

# Lucid Dreaming and 'Five Ways' Mindfulness Meditation ~ Shinzen Young

00:00:00 Lucid dreaming is the ability to know you're dreaming when you're dreaming.

00:00:15 All indications are that it's quite trainable, that the average person can actually learn

00:00:22 how to do this with the proper training.

00:00:26 There's some great websites on the internet that will teach you how to do it.

00:00:32 The question is, if you're applying the basic mindfulness system in a dream, what are the

00:00:40 sensory categories that you're dealing with?

00:00:43 Are the sights that you see in the dream actually to be labeled as image?

00:00:49 How about what seems to be touch and so forth?

00:00:55 Are the sounds really sound or are they talk?

00:01:00 It does sort of make sense as a question because what's going on in the dream is clearly not

00:01:10 based on external physical stimuli usually.

00:01:16 It's very easy.

00:01:18 I can tell you from my own experience, applying the five ways, working with touch, sight,

00:01:24 sound, feel, image, talk, et cetera, essentially you can consider the dreaming world to be

00:01:33 the same as the waking world.

00:01:38 If it seems to you that you're looking at an external sight, even though that's generated

00:01:43 obviously from the inside because you're dreaming, you name it as sight.

00:01:49 The dreaming world is like the waking world.

00:01:52 There are touch, sight, sounds.

00:01:54 There can be internal talk.

00:01:57 Theoretically, there could even be mental images, sort of images inside images in a

00:02:03 sense.

00:02:05 The upshot is that consider the dreaming world to be like the waking world and apply the

00:02:14 techniques as you would in the waking world.

00:02:18 Essentially, what happens to meditators is that whoever they are in their waking life,

00:02:26 that's who they are in their dream life.

00:02:28 Since they are meditators in their waking life, they can also be meditators in their

00:02:33 dream life.

00:02:35 The same techniques that you would apply in the waking life, you apply in the dream life.

00:02:41 It just carries over exactly.

00:02:43 I label the things that I see in my dreams, if I'm intentionally meditating in my dream

00:02:50 and I see something, I don't label it as image.

00:02:53 I label it as sight.

00:02:56 It's amazing.

00:02:58 If I physically contact an object, I'll be thinking to myself, and of course that thinking

00:03:04 is talk, right?

00:03:05 I'll be thinking to myself, okay, I'm dreaming, so I'll touch this object.

00:03:11 What happens?

00:03:12 Okay, well, it's touch.

00:03:13 It seems like touch in the external world.

00:03:16 But then when I remember that I'm dreaming, I say to myself, oh, but since this is dream,

00:03:23 actually, I should be able to put my hand through this solid object.

00:03:28 As soon as I have that talk, I can't.

00:03:33 The solid object just sort of becomes like clay or something like that.

00:03:38 I can actually ghostly move my hand through it, which I can't do in the physical world.

00:03:43 So that is a difference.

00:03:45 But it's still touch until it starts to behave weird.

00:03:50 But I just take that as a sign of flow.

00:03:52 It's much easier to get flow phenomenon.

00:03:56 Normally, you can't get too much flow phenomenon in touching a physical wall.

00:04:01 You can get a little bit of it, but the sight and the touch is usually fairly solidified

00:04:07 in the waking world, unless you're in a really, really deep state.

00:04:10 But in the dream world, at least for myself, when I remember that I'm dreaming, then the

00:04:15 touch and the sight just instantly melts and turns into flow and whatever.

00:04:21 I've also discovered that... Well, I consider smells and tastes to be sort of part of touch.

00:04:31 You certainly can get smell and taste in a dream.

00:04:34 It can be very interesting, actually.

00:04:36 I was once in this dream and I was climbing this tree.

00:04:41 I said to myself, okay, let's make this tree edible.

00:04:47 I want this tree to be made of Turkish delight.

00:04:51 And it immediately turned into Turkish delight.

00:04:53 I started to eat vast quantities of the Turkish delight tree that I was climbing.

00:05:00 I could taste it.

00:05:01 It tasted just like Turkish delight in the real world, except it was in the dream and

00:05:07 there was a certain degree of control because you could just think it and it sort of becomes

00:05:12 what you want.

00:05:15 The point in meditating in your dreams, by the way, is not to play games like what I

00:05:21 just described.

00:05:23 The point is that when you're in the dream state, you're deep in consciousness and it's

00:05:29 a wonderful venue to explore the standard techniques.

00:05:34 They all work.

00:05:35 Any of the five ways you can apply just the way you do in the waking world, you can apply

00:05:40 it in the dreaming world.

00:05:42 And then you're making productive use of that dream time.

00:05:45 It's optimal use of your time.

00:05:47 You're getting meditation mileage out of it.

00:05:51 So that would be my answer to that question.