



[The Waitresses by Sao](#)

Developing Dream Psi Abilities: A Workshop Intensive

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This year's contest track includes **four** events: a **Mutual Dreaming Contest**, a **Precognitive Dreaming Contest**, a **Dream Remote Viewing Contest**, and this workshop, **Developing Psi Abilities**. Participants in this workshop will have the opportunity to do more than participate in the contests for fun, but can

do so as part of a coordinated online intensive psi-dreaming training.

(To check out the contest schedules, go to the "*PDC Contest Schedules*" thread on the main discussion board, or just click on this link:

<http://dreamtalk.hypermart.net/Psiber2010/viewtopic.php?t=158>)

Introduction

Practical Dream Psi actually requires three, not necessarily related, skills:

Quote:

The first skill - the ability of the dreamer to effectively tune into the target;

The second skill - the ability of the dreamer to recognize psi content in their dreams, to separate "the wheat from the chaff"; and

The third skill - the ability to decode the correct meaning of psi information.

And to make these skills really practical, dreamers

need to develop the advanced ability to apply skills 2 and 3 before getting any feedback!

Over the years we've designed **PDC** contest formats so that participants have a chance to work on developing all 3 of these skills, even on an advanced level. Although dream psi seems a learnable skill, the skills we develop depend heavily not only on how much we practice, but on what we practice.

And even if we have already developed our own dream psi styles and skills, we can expand our repertoires to include different ones. A good athlete can learn the skills for many sports, not just one. If we change our training methods, we can develop new skills. And rather than leaving it to chance, it makes sense that if someone wants to develop psi, they should take some thought into choosing a training format that focuses on developing useful skills. Also, given our psi-negative culture, most of us have not had enough experience to know where our real psi-potentials lie, no more than a three year old can guess which subjects in school they might excel in later on.

The annual **Dream Telepathy Contest** format used at **IASD** Conferences had to fulfill a number of different purposes: 1. Make the contest fun and easy to participate in; 2. Make the judging process reasonably simple; and 3. Give people the opportunity to experience dream psi first hand. However, in originally designing the format for **PDC** psi dreaming contests, I decided to design contests that would not only give people firsthand experience of dream psi, but that would train them in the use of psi. We made the contests simpler by only using one target for each - but more rigorous by requiring that people submit their dreams before seeing the target picture.

After revealing a contest's psi target, but before the judges have made their decisions,

we encouraged and rewarded participants to self-analyze any hits they felt they had made in their dreams. To feel free to "blow their own horn" - and not to wait for some outside authority - the judges - to decide on their hits for them. After all, participants experienced their dreams firsthand, while judges can only access partial representations through submitted dream reports. Strong psi hits obvious to a dreamer might not seem at all apparent to a judge.

And while we learn best by doing, the better the feedback, the better the learning.

We also encouraged and rewarded participants indicated which specific dreams, and which parts of dream, related to the psi target **before** the target information becomes available. After all, knowing that you had a precognitive dream only in hindsight does not seem all that useful a skill in the waking world. <g>

Has this process worked? Yes. Every year the quality of submissions from repeat participants has gone up, their sophistication in independent self-analysis has gone up, and the ability of participants to recognize psi-dreaming material before knowing the target has improved.

This year's PDC offers three contests: a **Mutual Dreaming Contest**, a **Precognitive Dreaming Contest**, and a **Dream Remote Viewing Contest**. However, aside from contests, this year's PDC includes this workshop that will coordinate all of the contests, *"Developing Dream-Psi Abilities: A Workshop Intensive"*. Here participants will find material that has proved useful in the past, from methods of reducing day-residue and useful incubation techniques, to how to write up a dream report. Participants in this workshop will have the opportunity to do more than participate in the contests for fun, but can do so as part of a coordinated online intensive psi-dreaming training. **On the discussion thread for this workshop we encourage participants, especially experienced psi dreamers, to share psi dreaming techniques that have worked**

for them so that other can try them out in the contests.

Workshop participants can do as much, or as little as they want, but this year includes special prizes for those who participate in all three contests:

The PsiberDreaming Triathlon to anyone who wins a prize (**1st, 2nd, or 3rd**) in **all three** contests: One **additional** item from any category on the prize list!And the

*****The PsiberDreaming Triple Crown***** - a one year new **IASD** membership, or a one year renewal, to the talented psi-dreamer who manages to earn **First Prize** in **all threePsiberDreaming Contests!**

The Workshop

This workshop will focus on the "how to's" of psi dreaming. First, on "**Clearing the Stage,**" experimenting with methods of eliminating, or at least reducing, day residue and other sources of "noise" from your dreams; Second, on "**Setting Up Dreaming,**" exploring different techniques for incubating psi-dreams that will allow you to tune into specific information; Third, on "**Writing a Dream Report,**" learning how to notice and include details of your dream, especially details that may possibly present psi information; and Fourth, learning useful ways of "**Recognizing Psi Elements.**"



Clearing The Stage

Few people have clear cut distinctions between their psi dreams and "ordinary" dreams. For most people psi dreams, or psi dream elements, look and feel more or less the same as other dreams or dream elements - they can only tell the difference in hindsight. Also, they may have psi elements embedded in the midst of an otherwise non-precognitive, "ordinary", dream. With respect to finding ways to enhance psi information, I agree with remote viewer Ingo Swann that it makes sense to look at this situation as a communications engineer would, in regard to:

Quote:

1. What can we do to decrease the amount of irrelevant **noise**? and
2. What can we do to increase the strength of the

target signal?

So first let's address the often neglected issue of **techniques for reducing noise (information not related to target information) in dreams**, specifically "day residue" impacts on dreaming.

One can define day residue simply as **"Any element of a dream that clearly relates to an event of the previous day."** In a paper that appeared in *Dreaming* (Clinton et al, An Empirical Investigation into the Day-Residue and Dream-Lag Effects *Dreaming: Journal of the Association for the Study of Dreams*. Vol 6(1) 57-65, Mar 1996) the authors defined the term as follows in a footnote: *"Some researchers use the term day-residue to refer to events from the recent past. The present research use the term to denote the incorporation of events from the present day only"*.

How does day residue interfere with psi dreaming? First, a significant amount of dream content derives from day residue, so learning how to minimize day residue related dreams, or how to recognize them when they occur, can help reduce the noise factor in the equation. Many "spontaneous" dreams take their cue from day residue - what you experience during the day. **If you can manage it, on dream contest incubation nights try to have a quiet, peaceful day, minimizing emotionally impactful events or vivid imagery.** Research indicates that **the last few hours before going to sleep often have the most day residue impact on your dreams.** I suggest that you don't watch television - especially the nightly news - or go to a movie during that time. If you read, I'd stick with non-fiction books on topics that interest you, and don't conjure up vivid or emotionally stimulating imagery. By reducing day residue you help to make your dreaming mind a "tabula rasa" for the desired incoming information.

However, even the most peaceful day will still include events and experiences that may

influence your dreams. Fortunately, a useful technique for minimizing day residue in dreams does exist - the "Daily Review" exercise or meditation. Although many variations exist, years ago I learned an effective version from Jack Schwarz, who recommended it for this approximate purpose - to process the days experiences before going to bed, so as to improve the quality of sleep by pre-processing the events of the day so that your dreams would not have to. I did this meditation on and off for some years as a way to improve personal authenticity, but soon noticed that doing the exercise before going to sleep effectively reduced "day residue dreams", just as Jack had said it would.

Jack's exercise:

Quote:

"Projection screen of memory

*In your mind's eye, project all the day's activities, interactions, thoughts, and so on onto an imaginary movie screen. Most people find that they can concentrate better by closing their eyes when they experience the internal world. Begin with your first waking moment, and let your day roll by on the screen. Know that you are the projector. Who is the observer? It is also you, who are objective and uninvolved in the events shown on the screen. When you observe an event and judge it to be a negative occurrence, stop the film. Look at this frozen moment in time. Study this single image, and make an effort to see its positive side. Remember that every time a problem is born, its solution is created, too. See the solution in the problem on the screen. Perceive the wholeness of the situation by moving beyond your initial judgment of it and embracing it with an understanding of both its positive and its negative aspects. Weed out the guilt you have implanted in yourself as a result of your self-condemnation. Acknowledge what you have learned from this situation and your reaction to it, and forgive yourself. Then roll the movie again, and complete the picture of the day." (From **Voluntary Controls**, by Jack Schwarz , p 38, E. P. Dutton, 1978).*

Other notable versions of "The Daily Review" exist. A.R. Orage describes a variation with a mathematical flavor, "On Dying Daily," in his book **Psychological Exercises & Essays** (p 105, Janus Press, 1930), and in his books Stylianos Atteshlis ("Daskalos") taught a mystical meditation variation titled "The Daily Introspection," (Instructions available online at: <http://daskalos.org/INTROSPECTION-PRACTICE.htm>)

If you have your own version of the daily review, or of any other meditations that work for you in "clearing the stage," please feel free to share the specifics of these techniques on the discussion thread. Other meditation techniques can have great value, when done either right before going to sleep or during the night. If I wake up in the middle of the night, I do a "Kabbalistic meditation" of my own design that calms my mind and reconnects me to my Deeper Self. I've found that this meditation not only promotes lucid dreaming, but that it amplifies the effectiveness of any dream incubation techniques that precede it.

Setting Up Dreaming

Basically, I know of two ways of intentionally tuning into specific information in ones dreams.

First, **Dream Incubation**, describes a procedure where you "set the stage" just before going to sleep, usually by asking a question with Focused Intent, or by making a specific(!) affirmation. It helps if you visualize what you would like to learn or have happen in a dream using imagery, rather than simply using verbal affirmations or statements. Aside from any formal technique you might use before going to sleep, **you can use "day residue" to**

your advantage by reading a book or article about psi dreaming, (and during this **PDC**, the presentation instructions for the contest that you'll incubate dreams for), during the hour or two before going to bed.

On incubation nights, set up your intent, creating an affirmation and a visualization, to dream about the psi target. If you wake up during the night, repeat the affirmation, but use a dream you had before awakening to set up a **MILD** type visualization. (For example, in the dream you just had, see your dreamself going into a room in which you begin to see a 3D or 4D slide of the psi target you intend to tune into projected on a white screen.)

So to incubate a psi dream about a contest target, while lying in bed just before going to sleep, **focus your intent** by repeating an affirmation to that tonight you will have a **clear dream** of the **contest target**. You also might want to use imagery, to reinforce your affirmation, by imagining yourself in a dream, seeing the target, and then imagining yourself in the morning happily writing down what you saw in your dream in detail knowing you succeeded. Feel free to personalize your affirmation by using your own words, rather than using one of the version given below as an example:

Quote:

"Tonight I will have a clear dream of the 2010 XYZ Contest Target. I will remember the dream imagery of the contest target clearly and easily when I wake up in the morning." I want to experience the target clearly, and to understand it in the same way as when I see it online in waking physical reality later on."

Second, you can intentionally tune into a psi target intentionally once you have learned **Lucid Dreaming**, where you know that you dream while you dream - which means you can choose to consciously act and make decisions based on this knowledge. You can choose to try to do a predetermined dream task - in this case, travel to the dream target or even materialize it wherever you find yourself.

Lucid Dreamer's Dream Incubation Variation:

On the contest night incubate a lucid dream. When you gain lucidity in a dream (where you know that you dream while you dream) state an affirmation out loud with focused intent to the effect that you will now see or experience the psi contest target. For example,

Quote:

"After I count to three, when I turn around I will see the 2010 XYZ Contest Target. I will experience the target clearly, and will perceive and understand its meaning in the same way as when I see it online in waking physical reality later on." (Count to three, and then turn around.)

However, dream incubation procedures - even in lucid dreams - as such do not really control dreaming, so much as influence it more or less effectively in a certain direction. Your "dreammaker self" may choose to respond to your dream incubation request or not - this does not seem a mechanical process, but a creative and selective one. However, in my experience the more clearly and specifically that one can focus intent, through affirmations and visualizations, towards a desired outcome, the greater the chances that an incubation procedure will succeed. Providing unambiguous and detailed instructions to your "dreammaker self" about **exactly** what you want to tune into can make a large difference in the quality of the information you receive.



Writing a Dream Report

First - before going to sleep! - write down your psi contest incubation affirmation in your dreambook, as a header for the dreams you will record next morning. This will help you set up psi dreaming, and will serve as a "heads up" to your dreammaker self that you mean business. For example, for the upcoming Dream Remote Viewing contest, you might use an affirmation something like this:

Quote:

*"Tonight I will have a clear dream of the **2009 DRV Contest Target Image**. I will remember the dream imagery of the **Target Image** clearly and easily when I wake up in the morning. I want to see the target image clearly, and to understand it in the same way as when I see it online on later on Friday."*

When you wake up in the morning after a contest event night, write your dreams down in detail, after the affirmation, including pictures and diagrams if you like. If you have time, I also suggest that you fill out, or at least look over, the short version of the **Psi Dream Key Questionnaire** to give you an idea of details you might have overlooked, or failed to mention, in your dream report. You can access the short form of the **PDKQ** here: <http://www.nauticom.net/www/netcadet/EWKquestionnaire.html> . If you would like a copy of the long form of the PDKQ send a request to alef1@msn.com and I'll email you one. I highly recommend that you fill out the long form at least once to get an idea of what details to look for and include in a psi-dream report.

In order to make important elements of each dream easily available to the judges, we suggest that you begin each dream report as follows:

Title: Come up with a short title that describes the essence of your dream.

Themes: List the major thematic elements that showed up in the dream. For example, drama, situation comedy, exploration, murder mystery, etc.

Emotions: Emotional content of the dream if any, love, hate, excitement, anger, joy, depression, bewilderment, etc.

Major structural elements: shapes, colors, textures, movements, inside/outside, lighting.

And last but not least,

Unexpected elements: elements that stand out - that don't quite "fit" or belong in the dream scene.

Follow this with the detailed text of the dream report. Try to include essential details and highlight elements that many dream reports leave out. In writing your dream reports, please **give priority** to describing the often overlooked **structural level** of your dreamscapes. For example, reports should mention whether the dream occurred 'inside'

or 'outside', during the daytime or nighttime (or in a brightly lit environment or a dark one), shapes, colors, etc.

For example, instead of writing:

"I see Margaret in Israel,"

which may mean something to you, but not for the judges as it leaves out potentially important details, you might instead report:

"In a sunlit, barren desert with wasteland of brown rock and scrub in Israel I see Margaret, a tall, thin woman with graying hair worn in a braid and a large hooked nose. She looks about 50 and has on a blue dress."

Detailed descriptions also help the judges to fairly and efficiently find matches in the many contest entries that come their way.

Recognizing Psi Elements

First, look for **unexpected elements**, elements that stand out, in your dreams. In doing contests over the years many people have found that unexpected elements often relate to the psi target, directly or indirectly.

Second, pay attention to whether you they feel that a dream element may have resulted from day residue, or if it appeared more "out of the blue." For example, if I watched a James Bond movie just before going to bed, and then dream about spies, this dream probably has a day residue component, and I'd mark "spies" as **DRR** (Day Residue Related.) If on the other hand, I dreamed about Japanese flower arranging, but

had nothing that occurred on the previous day that relates to that theme, I'd mark that dream **NDRR** (Non Day Residue Related). **NDRR** elements have a much greater likelihood of relating to the contest target than do **DRR** elements. And if a **NDRR** element seems unexpected, stands out in some way, or just seems out of context (for example, a man wearing a wetsuit and scuba tank in a desert setting) this increases the likelihood of it relating to the psi-target even more.

So to further develop your psi-dreaming skills, if you submit multiple dreams, use **asterisks (***)** at the beginning of any dream(s) you feel best matches the psi target. Even better, **boldface those sections of your dreams** that you feel best tune into the psi target. The judges will award **extra points** for those who do this and succeed -- no points taken off for those who try this and do not!

We also encourage you to **self-analyze** any hits that you believe that you made in your dreams once you know the contest's psi target, but before the judges have made their final decisions. Please feel free to "blow your own horn". <lol> Don't wait for the judges to decide on your hits for you - after all, you had the dreams, they can only read your dream report text, and may not see hits that seem clear to you. Doing this will help you to hone your own skill in recognizing psi dream psi elements.

When self analyzing your dreams, I suggest that you **first** look for similarities between your dreams and the psi target on the **structural level**, that consists of the stage settings and props, the raw dreamscape before we project meaning onto it (light or dark, inside or outside, shapes, colors, etc.) **Second**, look for similarities on the **meaning level**, in which symbols, feelings, and the relationships of the dream characters and objects predominate. And **Third**, the look for similarities on the **labeling level**, where we verbally interpret and identify what happens during a dream. To understand what this means in more detail, fill out, or at least look over, the short form **PKQ**, comparing your dreams with the target image, looking for similarities and

differences on these three levels.

Resources:

Some Books of Interest:

Jonathan Livingston Seagull by Richard Bach, Scribner, 1970. Should you decide to walk the path of dream psi mastery this wonderful little book may serve as a source of inspiration.

Mastery: The Keys to Success and Long-Term Fulfillment by George Leonard, Dutton, 1991. Another wonderful little book, but this one provides a practical template for achieving mastery in just about any area you choose.

Dreams : Your Magic Mirror by Elsie Sechrist, Dell Books, 1968. Although this book seems a bit dated in some respects, it still comprises one of the best, and most practical introductions to dreamwork and dream interpretation published to date.

Create Your Own Dreams: A Seth Workbook by Nancy Ashley, Prentice Hall Press, 1990. A very useful book for expanding the way you look at dreams: includes 97 exercises.

Everybody's Guide to Natural ESP: Unlocking the Extrasensory Power of Your Mind, by Ingo Swann, Jeremy P. Tarcher, Inc., 1991. Out of print and hard to find, but well worth reading if you can find a copy.

Your Nostradamus Factor: Accessing Your Innate Ability to See into the Future, by Ingo Swann, Simon and Schuster, 1993. A highly acclaimed book dealing with precognitive abilities as an innate, but usually suppressed function of our everyday

consciousness. At the very least, reading this book may inspire precognitive dreams.

Tracks in the Psychic Wilderness, and **River Dreams** by Dale Graff, Element Books, 1998 and 2000. Two books written by a talented remote viewer, unique in that the author has focused a great deal of his attention and intention in exploring and experimenting with Dream Remote Viewing (DRV), a subject rarely touched upon in other RV books.

Dream Detective by Chris Robinson with Andy Boot, Little, Brown and Company, 1996. I find Chris Robinson's psi dreamwork very impressive, as recounted in this book (also available on Chris' website at: http://dream-detective.com/_wsn/page8.html) but even more impressively documented in the series of experiments he did with Gary Schwartz in Arizona in 2001. (http://dream-detective.com/_wsn/page7.html, http://dream-detective.com/_wsn/page11.html) I've seen DVDs of the video recording of the experiments; the DRV hits he made seem amazing - and I found Dr. Gary Schwartz reactions as the experiments continue - with success after success - amazingly entertaining. Schwartz did an excellent job both in the designing a tight protocol and in carrying it out. Unfortunately, Chris' personality and "political incorrect" views have apparently prevented this work from gaining the recognition that I believe it richly deserves.

Miracles of Mind: Exploring Nonlocal Consciousness and Spiritual Healing by Russell Targ, R, and Jane Kutra, New World Library, 1998. The first half presents Targ's conclusions after 20 years of remote viewing experiments at SRI, while the second half describes how we can use our psi abilities for health and healing.

The Magus of Strovolos by Kyriakos Markides, Ph.D. Arkana Books, 1985. A fascinating description of the teachings and experiences of an accomplished spiritual healer, Stylianos Atteshlis ("Daskalos") who did a great deal of work in the

"psychonoetic body", in lucid dreams or OBEs. See also **Homage to the Sun** and **Fire in the Heart** by the same author.

Through the Curtain by Viola Petitt Neal, Ph.D., and Shafica Karagulla, M.D. DeVorss and Company, 1983. The amazing account of an extraordinarily proficient lucid dreamer, who could not only recall her experiences in extraordinary detail, but who could also dictate events out loud (to a tape recorder or monitor) while sleeping. She attended many "night classes" on different subjects in her dreams. This book consists in large part of a recounting of what she learned, and the information she tuned into.

Mutual Dreaming: When Two or More People Share the Same Dream by Linda Lane Magallón, Simon and Schuster, Inc., 1997. A thorough look at the phenomenon of mutual dreaming, where two or more people experience similar dreams, written and researched by a dreamer who has herself participated in, and organized, a number of shared dreaming projects.

Lucid Dreaming: Gateway to the Inner Self by Robert Waggoner, Moment Point Press, 2009. This book includes a number of chapters on different aspects of dream psi. He presents a great deal of fascinating and inspirational material gathered from a wide variety of experienced lucid dreamers (including the author) not easily available elsewhere.

[Dr. Ed Kellogg](#) has published numerous papers in fields as diverse as the biochemistry of aging, bioelectricity, general semantics, lucid dreaming, voluntary controls, and the phenomenology of consciousness. A proficient lucid dreamer himself, he has studied lucid dreaming and its applications for over 20 years from the "inside-out", and has a long-standing interest in the phenomenology of dreaming. He directs The Phenomenological Laboratory in Ashland, Oregon.
