

# Lucid Dream Log — Entries from students...

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## Entry 1

### Sleep routine

- Slept from 10:05 PM - 04:00 AM
- Drank a glass of water, went to the bathroom, meditated, reviewed my plans, and fell asleep with the intention to immediately perform the technique upon awakening
- Stayed awake for 30 minutes

### Lucid experience

- Upon awakening, I stayed still and immediately rubbed my hands together in my imagination
- After a few seconds I saw my hands and a blurry environment around me
- I walked through a door and imagined that the universe lay beyond it
- Initially, I just arrived in another room
- At the next door I strongly suggested to myself that the universe was behind it and was able to fly a little through it, which felt infinitely boundless
- Afterwards, I woke up

### Space for improvement

- Did not repeat the technique during the wake phase
- Did not stabilize the lucid dream
- Did not use an affirmation like “Clarity now” or intensely observe and touch objects in the environment
- Did not act as the lucid dream was ending

- No re-entering

#### **Plans for the next lucid dream** (not mandatory, but very useful)

- Take a walk on the moon
  - Talk with my subconscious
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## **Entry 2**

### **Sleep routine**

- Slept from 10:23 PM - 04:00 AM
- Used the bathroom
- 10 minutes of meditation
- Fell asleep while calmly performing the movements
- Switched between swimming and rubbing my hands every minute

### **Lucid experience**

- At some point I felt myself in a swimming pool
- I swam to the edge of the pool and got out of it
- I was just amazed about my perception
- I did normal things and just walked around

### **Space for improvement**

- I knew I was dreaming, but I could have used the state for more useful tasks
- I didn't deepen or maintain the state; I also could have tried to re-enter

Note: Usually it's recommended to fall back asleep with an intention and to perform the technique directly upon awakening. This student fell back asleep with the technique after WBTB, which is more difficult, but is a good alternative.

## Entry 3

### Sleep routine

- Slept from 10:00 PM - 06:50 AM
- I woke up due to my alarm. It went off after a few seconds (automatically)
- I immediately started swimming (mentally, of course)

### Lucid experience

- After a while I really felt that I was actually performing the movement
- Everything around me was blurry, but my haptic perception was quite intense
- I forgot what to do and woke up

### Space for improvement

- I could have switched between several movements while performing the technique
  - I should have repeated the technique before falling asleep
  - This time I also forgot to set an intention before falling asleep
  - I didn't deepen and maintain the state; no re-entering either
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## Entry 4

### Sleep routine

- Slept from 10:47 PM - 05:00 AM
- Drank tea
- Used the bathroom
- 20 minutes of meditation
- Recalled my lucid dream goal

- Quickly repeated the technique
- Fell asleep with the intention to stay still and immediately perform the technique at each awakening

### **Lucid experience**

- Got lucid around 08:15 AM
- I was in a random room when I noticed that I was dreaming
- I immediately asked my preplanned question out loud into the dream
- For this night I only had one question to ask my subconscious and no other plans
- After I got an answer I decided to wake up so that I wouldn't forget it

### **Space for improvement**

- I did not deepen, maintain or re-enter the state because I was very focused on my single question
  - If you have a question for your subconscious, you could try immediately going for your plan of action rather than deepening the state — for one question you don't need the deepest state
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## **Entry 5**

### **Sleep routine**

- Slept from 10:58 PM - 05:00 AM
- Drank water
- Used the bathroom
- 20 minutes of meditation
- Recalled personal lucid dream goals
- Quickly repeated the technique

- Fell asleep with the intention to stay still and immediately perform the technique at each awakening

### **Lucid experience**

- Got lucid around 07:28 AM
- I was flying through the dream world when I suddenly became aware that I was dreaming
- At first I asked my subconscious a question that deeply concerned me
- After that I told myself while lucid that I wouldn't need much time anymore for falling asleep after WBTB (sometimes takes me up to an hour)
- I was happy to accomplish both of my goals and woke up

### **Space for improvement**

- I could have better deepened and maintained the state, but this time I was very focused on my two specific goals
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## **Entry 6**

### **Sleep routine**

- Slept from 10:54 PM - 05:00 AM
- Drank tea
- Used the bathroom
- 20 minutes of meditation
- Recalled personal lucid dream goals
- Quickly repeated the technique
- Fell asleep with the intention to stay still and immediately perform the technique at each awakening

### **Lucid experience**

- Got lucid around 08:27 AM
- After waking up at 08:27 AM, I immediately began to perform the technique
- The sensations were extremely realistic, which I wasn't used to directly at the beginning of the experience
- Therefore I woke up quickly
- A short but extremely realistic experience

### **Space for improvement**

- Just go for the plan of action no matter what
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## **Entry 7**

### **Sleep routine**

- Slept from 10:38 PM - 04:00 AM
- Drank tea
- Used the bathroom
- 20 minutes of meditation
- Recalled personal lucid dream goals
- Quickly repeated the technique
- Fell asleep with the intention to stay still and immediately perform the technique at each awakening

### **Lucid experience**

- Got lucid around 07:00 AM
- In a transition between sleep and wakefulness I immediately started touching objects around me and felt strong sensations

- Deepened the state by further touching everything around me
- Successfully accomplished both of my goals
- Decided to wake up afterwards

### **Space for improvement**

- Set an additional goal in advance so I won't waste any time once lucid
  - Re-enter the lucid dream after waking up, which I haven't done this time
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## **Entry 8**

### **Sleep routine**

- Slept from 10:00 PM - 06:00 AM
- In the evening set the intention: "When I wake up, I will stay still and immediately perform the technique"
- Repeated this intention until falling asleep and truly believed it would happen

### **Lucid experience**

- Upon awakening, I stayed still and vividly imagined running as I would in real life
- After about 5 seconds, I perceived nothing and switched to swimming movements while suggesting to myself to fall asleep again
- After a while, I realized I was still awake but had lost the movement
- I decided to start over, focusing not only on the visual but also on haptic and auditory sensations
- During swimming movements, I suddenly heard water around me, then felt and saw it
- Swam to the shore, explored the surroundings, and shortly after woke up

### **Space for improvement**

- Slightly unfocused while performing the technique → should focus purely and perhaps intensify movements
- **Good: Did not give up, tried different senses**
- No clear plan for the lucid dream
- No re-entering