

# Inserting Lucid Actions into the Waking World: Strange Dreams

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Ten years ago, I had one of the strangest lucid dreams ever, at least for me.

The lucid dream itself was not that strange. Become lucid, see a friend, try to get her to become lucid. Pretty basic stuff.

The strange thing occurred afterwards – in physical reality -- when the lucid dream blossomed in the waking world. Yes, a lucid dream action appeared to affect the waking world actions of both another person and myself. Take a look at this lucid dream:

*Nov. 23-24, 98 “Giving Moe a Sign to Become Lucid”*

*“Wendy and I are driving a pickup or SUV. The roads are dark, and suddenly I see a blue truck come into our lane, passing another truck. I pull over and it passes us. I feel relieved we were not hurt. We pull up to a restaurant or bar, and I realize, “This is a dream!”*

*I’m inside enjoying a feeling of lucid euphoria, when I see Moe come inside. She’s wearing a white t shirt and black pants. I ask her if she realizes this is a dream? She seems just a little bit alert – so I walk her around a bit. Then I decide to hold her and levitate trying to convince her we dream. I keep saying, “See, we’re floating! This is a dream.”*

*Then I decide to do something else, and make a peace sign with my fingers. Putting them in front of her face, I say, “Look Moe, do you see this peace sign? Every time you see it, it can make you become lucid – you’ll know you are dreaming.” Again, I put my peace sign right in front of her face.*

*I walk down some stairs, holding her.”*

Now here is the strange thing. Four months later, I am on a business trip in California where Moe lives. Seeing that I have some extra free time in my schedule, I call her up and invite her to lunch the following day. We agree to meet at a restaurant down the street from her workplace.

Arriving a bit early, I close my eyes and enjoy the sunshine outside the café. Hearing footsteps, I notice Moe walking up the sidewalk. Very deliberately, she comes up to me and puts a big, vigorous ‘peace sign’ right in front of my face!! Inches from my face, she mimics my behavior in the lucid dream from four months earlier!! I couldn’t believe it – she was shoving the peace sign right into my face, like I had done to her in the lucid dream.

Then she stopped.

In shock, I asked, “Why did you do that?” She just looked at me and said, “I don’t know; I just felt like it.”

Suddenly the boundary between lucid dreams and physical reality became fuzzy.

A lucid dream action performed four months earlier in front of a ‘dream figure,’ now came back to haunt me! Was the dream figure for real? Did real information exchange when I made the comment in the lucid dream?

But how? How did she know to do it?

Dreamers know that sometimes the dream realm and the waking realm seem to mesh. We have a dream about someone telling us something, and they call us the next day with the same basic message. Or we dream about a world event, and a few days later, we see it on TV. We chalk it up as another precognitive or telepathic dream.

Yet how do you explain a lucid dream action that gets shoved in your face in the waking world? How do you explain another person apparently being influenced by a lucid dream action?

In the year after this lucid dream, I recall reading a lucid dreamer's website in which he claimed to have acted in lucid dreams to alter physical reality. In fact, he had signed affidavits from friends who experienced or witnessed the physical reality change. Reading it, I wondered how he did it – what did he do in his lucid dream? Did he simply intend it? And how did he explain it to himself?

As lucid dreamers we often assume that lucid dream actions occur in the realm of lucid dreaming and stay there. Oh, we may make an occasional exception, when we try to heal our physical body in the lucid dream state, and find upon waking that we feel much better. Or we may request some information or idea in the lucid dream state to appear, which we can use (or not) upon waking. But rarely do lucid dreamers 'intend' to change the waking world when lucid. Why? We simply assume it is not possible.

But is it possible? Can a lucid dreamer affect the physical realm? Can they affect only their personal experience, or another's? Can they influence an inanimate object from the lucid state?

I feel curious about this and wonder if other lucid dreamers have experience with this, or have heard about lucid dreams that wandered out of the realm of dreaming and into the waking. If so, write us a note. We would love to hear more about the fuzzy boundaries between lucid dreaming and waking. Perhaps lucid dreamers have another trick in their repertoire.