

I. Introduction

- A. 229,961 hours
- B. Proactive Usage
- C. Year
- D. Lucid, powerful
- E. Lucid capabilities, how to

Transition:

II. Body

- A. What is
 - 1. Aware
 - 2. Dreams Influence
 - a. Consistent inspiration
 - 3. You can do anything
 - a. Harvard study
 - 4. Talk to dead

Transition:

- B. The experience
 - 1. Present
 - a. feel pain, love, passion
 - b. My dream
 - c. Alive, Intune

Transition:

- C. Learning, practice repetition
 - 1. Dream journaling, patterns
 - a. Mountain move
 - b. Teleporting somewhere
 - 2. Dream checks
 - a. Not dreaming
 - b. Find a clock.
 - 3. Sanctuary of Sleep
 - a. Dark
 - b. Avoid technology
 - c. Meditation
 - d. Sleep awakening

Transition:

III. Conclusion

- A. Powerful Experience
- B. Realistic, practice makes perfect
- C. Changed my life
- D. Resources Available