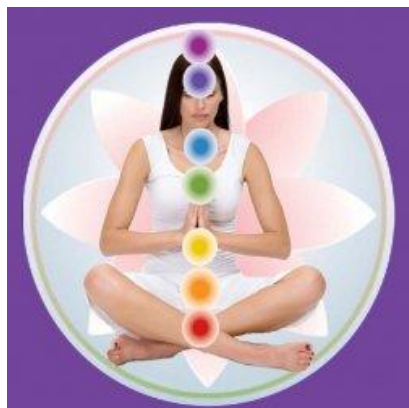


Going into the WILD by Brian Piccolo © 2008

Hey, have you ever gone into the WILD? In other words, have you ever gone into a "Wake Initiated Lucid Dream" (WILD)? If not, then you do not know what you are missing. It can be one of the most exciting healing experiences of your life.



The term "lucid" can be defined as being "clear" or "transparent." Therefore, a lucid dream is a clear dream. Lucid dreaming is the phenomenon that happens when you are aware that you are actually dreaming. Lucid dreaming takes place in the rapid eye movement state (REM). Many times we wake up in a dream, and then it either quickly ends, or we cannot stay focused long enough to remain conscious of the fact that we are dreaming.

The trick to going into the WILD is to remain focused as your body begins to go to sleep. At first you will feel a paralysis starting at your feet and then moving upward to your head. At that point you will only be able to move your eyes and to keep breathing. Do not be afraid. This is what you do every night, only unconsciously. Next, you will begin to notice impressions or pictures like landscapes flashing off and on. These are designed to put you in an unconscious hypnotic type state. Do not focus on these impressions; just let them pass by while you stay focused on being aware.

Soon, the picture that remains will appear like the beginning of a movie. This is the beginning of the dream that you initiated while being internally awake. You are now in the REM state and are awake as an observer. You will most likely have a dream body with arms, legs, and etc. The Higher Self, or the true Self, is the organizing principle behind the theme of the dream. You represent the lower ego in the dream, and you can also influence the content and theme of the dream.

Once you get good at this, you can have your own holodeck, just like the one on Star Trek. The holodeck on Star Trek was a simulated reality built upon photons and force fields. You could program the holodeck for any reality you wanted. You can do this in your dreams also, if you are awake, and aware, and develop your ability to concentrate through meditation.

There is, however, a deeper significance in being able to master lucid dreaming. You can eventually move beyond the dream stage, and have out of body experiences. You can talk to loved ones who have passed on to the other dimensions of existence. You can access higher dimensions of healing and talk to the angels. On a more mundane level, you can access your dream consciousness during the daytime and use it for remote viewing or telepathy.

We have four main divisions of consciousness, as described by modern psychology and ancient yoga practices. These four states are waking, dreaming, dreamless sleep, and trance-like. The lower ego is only self-aware in the waking state as a rule. It is only by the development obtained by meditation that the lower ego can be self-aware in all four states, like the great spiritual masters. Every night, we die to

the waking state, and our higher bodies withdraw from the physical sheath. These bodies are the etheric, the astral, and the higher mental. At death, the bodily withdrawals of our higher bodies are permanent as far as this incarnation is concerned. They will unite again at our next incarnation if we still need one. The lessons learned in the previous lifetime are absorbed into the Higher Self, and its individualization is then enhanced. Every succeeding, or future incarnation, also brings greater self-awareness to our Divine Spark.

The Buddhists practice Death Yoga. They practice dying, or being conscious at every stage of consciousness, so as to be able to “consciously” control their next incarnation. Eventually, as one reaches Nirvana, a bodhisattva will renounce heaven and remain at a higher level of existence to help humanity. To put it in English, our perfected etheric body is the perfected angelic body, our perfected astral body is the perfected archangel body, and our perfected mental body is our divine body or the formless body of an Archia. The Buddhists call these the Trikaya, or the three bodies, known as the Nirmanakaya, the Sombhogakaya, and the Dharmakaya. For those who are interested, please see my book, *Essential Healing: Therapy and Consciousness*, for a more detailed description of the higher bodies.

So what do you say? Should we take a conscious walk into the WILD now, or wait until we pass on to the next dimension of existence? The Buddhists say that once you are dead, you can no longer work on becoming a Buddha. Therefore, your current life is precious, so use it for the good of us all. You can start tonight by going into the WILD.