

If you don't care much about the "how" or "why" skip ahead to **"the technique"**

This is not going to be the best or most well thought out "how to" thread. This is more like my reflection on the last 60 days and the paths that it led me down.

I have always heard about people talking about ADA and ADA/RCs like hukifs or other naturals, and I have tried them at many instances. It sounds great, it makes a lot of sense, but the problem has always been "how do I keep it up all day?" I tried and tried and it just pulls my enthusiasm away until I am nothing more than a weak husk by the end of the week that has no more in him. So if this is what all of those naturals did, then how do they do it? Did God just bestow on them the magic of not having interrupting thoughts. Do those thoughts just not alert them as loud as they do for us? Why do I keep "losing" lucidity?

I talked with glitch and we went on another round of questioning omnis. I have asked many people in the past how they get lucid, and they often have no idea what they did to get lucid, but they think that they know, so it makes it very difficult for someone like me to follow those footsteps.

It kept feeling a bit hopeless, but it kept coming back to "some kind of awareness all day" but the how was lost to us. Then one day, hukif said that he did it when he had emotions, and I felt like a lot of things clicked together. Maybe this is just for my brain, maybe this is just something that happened after 8 years and a couple months and finally culminated and I am among the ranks of people that have no idea how they got to where they are, but I feel like I finally found it. I am sorry if this doesn't work for you, I can give you no promises, I can just share my experiences.

When reading all the ideas that people have about dreams like jung, freud, and tenzen, I could not reconcile all of them with actual lucid dreamers, until hukif mentioned his emotions. This clicked them all into place for me in my head, and I feel like I have accepted this as the way that minds work and headed down this path. Acceptance is a big part of lucidity, but I'll get into that later.

I always found it odd that what we do to stabilize dreams is very similar to grounding techniques in psychology.

Grounding is a particular type of coping strategy that is designed to "ground" you in, or immediately connect you with, the present moment.

Being grounded in the present moment. This is often what people say that lucidity feels like when they become lucid for the first time.

I also found that people that lose lucidity in dreams seem to lose it at times that they also would struggle to keep ADA or an ADA/RC up, which means that people are losing lucidity in dreams and waking because they are not present.

My idea is simple, I think that when something happens to you, it affects your brain, and the amount that it affects it seems to change based on how much emotion this caused you, how

often you feel this emotion, and if this is something that changes a lot of things in the past. These feelings are all interesting to see how they affect you in the moment and in the future, but it is not exactly what I am looking at now and it is of no consequence the differences for me at the moment. The way I look at it, they put a knot in your brain. Like a kink in the framework that will stay there unless taken care of, they will keep popping into our brain all the time until they are removed or simply unknotted. There are many ways to take care of this, meditation, counseling, talking with a friend, being mindful, and sleep. Jung, Freud, and Tenen all talked about these things following you into dreams, and the first dreams of the night seem to really deal with the same emotions from the previous day, undoing the knots, which leaves your mind more clear. There arise big problems, when people create a knot so big that it cannot be handled simply by sleep, this causes all your dreams to constantly deal with this emotion and seems to be the cause of (most) recurring dreams and nightmares and the emotion going by in the back of your mind during sleep then becomes an insane reliving of the emotion that does nothing but cinch the knot tighter, so the system is broken and you must go to all these other ways of undoing the knot.

The one I want to talk to you about is mindfulness, it is a common practice, and I think that it is simply being mindful of the present moment and often something else. It is very difficult to do because our minds are so knotted, but it also can work to unknot the mind and bring you into a more constant state of mindfulness, which will arise naturally when the knots are taken care of.

We all have these knots that drive us to a fro and we are often aware of them, bad habits, good habits, emotions, social pressure, and hunger. They are all there driving us around while we try to keep a hold on our mind. So we want to be mindful, but it seems more like something that “comes” from unknitting the mind more than it is something that you can force. Hukif mentioned his gravity RC triggering from emotions at first. So we have Hukif, a person with constant nightmares, a giant knot somewhere or multiple, either created by the nightmares or something in waking, and every time he feels an emotion, he focuses on his gravity, something that very much resembles a grounding technique, which will help you to connect with the present moment AND nullify the knotting effect of these emotions, since you deal with them in a healthy way immediately. This immediate taking care of your emotions makes you more mindful, leaving you with a clear mind to make decisions, as well as, in my experience, making my dreams much more mindful and non cinematic.

So, my first step in this is to trigger your “ADA/RC” to only happen when an emotion happens, and then ground yourself in the moment with a grounding technique. If you are still struggling with these knots, I recommend the other ways to remove these knots. The older you are, the more you probably have, and this explains why kids LD much easier than adults, because of the lack of knots in their brains all the time. The constant nightmare also gives them an easy trigger for realizing it is a dream, if you know that you will feel an intense emotion in a few hours, you can easily say “when I experience fear, I know it is a dream.” or something like this. Anyways, this is slightly off topic.

So this doesn't bring lucidity. I know many people that are very mindful and don't seem to get lucids ever. In fact, it is a pretty good indicator of someone that you would want as a

friend as well, since they are people that aren't going to be swayed by how they feel, but by what they choose. Of course, imo, you are going to take into account others feelings as well as your own.

So this mindfulness isn't lucidity? Really? Then what is?!? Lucidity is. I am sorry if this is confusing, but there is a struggle that I have had in the past with lucid dreams, that I mentioned earlier, where you will lose lucidity in a dream, completely forgetting that it is a dream, but what is probably more accurate is that you forget that waking and dreaming realities both exist and you are in the dreaming one. The mindfulness we are looking for, the constant intention, the constant aim, to me, seems to be lucid all the time in waking and dreaming. A non duality of sorts, where I don't lose lucidity in dreams or in waking. I always know that there is a waking and dreaming reality, and I am in one of them. So, similar to how I would try to keep hold on lucidity in dreams, I also keep hold in waking, but only after it being triggered by emotion. What I found was that either not having the knots in my brain, or adding lucidity and mindfulness to all the knots in my brain that will be sent into dreams, I was able to get to a point where I no longer lost lucidity. It wasn't just that I pushed and pushed and pushed until I finally got it to the point that I had finally pushed hard enough, it was simply rewriting and unknotting, it became easy and enjoyable. Every emotion connected to my lucidity, and leading me to be more mindful.

I should also tell you a bit about how this worked for me. When I first started. I was very fixated on the grounding being my hands. I focused on them all the time. I was intent on using them for grounding 24/7 for 2 months. I didn't do any other technique, and it didn't work too well. The first month, my dreams became insanely detailed and vivid, never cinematic.

I felt like I had completely changed the way I dreamed by always taking care of my emotions and impulses during the day and I was able to keep up the technique throughout the whole day. But lucids were still coming like every other day or so, maybe less often.

Then I started using techniques that I used in the past, direct intent before bed, as well as doing better at dream journaling. My recall was really good, but it faded after waking, since I was not writing it down (imagine having an amazing experience, remembering everything, but then seconds after you wake, you start to lose it). So I worked on these things, djing during my wbtbs, setting intent during my wbtbs.

I started getting more lucids, but it was still very much the results from my techniques, it didn't feel like it was going to be quite "omni" like I wanted. I was happy that it was working well, but wasn't sure if it was what I was aiming for completely.

I talked to a few other people that were omni and I realized that my bar for a lucid dream was set very very high, and that I was wanting to never follow the plot ever and always do what I wanted in a lucid dream. Their bar for omni was simply "be lucid in every dream" high lucid, low lucid, it didn't matter. I think that these lower level lucids where I may forget how I got lucid or still get distracted by dream characters made me think that I was further from omni a lot of times and often lead me away from omni and techs that got me there. So I accepted those as lucid dreams. Any dream that I acknowledged in any way that I was dreaming, and voila, in every dream for the last 5 days I have known I was dreaming. Maybe not the most fully in control

dreams ever and not the best lucidity ever, but this acceptance made me relax a lot on what I was aiming for, since I was hitting it or close enough to it. Staying in a place of succeeding.

After all this, my stupid mind still thinks that it may just be dream control. Accepting the fact that I am lucid all the time so it is like "oh cool, team, we are lucid all the time now." and this may be how all omnis work. Just lucid all the time because they got to a point where they felt like they were lucid all the time and accepted it and then they became what they accepted. Who knows?!?

So this is basically to say that I think that this lower form of omni is the pathway to the higher form of omni that I want. My goal has always been to never lose awareness during the night, and I will continue to pursue this, but I think that calling myself "not omni" would be disingenuous if I continue to have the lucidity that I have. Keep in mind that I have never ever been able to keep lucids up in the wake of bad sleep, and I have terrible allergies and a bad sleeping schedule and I've been able to keep it up for 5 days. I am hoping that this flow remains.

If I don't have a lucid dream or two in a night, or even a night without any lucid dreams, this is also okay, since I know people that are omni that have off nights at times and have an odd non lucid here or there. I also know that my recall is insane, so many people that were omni may just not have remembered their non lucid dreams earlier in the night when they first accepted the idea that they always knew that they were lucid.

THE TECHNIQUE

So I will give you a step by step technique for this that is simply what I did.

STEP 1 - DREAM RECALL

Many hate this, but I see no way around this, if you want to know the difference between waking and dreams, you need to remember dreams. Your idea should not be based on other people's dreams or dreams from the super past or from movies and books, but your actual dreams, because you aren't going to be going into other people's dreams, you will be going into your actual dreams. Dream journal, spam it, write it in details like a travel log or however you can do it that makes your dreams interesting to you. Realize that your dreams are going to be your starting point and that if you don't know where you are starting from, the map isn't going to be of much help.

STEP 2 - FIND A GROUNDING TECHNIQUE

You need to look through these grounding techniques, or find one that seems to end with you being a more mindful person. Try them right now, try them during meditation, try them while playing video games or something that messes with your emotions. Find one that seems right for you.

STEP 3 - ACTIVATE THE GROUNDING TECH WHEN YOU FEEL AN EMOTION

The next step is obvious, you need to ground when the emotion happens. At first, you may realize a few minutes after the emotion, later on it will get closer and closer to happening at the time of the emotion, the last step is that you are still grounding when the emotion is happening, don't worry about if it is going backwards or forwards, just try to ground or be grounding when an emotion happens.

STEP 4 - CONNECT LUCIDITY TO THIS MINDFULNESS

This sounds like a chore, but we are not going for "mindfulness" as defined by many practitioners, but we are aiming for the mindfulness that is "lucidity." If you have never had a lucid dream, I don't know how to explain this to you. Many that haven't had lucids think of dreams as vague or half sensory, but don't realize the scope of dreams. More lucids and more recall will help you to make sure that you understand the word "DREAM" when you are constantly asking the question "am I awake or asleep?"

STEP 5 - BEFORE BED PREP

I tried to do without this at first, I couldn't seem to figure out why it was needed, but it seems to be what I need. Before bed, I do some affirmations, mantra, visualization, and prep myself that I will be in a dream soon. I am not sure if it is still needed, but it feels like it. I do

these as I lay down for sleep and in all wbtbs. When I was first doing this technique, I didn't do any of this and lucids were only coming in the late parts of the night and never early. Since I started this, I have been on a bad sleep schedule and still lucid in all the dreams I can remember in the past few days.

STEP THE LAST AND ONLY NEEDED ONE

What I am really trying to say here is that I want to keep lucidity at all times, always knowing the difference between awake and asleep. It is a type of mindfulness and so mindfulness techniques help. The problem is often urges, feelings, impulses, emotions, and all these other things that flood into our minds. Other things like talking with people or listening to music can also take this mindfulness away, so I practice in all sorts of things. At first I went into every conversation as a new level to beat "I'm going to keep it during this" I would listen to music instead of audiobooks since music makes it harder, trying to raise my natural level of lucidity at all times. Isolate the things that make it harder to stay in this state, use prospective memory to trigger and keep the state, don't force the state. Don't feel bad if you miss a trigger. Don't waste your time if you have bad recall overall.