

ILLUSTRATIONS & TEXT : LARA PARATTE

CHAPTER 3

*TRANSFORM IT
(INTO LUCID DREAMS)*

THE PRINCIPAL CONNECTION BETWEEN A SLEEP PARALYSIS AND A LUCID DREAM IS THAT BOTH HAPPEN DURING A HYBRID STATE BETWEEN A WAKEFULNESS STATE AND THE PARADOXAL SLEEP STATE

THE DEFINITION OF A LUCID DREAM IS THIS SIMPLE: A DREAM DURING WHICH DREAMERS, WHILE DREAMING, ARE AWARE THEY ARE DREAMING

IF YOU HAVE ALREADY EXPERIMENTED THE SLEEP PARALYSIS, YOU ARE MORE SENSITIVE AND PREDISPOSED TO BE AWARE THAT YOU ARE DREAMING DURING A DREAM

IN A WAY, IT'S A WIN-WIN SITUATION

SLEEP PARALYSIS HELPS YOU ENTER INTO
LUCID DREAMS. ONCE YOU MASTER THOSE
DREAMS, YOU GET OUT A SLEEP PARALYSIS
QUITE EASILY

WELL, THIS IS THE THEORETICAL PART

IN REALITY, IT'S WAY MORE DIFFICULT TO
PASS FROM A STATE TO ANOTHER JUST LIKE
THAT.

I ADVISE YOU TO TRAIN LUCID DREAMS WITH
THE CLASSICAL AND ORDINARY EXERCISES OF
PREPARATION

SO NOW YOU NEED TO TRAIN YOURSELF TO
LUCID DREAMS

THE FIRST THING TO DO IS TO TRAIN
YOURSELF TO MEMORISE YOUR DREAMS. EVERY
MORNING, WRITE THEM SOMEWHERE, DRAW
THEM...

THIS WAY, YOU'LL BE MORE FAMILIAR WITH
THE DETAILS OF YOUR DREAMS AND NOTICE IF
SOMETHING SEEMS RECURRENT. IT CAN BE AN
ANIMAL, A COLOR, AN OBJECT, A PERSON,
ETC.

DEFINE THIS THING AS A SYMBOL



*UNSTABLE AND VERTIGINIOUS STAIRS ARE RECURRENT
DURING MY DREAMS. NOW I USE THEM AS A SYMBOL*

THIS SYMBOL YOU CHOSE WILL WORK AS A
SIGNAL IN YOUR FUTURE LUCID DREAMS

THIS IS HOW YOU SHOULD PROCEED:

SEVERAL TIMES A DAY, YOU HAVE TO THINK
STRONGLY OF YOUR SYMBOL AND SAY TO
YOURSELF «THIS NIGHT, WHEN I SEE THIS
SYMBOL, I'LL KNOW THAT I'M DREAMING»

PRACTISE THIS EXERCISE EVERY DAY UNTIL
YOUR SUBCONSCIOUS GET THE MESSAGE. IT CAN
TAKE A MONTH. BE PATIENT

YOU CAN ALSO USE THE «THIS NIGHT I SEE MY
HANDS» PROCESS

THE CONCEPT IS THE SAME, BUT THE SYMBOL
IS YOUR HANDS

TRAIN YOURSELF THE SAME WAY, FIX YOUR
HANDS MANY TIMES AS POSSIBLE DURING THE
DAY, ESPECIALLY BEFORE SLEEPING, TELLING
YOURSELF THAT THIS NIGHT WHEN YOU SEE
YOUR HANDS, YOU'LL KNOW YOU'RE IN A DREAM

WHEN YOU FINALLY ENTER INTO A LUCID DREAM
YOU NEED TO UNDERSTAND SOME ELEMENTS SO YOU
CAN MAINTAIN LUCIDITY

IT'S PRETTY COMPLICATED TO STAY IN THIS
STATE WITHOUT GOING BACK TO A NORMAL DREAM
OR WAKING UP

YOU HAVE TO KNOW THAT A LUCID DREAMER NEVER
CONTROLS HIS DREAM. HE'S ABLE TO INFLUENCE
IT AND ORIENTS HIS OWN ACTIVITIES. LIKE A
SAILOR, HE LEADS HIS BOAT, BUT HAS NO POWER
OVER THE OCEAN

IF YOU WANT TO MAINTAIN THIS STATE, THERE
IS TWO MAIN POINTS YOU HAVE TO FOCUS ON.
CONTROL YOUR EMOTIONS: FEELING AN EMOTION
TOO STRONGLY COULD WAKE YOU UP OR LEAD YOU
TO ANOTHER DREAM. ALSO, NEVER FIX YOUR EYES
ON SOMETHING FOR TOO LONG WITH INSISTENCE:
YOUR DREAM WILL IMMEDIATELY DISAPPEAR



*WHEN YOU SEE A DOOR DURING A LUCID DREAM, YOU CAN
CHOOSE TO OPEN IT OR NOT BUT YOU WON'T BE ABLE TO
DECIDE WHAT YOU WILL FIND BEHIND*

NOWADAYS, I'M ABLE TO GET OUT OF SLEEP
PARALYSIS BY RELAXATION, BREATHING AND
GOING BACK TO SLEEP. BUT UNTIL THIS DAY
I'VE NEVER MANAGED TO GO INTO A LUCID
DREAM AFTER A SLEEP PARALYSIS EPISODE

HOWEVER, I ONE TIME MANAGED TO TRANSFORM
A DREAM IN WHICH I WAS ABLE TO BREATHE
UNDER WATER INTO A LUCID DREAM. I ALSO
REALISED THAT I USED TO HAVE THIS SAME
LUCID DREAM REGULARLY WHEN I WAS A
TEENAGER

I'M ONLY AT THE BEGINNING OF MY TRAINING,
I'LL NEED MORE TIME TO CONSIDER MYSELF AS
A GENUINE LUCID DREAMER.

I IDENTIFY MYSELF AS AN APPRENTICE LUCID
DREAMER BUT A NEARLY PROFESSIONAL SLEEP
PARALYSIS MANAGER