, it can mess around with your sleep patterns, because you force yourself to dream of stuff that your brain would not usually dream about.

One of the first things you might want to try to use dream incubation for is to help you have lucid dreams. However, they can also be used to have flying dreams, dreams about that sexy person you saw at the mall or any other fancy or fantasy that you can think of.

Before you fall asleep, you need to think of and concentrate on what it is you want to dream about. It takes a bit of practice and getting used to, but it is really as simple as that.

Lucid Dreaming

Lucid dreaming means that you realise that you are dreaming. It is like becoming aware during a dream and suddenly realising: 'Hey, this is a dream!'

Most people do not stay lucid for very long. This is because they make no effort to do anything with their dreams.

If you are going to try to have lucid dreams, and especially if you incubate lucid dreams, you might find that, the first few times you become lucid, you become so excited that you wake up. Don't worry if this happens to you, you will eventually become used to lucid dreaming and have some wonderful experiences. Stick with it.

There are a few exercises you can do during your waking hours to bring on a lucid dream.

The first is to make a habit of looking at your hands. During the day, look at one or both of your hands now and again and ask yourself '*Am I awake or am I dreaming?*' If you do this often enough, it will become a habit that will carry over into your dreaming world, and you will start recognising when you are awake and when you are dreaming.

Another thing to do is to check the time, and to make sure that the time is correct, and that the hands (or numbers) on the clock is correct and not moving erratically. For some reason, our dreaming minds always have difficulty with this kind of thing, which makes it easy for us to catch ourselves out as being dreaming.

If you are trying to read something and it just does not make sense, take note, you are probably dreaming, and the time is ripe to have a lucid dream!

Self-Hypnosis

There are many books on self-hypnosis.

The methods I discuss here are simple tricks, they are not going to put you into any kind of trance or weird state of mind. You will be fully conscious all of the time. Unless you fall asleep.

You can use these exercises to enter the dream world straight from the waking world, without falling asleep and hoping to become lucid while dreaming. You can also do your dream incubation while doing this exercise, and you can use the exercises as simple

relaxation exercises to help you sleep better. You can even, if you are having troubling dreams, use these exercises to calm yourself and get rid of the troubling dreams.

Here is what to do.

Firstly, choose your location. The bedroom is usually a good place, if there are no distractions. Also, choose a time when you are least likely to be interrupted. Switch off the phone or at least switch it to silent. Some people find that a bit of quiet background music helps. Soft background music can help to mask some of the more intrusive sounds, such as the neighbour screaming at her husband. Try a few things, like music. If it works, great, if it doesn't, do without it.

Wear comfortable, loose-fitting clothing.

Before starting this exercise, decide what it is you want to achieve. Maybe you just want to relax, maybe you want to incubate a dream, or maybe you want to move straight into a lucid dream-state without falling asleep and hoping to become lucid. Get that thought firmly fixed in your mind.

Lie down on your back, stretched out, with your hands next to you. No part of your body should be crossed.

Take a deep breath, and then sigh deeply, letting out most of the air in your lungs.

Close your eyes. Imagine that you are drifting in space, and slowly drifting down. Start counting backwards, starting from five, and ending at zero. Take your time, you can do one count for every breath you take. Some people will tell you that you must clear your mind. I find that impossible to do, my mind is a very busy place and it will clear the day I die. I prefer to concentrate on something specific, such as my body. Try to feel every part of your body, from your toes up. Toes, heels, ankles, and so on.

When you have reached zero, breathe deeply once again, and slowly let out the air. Now it is time to start using your imagination.

Imagine a flower. Your favourite flower, be it a rose or a poppy or whatever. Let us use a rose. There is a rose hanging in the air in front of your eyes. You can see every part of it. The deep red petals edged with black. The green bulb. The stem below it, on which there is still a leaf. From this leaf there hangs a drop of water, glinting in the light. The light hits the drop of water and spreads out in a prism of colours. You can see every colour of the rainbow in that prism. Hold this image in your mind for a while.

Let the image fade, and replace it with whatever task it is that you decided on before starting the exercise. This is a visualization exercise, so remember to visualize everything. Make the image as vivid as you can.

You might fall asleep during this exercise, especially if you actually wanted to enter the dream world through it.

If you didn't, and you are finished with the exercise, don't simply open your eyes and go about your daily life.

Come out of the restful state you are in by reversing the way you went in, by slowly counting from zero up to five, all the time imagining that you are rising up. Feel your body. Chances are that during the visualization you lost contact with your body, so this is a good time to reconnect.

There are a few things that might get in your way of doing this exercise. One is the position you are lying in. I sometimes find that my tongue slips back in my throat, leading me to making a snoring sound, or actually snoring, and that wakes me up instantly. To counter this I have taught myself to do this exercise while lying on my side, but I find that I often fall asleep in this position. It might take you some time to find your perfect position, but remember, whatever the position, don't cross your limbs. Crossing limbs often causes blood to stop flowing to extremities, which leads to numb limbs waking you up.

Precognitive Dreams

As the name suggest, precognitive dreams are dreams that foretell the future.

This is often the part that many people have a problem with, especially if the religion they subscribe to forbids it, or if they themselves simply do not believe in it.

There is nothing I can say to make you believe in precognitive dreams.

However, if you have done the most important exercise of this manual, which is keeping a dream diary, you might surprise yourself. Keep a meticulous diary, describing your dreams in as much detail as you can. Read your diary entries. Even when the diary gets old, maybe you reach your third or fourth diary, keep on reading your old diaries.

You might be surprised at how many of your dreams actually came true. But, of course, you can never know this if you do not keep the diary!

Keep a page in your diary, say the last page, open as a reference page. Here you will write down the date you had the dream, and the date on which the event came true. Do not be alarmed when these start adding up faster and faster as you gain dreaming powers and experience.

Be careful of trying to use dreaming to predict the future. You can drive yourself nuts trying to do this. I myself have never figured out how to do this, and rather content myself with checking when my dreams do come true, and then wondering how in the world my dreaming mind can know about something that is going to happen in the future.

Things to do in dreams

There are lots of fun activities you can do in the dream world. You can try flying, or have your absolute fantasy about that sexy person who works at the bookstore at the mall.

Or you can use the dream world for more serious stuff, such as trying to figure out personal problems. Some people have used it to locate lost objects such as keys and rings, by using the dream world to backtrack on their memories. (Although this takes a skilled dreamer.)

Do not think that a connection to the dream world will solve all your problems in one day, it does take time.

Mutual Dreaming

A mutual dream is a dream shared by two or more people. To have a mutual dream, you would have to obtain the permission from the person you want to share a dream with, and that person would probably have to be as strong a dreamer as you are. You would need to agree on a date and a time to have the mutual dream, and probably have a fixed agenda too, like meeting each other at a specific place and doing a specific activity.

To prove that the two of you did have a mutual dream, you would both have to be keeping dream diaries, and the entries in the diaries would have to match up.

Mutual dreaming is probably the most difficult of all types of dreaming, and is almost impossible to prove.

A bit about the Dream World

The dream world is a special place.

The Dream World is a place where fantasies come true, but also a place where all our worst fears come to get us. Scared of spiders? I can guarantee you the biggest, blackest, scariest spiders.

One of the few things that we do know about the dream world is that things that happen in waking life will often cause dreams, especially stressful situations.

Something that is perhaps not quite so obvious is how current external factors will influence dreams. A car passing in the road outside, a dog barking or an aircraft flying overhead can all set off dreams. If you know this, and you do your exercises, you can use this to your advantage, for instance to create lucid dreams.

In the Dream World you can be anybody or anything you want to be. It is like creating a false persona for yourself, an avatar. As a person you probably know what your limits are. You might be scared of heights, or of dogs. In the Dream World though, you do not need to

have any of these inhibitions. By realising that, you open up many doors to fantastic dreams.

Diets and Drugs

Let me start off by saying that you should not use drugs. Unless they are prescribed by a doctor, for a specific reason, there is no good reason to use drugs to alter or induce dreams. If you want to have vivid dreams, there is an easy, legal way.

Certain foods will bring on vivid dreams. Of course, this depends on and changes from person to person, so you might have to experiment a bit to find out what works for you.

One of the favourites is spicy foods, especially ginger.

Although most people know it, this is probably a good place to mention that eating heavy meals right before bedtime is known to cause nightmares. Try to eat at least two hours before going to sleep.

Objects in Dreams

Once you know how to lucid dream, it is easy to create objects in dreams, you simply create the object with your imagination, much like you imagined the rose in the self-hypnosis exercise.

Something which will be much more difficult, but which some people have claimed to have done, is to bring such objects out of the dream world into the waking world. Actually, I don't really believe this can be done, but only because I have never been able to do it.

Let me know if you are successful. . .

Dream Dictionaries

I do not believe in the use of dream dictionaries.

Dream dictionaries, for those that do not know, are books available in book stores or sites on the Internet that binds things seen in dreams to certain meanings.

One of the worst of these images would be roses. You dreamed about a rose, therefore, according to these dictionaries, you dreamed about some aspect of love. If the rose is withered, it means withered love. If the rose is burning, it means a burning desire.

Nonsense, in my opinion.

Different things have different meanings to different people. Let's imagine you live at the sea. You have a seaside cottage and one night you have a dream about walking on the beach. For a person living at the beach, that would not be a strange dream. However,

imagine you live inland and have not seen a beach in ten years. Now the dream could have a completely different meaning. If you have never been to the ocean, then once again the meaning of the dream would change completely.

The best thing to do is to record the dream in your dream diary. Firstly go over the events of the previous day carefully. Did someone perhaps mention the beach? Did you see a program or movie, or read a book with a beach in it? If it is any of these, you can safely disregard this dream as the typical dream hash-up the brain creates.

If not, think what connection you feel to the beach. Mostly, you will find that the dreams are quite innocent. It is only on rare occasions, when we find that the dream was precognitive and have come true, that we realise what a dream was about. By this time, it is usually too late to take advantage of the fact that we knew about this in any case, so best to just leave it be.

Last Words

The dream world is a magical place. Make it work for you. By controlling your dreams you control things such as nightmares. Enjoy the dream world, have some fantastic experiences, and always remember to keep an open mind.

For more information on books by Leon de Kock, visit his [Website](#).

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