

## I. Introduction

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

## **Transition:**

## II. Body

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

## **Transition:**

## III. Body 2

- A. Conscious in different world
  - 1. Present
    - a. feel pain, love, passion
    - b. My dream
    - c. Alive, Intune

## **(Transition:)**

## IV. Body 3

- A. 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: )

V. Conclusion

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