

# INNER VIEW

An Imaginary Interview with a Lucid Dream Character  
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## **Hello and welcome to the Lucid Dream Exchange.**

Thanks, Lucy. I'm happy to be here, especially after starring (anonymously) in so many dreams that have appeared in these pages. It's nice to have a chance to speak about dreams in the waking world.

## **What kind of dreams do you like to visit?**

Those of the inquisitive mind. Those of the dreamers who are seeking, exploring, who hunger for knowledge. Their dreams are like a beacon, you might say, that beckons certain "dream characters" (as you call us), like myself.

## **Being a resident of the dream world, can you tell us what you see when a dreamer dreams?**

Much of what I perceive would not make sense to you, since you are physical beings, and as such, tend to recall of your dreams those aspects that make sense or fit in with your physical reality. Though you are physical beings, you also exist in multiple dimensions of reality. When unconscious and in your dreaming, you revisit these states. Your most so-called bizarre dreams only appear bizarre to your waking consciousness because they are poor translations of inner, nonphysical experience.

Take water for example. It has more than one state of existence. Liquid (water), solid (ice), gas (steam). And some interesting in between states (water/ice, water/steam) too.

Your multidimensional identity, is similar. Basically you are different in different environments, and your experience

is different in different environments, but at the core, you are always you.

In a similar way that water takes on a different shape under different environments, you take on different "shapes" or "bodies" in differing dimensions. Your dream body is much different than your physical body, for instance. Yet, again, at the core, you are you.

Water and steam can flow into places (dimensions) that an ice cube cannot. So too, can you go to different places, in different states of consciousness that you can't get to from the physical.

You do not take your physical body into your dreaming any more than the ice cube can remain in its cubic shape when in hot water - it melts, becomes part of the liquid water. It changes the water - adds to it, cools it, as the water changes the ice cube. Dreaming is similar, you become part of the dreamscape that you experience.

However, in general terms, I can say that, some dreamers, those very attached to their physical, waking lives, wear their physical images throughout their dreaming, and rarely remember going to deeper dimensions of their own consciousness. They do of course go "there", as all dreamers do, they just have no recollection of their journeys upon waking, as it does not fit in with their waking worldview.

With lucid dreamers it is a bit different.

### **How is it different?**

It is a joy to see lucidity dawn in dreamers – the whole atmosphere around them becomes lighter and brighter. Some psychic burdens are lifted, their sense of self and well-being expands in a perceivable way. Some no longer wear their physical images, though they don't even realize it, creating a body in the instant they feel they need one, and not realizing that the moment before, they had no body at all.

I delight in watching those lucid dreamers who have an adventurous spirit. They effortlessly slip out of their physical images and flow freely as points of light, like stars lighting up the night sky. Their sense of freedom and adventure and their desire for learning is palpable - it fills the "air", (the dream environment), and it is a joy to observe or participate in their learning.

### **How do you participate in another's dream, and when you do, do you always appear the same or do you take on different guises?**

That is totally dependent upon the dreamer. Sometimes I appear (to the dreamer) as a person, or an animal, or a favourite toy. Sometimes I'm a cool breeze, warm sunshine, or peaceful moonlight - anything of the dreamer's "psychic blueprints" that I want to conform to.

Since I love to educate, most dreamers with whom I visit will subconsciously pick up on this and will cast me in a learning environment, school, or campus etc. in their dreams. I can be a person or a blackboard, or a computer - anything symbolic of learning.

The dreamer perceives and creates imagery and experience through the filters of his or her personal beliefs and expectations. More astute dreamers, with practice, will begin to (more consciously) perceive me as more of who I truly am. They learn to perceive me in a different way, using nonphysical inner senses. They will recognize me by their feeling or sensing of my essence, so to speak.

Some lucid dreamers begin to realize that "dream characters" can offer guidance and they turn to us with their questions.

Questions from the novice lucid dreamer are always fun. Though sometimes we can give a straight answer but upon waking the dreamer believes that we didn't. The/she remember gibberish. It is the same for the lucid dreamer who doesn't put much faith in our credibility in the first place. We'll provide answers, to the best of our ability, but it is still the dreamer's responsibility to be clear and open to receiving information. In the immediate environment of the lucid dream, the dreamer can still hear gibberish or distort the message, even though he/she is aware he/she's dreaming. It's always all about expectation and belief.

### **What do you gain by observing or participating?**

We grow as you grow. Your dreaming expands your existence, enriches your experiences, it creates worlds, universes. We continue to become more than who we are, and at the same time, you become more of who you are.

### **Have you ever forcefully intruded into or intervened in someone's dream, even to save them from a nightmare?**

No. It's impossible to intrude into another's dream, even if I wanted to. You create your own experience in whatever reality you find yourself. No one can force their way into your dreams unless you invite them through your thoughts, or beliefs. In other words, if you believe that someone can enter your dreams, you give them the power to do so.

If, however, someone is in difficulty in a dream and they cry out for help, of course I offer whatever help the dreamer will accept. But if the dreamer's fear makes them see everyone as a threat, my assistance may not be recognized or welcomed. Again, it is all dependent upon the individual dreamer and his or her beliefs and thoughts.

### **Do you dream?**

In the sense that I can project a part of my consciousness to other dimensions of reality, yes, yes I do.

### **Do you dream lucidly?**

Most of my dreams are lucid, but I do have some that are not lucid, in the way that you define lucid. In those dreams a part of me reaches into dimensions that the "I" that is "here" can't yet understand, so my dreaming psyche does its best to translate my experience there with something as close as it can. These dreams are highly symbolic, usually very abstract, and consist more of something close to sensing and feeling varying "thicknesses of sound", or experiencing the essence and flow of particular mathematical equations.

### **Are all independent dream characters like you?**

Are all physical beings like you <g!>?

### **How do dreamers create or go to particular dream worlds?**

As mentioned, the dreamer's beliefs, thoughts, intent and life experience is the driving force behind his or her dreams.

For an example, take healing dreams. Some of my associates like to help dreamers in their healing process. Because their intent is to help with healing, and the dreamer is seeking healing, when we come into "proximity" of the dreamers dreaming psyche, we can be drawn into the dream scenario where the dreamer will perceive us as doctor, shaman, etc., whatever guise "fits" at that time - whatever the dreamer needs to feel secure and help them have a sense of faith.

But ultimately it is the dreamer him/herself who effects the healing. All healing is ultimately self healing. We merely provide support and a point of focus where the dreamer can focus his or her intent in order to facilitate the healing process.

So, though we can project a mental image, of what we want to express, ultimately, it is the dreamer's perception of our intent that clothes us in their experience, from their point of view. If the dreamer is clear, meaning there are not many hindering beliefs or expectations, they may perceive a "clearer" image of us, but it doesn't always happen that way.

**By "clear" do you mean lucid, in the way that we currently define the term when talking about lucid dreams?**

Not necessarily. Again, it is always dependant upon the dreamer. Some very accomplished lucid dreamers hold quite tightly to their waking-ego beliefs, even in the dreamstate, and they still create/perceive experience

through those filters to some degree. These dreamers tend to be those who don't believe that their dreams are any more than mental imaginings.

On the other hand, there are some non-lucid dreamers who have less limiting beliefs, are more free in their dream-creating and actually have "clearer" interactions with their "dream characters", though they never achieve lucidity in the way that you define it.

**Interesting! Thanks for sharing with LDE about what it's like to be a lucid dream character.**

My pleasure. But remember Lucy, though I've given you some general responses, I am *your* dream character. You'll perceive me and my answers through your filters, and your readers will perceive their dream characters through theirs.

Sweet dreams!

**I'll see you there!**