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DREAMR

LUCID DREAMING: BRIEF HISTORY

- ▶ Dream Yoga – स्वप्नदर्शन (Milam) divine exercise in Tibetan Buddhism
- ▶ Oneirology (from the Greek *ὄνειρον*, "dream") study of dreaming to understand memory formation and mental disorders
- ▶ Keith Hearne – confirmed hybrid consciousness 1976 study through EEG, verified by Stephan LeBarge in 1980



PRACTICE MAKES PERFECT

- ▶ Four Steps of the Mnemonic Induction of Lucid Dreaming
 - ▶ Dream Recall
 - ▶ **Reality Checks**
 - ▶ Lucid Affirmations
 - ▶ Visualize



REALITY CHECK

- ▶ method of deducing whether to not in dream
- ▶ involves a sensory observation of some kind, based off universal inconsistencies
- ▶ practicing in real life leads to persistent use in dreams
- ▶ hardest part is ***remembering*** to do them

DREAMR DEMO

- ▶ User Input
 - ▶ Range of Time Awake (ex: 9:00am-10:00pm)
 - ▶ Frequency of Reality Checks
- ▶ Schedules Reality Checks so it doesn't run in background
- ▶ Simple, Easy, Interface to help all willing dreamers