LUCID DREAMING

Self-awareness in a dream
LUCID DREAMING

Ability to exert volitional control over actions and the dreamscape.
LUCID DREAMING
LUCID DREAMING
RAPID EYE MOVEMENT (REM) SLEEP

• Most dreams occur during REM sleep
• The eyes move rapidly in various directions
• A state of temporary paralysis is experienced as the brain signals the spinal cord to cease movement of the arms and legs
LUCID vs. NON-LUCID DREAMING

Active prefrontal cortex
MENTAL REHEARSAL (VISUALIZATION)

Visualize the sounds, colors, movements, defenders, etc. that will be present when the actual skill is executed.
Model System:

- Active mind
- “Paralyzed” body
Chronic pain resolution after a lucid dream: a case for neural plasticity?

Mauro Zappaterra ¹, Lysander Jim ², Sanjog Pangarkar ²
TIBETAN DREAM YOGA TRADITION
POST-TRAUMATIC STRESS DISORDER

PTSD is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it.
CHARLIE MORLEY

• Authorized to teach” within the Kagyu school of Tibetan Buddhism by Lama Yeshe Rinpoche

• Lucid dreaming teacher for over 20 years

• Awarded a Churchill Fellowship grant to research Mindfulness Based PTSD Treatment in Veterans
Sleep-tracking smart ring

- Light, Deep and REM Sleep
- Nighttime Movement
- Sleep Timing and Quality
SLEEP STAGES
An adorable little rascal in banana PJs