CHAPTER 1

The Awakening - Into a Dream

In January of 2019, at the ripe but not old age of 67 years, I was canoeing down a river in my trusty red Old Towne Penobscot when a huge, dripping, dark gray hippopotamus rose out of that river in front of me, blocking my passage. I flew from the river, canoe and all, as a succinct female voice said, "*This is no longer your path".*

I was never much for dreaming….I can't recall a remembered dream before that one, but in that one I found myself standing on the tall cliff-like bank looking back down at that river….and wide awake in the dream. I looked around at the landscape for a bit and then found myself back in my Sunday morning bed. I got up, went immediately into my music studio, and fired up the computer. I googled, "waking up in a dream" and found out that it was a real thing, with real protocols and scientific study backing it up.

So began my journey.

The Tibetan, Djwhal Khul, would say, in his writings through Alice Bailey, that we dream on the Astral Plane while in our etheric body. Barbara Hand Clow would call that Astral Plane the Fourth Dimension, a dimension that I see as the dimension of realization and choice. The consciousness of most folks is so completely identified with their dense physical vessel that when they dream, they get caught up blindly in the "dream plot". For those folks who are passively dreaming this can be a pretty crazy place. I would say that when we establish a degree of agency in the dream (lucid dreaming), we have one foot in the next Plane up, the Mental Plane. At this level of Density we begin to realize that there are higher planes of existence where we may be

able to exert that new-found agency, and this realization of potential power presents us with the choice that the Ra Materials call Service-To-Self or Service-To-Others.

Classic lucid dreaming tends to be an STS experience. We change the dream environment to reflect our whimsical desires. We fly through space and enjoy a myriad of seemingly physical experiences. I have flown out of the window of my Caribbean resort hotel room to soar across the surface of the sea with a dream pod of dolphins leaping out of the water around me. Were those dolphins dreaming of me in their own Astral Plane excursions? Perhaps they were.

The issue with STS lucid dreaming, what I consider as “classic” lucid dreaming, is that we are reverting back to our Third Dimensional physical self for the template of those experiences. Because of that, it is very easy to get caught up in the trap of physicality. When firmly ensconced in that wonderfully emotional Astral extension of the Physical Plane we lose sight of those higher planes. When we choose STO, however, we step out into the passing lane where we get a glimpse of the still point axis that leads directly to Source. More on that later.

The STS/STO dichotomy can be a hard one to overcome as some esoteric ontologies, such as that of Bernardo Kastrup, view our human traits as somewhat “baked in”. Kastrup would say that we develop an inherited momentum as we go through our human iterations. Khul would say that our soul hosts “permanent atoms” that contain this baked-in information and that it takes a lot of work over countless lifetimes to change those inherent dynamics. When a soul is stuck in an STS perspective that soul can still gain a degree of agency in the higher Planes. In the dream state, as in life, STS souls with a high degree of agency can become

problematic. This is something that needs to be taken into consideration as we transit into higher dimensional awareness. We'll look deeper at that a bit later when we dive into what I have learned about field dynamics.

For me, this new-found world of lucid dreaming became a wonderful classroom. As my experiences progressed, I took part in a number of discussion groups where folks asked each other over and over how to "become lucid". I learned all of the time-tested techniques. The most powerful technique for me was that of Wake-Back-To-Bed. I was naturally waking up after each dream due to the intensity of this newly discovered state, so I started getting out of bed and going in to the studio to record those dreams. When I read about WBTB I knew that I was already practicing it. I also had the feeling that it was going to turn into something much more powerful and formative. More on that in the next chapter.

I journaled every night, filling numerous note pads. But after that original awakening, all of this just came naturally to me and I knew right away that I was being guided in some deeper and much more meaningful direction. I soon realized that I was not in charge of choosing the curriculum and many of those early lucid dreams are etched into my memory with intense clarity and with meaning that has only recently been made clear.

Just days after that first dream, for instance, I was flying high over a stream that was tumbling out of a wooded copse. There was a man standing far below me in that stream. I flew down and became that man. The very next night I had the exact same dream except that I started out as that man. I have since learned that in esoteric circles, repeating a dream with a shifted perspective is a profound milestone. It marks a

conscious transition from observer to participant in the soul's blueprint. A visceral flight down into a physically manifested body is one of the telltale marks of a “Wanderer”, that is, one who has incarnated from a higher Density as a guide. I’ll speak more of that toward the end of the book when we look at the difficulties that that role can bring.

In another early dream I was climbing a snowfield toward a mountain peak when the entire field let go. I rode that avalanche down…….laughing, and the very next night, in the exact same dream, I went to the peak, jumped off, and flew out over a beautiful valley.

After the second year of this practice things changed. I had added a very powerful Tibetan Buddhist protocol to my WBTB times (again…..next chapter) and I was now finding myself in dreams that would often be suddenly occupied by entities that I knew were not just a part of the dreamscape. In the esoteric perspective, Djwhal Khul might say in Alice Bailey’s *Initiations, Solar and Human*, that I had opened myself to a higher plane, possibly even the Buddhic Plane , and had come under the influence of the Third Ray, that of Active Intelligence, and this had prepared me to receive deeper and more personalized instruction. There are a few of those dreams that still stand out clearly to this day. In one I climbed into the driver’s side of my car in a somewhat hazy state of lucidity and there was a man sitting in the passenger’s seat. He looked over at me and I was suddenly completely wide awake in that dream. He had clear gray eyes and a slight smile and at first he glanced casually over at me as he absently toyed with something on the dashboard. Then our eyes locked and he looked deeply into me, still smiling. We did not speak. He must have seen what he needed to see for I was suddenly awake in my bed. To this day I call him, “ The Gray Eyed Dude”.

A few nights later, as I was transitioning through that wonderful hypnopompic state between sleep and waking, my entire frame of vision became filled with what seemed like a portrait of a stern man in a military uniform….The Commander. There were others like this as my dream journey continued and I'll bring a few more in if they are appropriated for other discussions, but suffice it to say now that I began to realize that those higher planes of existence are playing a powerful role in our 3D existence and I, for some reason, was being guided in that direction.

Now that I knew that there was a guiding force behind all of this, I wanted to find it. At this point, even this late in life, I knew nothing of Dimensions, Densities or Planes. I had never considered myself a "spiritual" person, in spite of my life-long practice of T'ai Chi. I went through the late sixties and early seventies hovering at the fringes of the counter-culture crowd, smoking a bit of cannabis and partaking occasionally of the clinical grade psychedelics that were readily available in those years, but I never ventured into the realms of spirituality that seemed to go along with that among my peers. Now I seemed to have found a mysteriously guided path into a world with seriously expanded horizons that I was quite obviously being gently pushed toward.

It was around that time that someone on one of the lucid dreaming forums mentioned Dream Yoga. But before I go there….. consider this. We know that our dreams are illusory, right? After all, that dripping wet hippo was definitely not "real". Yet every one of us has likely waken from a dream remembering how real that dream was…..real body, real landscape. If fact, didn't that dream body feel just as real as this waking state body does right now? Well, if the dream state feels as real as the waking

state but we know that the dream state is illusory, could it not be possible that the waking state is illusory as well?

Donald Hoffman would tell us that that is absolutely the case. In every Hoffman lecture I have watched he brings in the metaphor of the video game headset. We are immersed in Grand Theft Auto. That red Corvette is very real. We are racing on a real course with our hands on a very real steering wheel, every movement of which taking us closer and closer to that finish line while keeping us from crashing along the way. Or we are an avatar on a very real tennis court working that topspin forehand to perfection…..until we remove the headset.

Hoffman's message is clear – if we needed to navigate the circuitry of our computer to hit that tennis ball or pass that blue Mustang we'd be in big trouble.

He makes the defensible leap that says that the world we are living in is exactly the same, that is, we are navigating through it using icons and images that our brain/computer is creating from some hidden "master computer" to allow us to live these lives. In the waking state we reify this experience completely, but in the dream state, the Wild West neighborhood of the Astral Plane, that control is usually gone. Lucid dreaming showed me that if I reify the dream through lucid dreaming, when I go back to the waking state it feels…..like a dream.

That first introduction to Dream Yoga hinted at ways to learn how to achieve lucidity in the waking state. I knew I was looking for a passageway to the circuitry behind the headset. To do that I knew I was going to have to go beyond the dream.