

The Inner Language of Light, Sacred Symbols, & Geometry

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A surprising feature of lucid dreaming involves experiences of geometric figures, sacred symbols and unusually brilliant light in various intense colors. Generally, geometric figures, sacred symbols and brilliant light often come in response to the lucid dreamer seeking information from deeper levels of the dream or simply encountering deeper layers of the subconscious.

In the *Lucidity Letter*, Harry Hunt noted these unusual lucid dreaming experiences shared a common feature with long time meditators, writing, "...just as waking meditative practice eventually leads to the release of major alterations of consciousness, such as white light or luminosity experiences, so there were significant associations between degree of lucidity [in long term lucid dreamers] and archetypal/psychedelic dream content rarely seen in normative [lucid dream] samples—such as geometric/mandala patterns, encounters with archetypal figures, and various luminosity phenomena..." (June 1986, vol 5, #1)

Years ago my interest in this topic grew after I became lucidly aware while driving a car on a curvy, mountain road at night. Knowing that I slept in bed, I consciously let go of the dreamt steering wheel, and crashed the car, as I laughingly tumbled into a mountain stream. Lucidly looking up at the night sky and too lazy to fly on my own, I shouted, "Hey, pull me up Stars!"

Suddenly, I felt a hand grab my left wrist, as we rocketed into the night's sky. Eventually, I saw that a young woman had hold of me. Deep in the darkness, she stopped, and did something incredible. She pointed her finger into the darkness and created a point of light. Then she dragged her finger across the darkness and made three lines emanate from that point of light. In effect, she created a three dimensional corner in the darkness. Intuitively, I knew she made it for 'my' benefit, as I suddenly felt more at home in this 3-D created 'corner' of empty space. Then we consciously conversed.

Before the above lucid dream, another lucid dream of intending to fly into outer space and visit the stars had affected me deeply. Just as I set out to fly, something bizarre happened. The stars began to rush together and make brilliantly lit golden symbols, then flee off to the right. Transfixed, I lucidly watched the stars merge to form an image like the Star of David, interlocking circles of three, and many other glowing shapes that seemed both inherently spiritual and meaningful. All the stars had turned into symbols.

Afterwards, I wondered if the constellations and stars in the sky only expressed 'ideas' (represented by those symbols) that circled around our tiny Earth. Hence, my peculiar response after being tossed in a mountain stream at night – "Hey, pull me up Stars!" – I'd let the awareness behind the apparent dream universe do the lifting.

Where does this response originate from? Could it be an Inner Self, Universal Mind, or collective unconscious? And why communicate with geometric figures, sacred symbols and brilliant light?

For example, healing and requests for healing while lucid dreaming, often become expressed as healing light. Sometimes the healing light comes shooting from the lucid dreamer's hands onto the diseased area, or comes via an outside agency beaming healing light upon the dreamer. In my book, *Lucid Dreaming: Gateway to the Inner Self*, I recount Beverly D'Urso's dream experience of geometric forms of intense

lights in five colors, “as large as ocean liners,” hanging in the space above her. Allaying her child’s concern, she announces, “They came to heal me,” as she feels the light forms shooting her with energy. Later that day, visiting the hospital, the doctor announces that she no longer shows evidence of a uterine cyst and mass, discovered in an earlier visit. (pg 166)

In another case of light, I experienced seeing a hexagonal shape of greenish-brown light about four feet long, which I knew to be ‘precognitive’ information. Then suddenly, the light smashed into my right temple with a painfully pleasant sensation, and within microseconds, I had five precognitive dreams.

Waking, I jotted them down as quickly as I could, and only managed to recall three of the five. Months later, all three dream situations occurred within the space of twenty minutes. My rational world was spinning.

The curious thing for me, though, involved the hexagonal tube of light. Why a hexagon? Why this light? Does a hexagon shape with this type of light automatically denote precognitive information? Does some inner world of archetypal form, light and symbols exist, which all of us instinctively comprehend?

I began to wonder if geometric shapes of light exist as a communication system for deeper levels of the Mind. The shape, the size, the light, the color, hue and intensity, altogether create an alphabet of information at this profound level of Mind. Triangles mean one thing, pyramidal shapes another, conical shapes something else, and then add color in all of its brilliant nuance, and you have packets of information. At this level (which I assume stands closer to the Source of Dreaming, or the Inner Self), it may be that one encounters the clearest inner messages in their most basic expression.

In modern fiber optics, pulses of light convey information. Could it be that at our deepest levels, inner information is conveyed by pulses of light in various geometric forms and colors – that this is the language of the mind? If so, it suggests that current fiber optics are a fairly crude communication system and have the capacity to carry much greater information and energy.

Lucid dreaming has allowed me to see that the combination of geometry and light hold a key to connecting to the deeper layers of Self. Now, I intuitively sense that Hindu yantras, Buddhist mandalas, and other colorful geometric sacred imagery re-expresses what actually occurs at inner levels of communication. In a sense, these symbols have inherent communicative value, and awaken knowledge in us of the essence of our inner knowing.

Our deepest lucid dreams can scarcely be told, because they are filled with geometric, light filled shapes, which suggest an inner language that our lucid self feels drawn to, but fails to understand fully. Lucid dreaming has depth so profound that it leaves our most descriptive adjectives floundering in the shallows. Our most transformative lucid dreams may be the ones that cannot be expressed in simple words, but in the numinous quality of light bounded by geometry to express this sacred communication.