



Lucid Erotic Dreaming - Exploring Sex and Mind

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A lucid dream is a dream where the dreamer recognizes that he or she is dreaming. This phenomenon has been scientifically verified in the sleep laboratory at Stanford University. For a detailed treatment on this exciting subject I refer you to Dr. Steven LaBerge's web site at: <http://www.lucidity.com>. Another good source of information is Dr. LaBerge's book, *Exploring the World of Lucid Dreaming*.

Sex has always been a big part of dream content for both men and women. One hundred years ago Sigmund Freud concluded that almost all dreams represented some form of sexual repression. At that time sex was repressed culturally and as a result it might have been expressed more frequently by individuals in their dreams.

Sigmund Freud's ideas are revealed in the book, *The Dream in Primitive Cultures*. Freud believed that anything that was in the form of a container was a symbol for the vagina. Some of the symbols representing the vagina were a box, bowl, a room or a tunnel.

Similarly, he believed that anything oblong or suggestive of penetration would represent the penis. Examples would be sticks, knives, pencils and nail files (due

to the up and down rubbing). The sex act for Sigmund Freud was any action in a dream reflecting up and down motion such as walking up and down stairs and ladders. Some of Freud's ideas about sex in dreams have been disputed while others remain in use today.

There are symbols found in the human unconscious that mean similar things to all of us. According to Carl Gustav Jung psychologist, "We do not assume that each new-born animal creates its own instincts...and we must not suppose that human individuals invent their specific human ways with every new birth. Like the instincts, the collective thought patterns of the human mind are innate and inherited."

In their book *Symbols of Transformation in Dreams*, Jean Dalby Clift and Wallace B. Clift talk about water as being a universal symbol that can represent various things. In one instance it creates an image of change and fluidity. It is alive and full of energy. In another instance it is slow, quiet and steady.

Water can also be destructive as in the case of a tidal wave or flood. It is also seen as an essential element of human life. It is often associated with rebirth because water is needed to make plants grow.

By looking into a body of water it is possible to see part way into its depth and for this reason it is often associated with the unconscious.

Another universal symbol identified in the Clift's dream book is fire. It is seen to be alive and dancing, changing continuously and yet constant. It has power and energy and it gives light. Although it burns and destroys it can also be seen as a symbol of transformation or change.

Carl Gustav Jung reported that some of his patients had dreamed of fires and the images turned out to represent fevers or diseases.

Other common symbols found in the unconscious are winter or ice and cold for death or sterility and light and sun for warmth and life.

Animals are also common in dreams but they should be analyzed individually depending on the character they portray in the dream and the association the dreamer has to them.

The meaning that any symbol takes on in your particular dream, can only be determined by you.

Deepening into lucid dreaming sexuality may have some unforeseen results due to the power of the erotic energies.

Our dream sex fantasy is not a famous movie star, or an Amazonian god or goddess. Rather, the fantasy is to have a relationship with this person (however fleetingly). This is basic human psychology; we're wired for connection.

It's an easy thing to understand on an intellectual level, but may be more difficult to deprogram in a dream, especially in Western culture, which famously markets sexual objects and holds sexual intimacy with ill regard.

I remember someone telling me how in his sexual lucid dreams he finds the woman of his dreams, begins to make love to her, and then notices, to his horror, that she has meanwhile transformed into a lifeless rag doll.

His fantasy became a disturbing parody, and left him with an unsettled feeling that lingered for months. This is an anecdote I have heard in many forms, and for each dreamer the transforming figure is unique but the process is similar.

So what do we really want with dream sex?

We really want connection, relationship, and a shared experience, even in our dreams! Erotic pleasure is naturally the fruit of this basic truth. For many beginner lucid dreamers who are used to "abracadabra I can get whatever I want" this often means a difficult shift in perspective from grasping for gratification to connecting to our inner passions.

I don't mean to suggest that you can't be gratified.

The opposite is true; remember that piece about how orgasms can be real? By focusing on relationships first and sensations second, many lucid opportunities will come your way.

And once you make the shift, you will probably find that your waking life sexual relationships will become more fulfilling too.

Sacred Sexuality and Lucidity

The erotic energies are very strong, and very old. Lucid dreaming is an altered state of consciousness, and the sexual energies in dream, trance, and visions have been explored for millennia by mystics, magis, and saints as a path to know the Divine.

In fact, some of the earliest known paintings in the world, including the famous cave art of Lascaux, France, depict sexual ecstasy.

In Christianity, the medieval mystics, such as Teresa of Avila and St. Catherine of Siena, explored sexual themes in their ecstatic trances.

Taoism, Sufism, and Buddhism all have developed mental practices for sacred sexuality as well. Many of these ancient practices focus on cultivating sexual energy and then using it to purify the mind and the body.

All of this is to say that sexual energy is well known by consciousness explorers as having more value than scratching the pleasure centers of the brain.

While getting closer to these “transpersonal” abilities may not be your intention, it is helpful to know in advance that delving into lucid dreaming sexuality may have some unforeseen results due to the power of the erotic energies.

Guidelines for Exploring Erotic Lucid Dreams

So how can you explore Eros safely in lucid dreams? Without going into *too* much juicy detail, here are a few things to keep in mind.

Eye Contact

Make eye contact in the dream. Dream figures can communicate consent this way.

I’m serious: whether you believe dream figures are unreal mental models, or parts of our unconscious personality, or autonomous beings with their own intentions, you can pretty much gauge the authenticity of the encounter just by making eye contact and receiving consent. In fact, this can lead to some ecstatic moments in and of itself.

Surprise Arrivals and Shape-Shifting Dream Figures

Sometimes we have a fantasy in mind but someone else “shows up” in the lucid dream. This is a delicate situation and only you can know what to do.

I will say, however, that wholesale rejection of those whom show up is a quick way to the *Carrot on the String* mess, in dreams and in waking life. Further, the dream brings insight when an unexpected dream character arrives. This person may have something to share that is not of a sexual nature.

So draw your attention to whispering dream figures. Dream figures in lucid dreams do have the habit of transforming, and this is a well known phenomenon that happens right in the middle of the act *flagrante lucido*.

When this happens, this is the advice “**Don’t Panic.**” Try showering your dream partner with love and acceptance.

And mean it.

Our minds have deep connections between bliss and repulsion, so it's important to stay grounded and remember that this is a dream.

Fear can transform passion into terror in a second, but if you work through this fear, you may be surprised with an unexpected gift from the dream.

And possibly one of the most intensely erotic dreams in your life.

Stay Flexible

Overall, I recommend being flexible when exploring the sensual side of lucid dreaming. If you have a strange new fantasy that comes out of nowhere, remember that you are dreaming and in a safe place to explore new ideas.

On a related note, if you've ever wanted to know what it's like to be the opposite gender (or be part of a truly safe sex orgy), now is your chance.

And who says you need to have a dream body to experience ecstasy?

Bottom-line, as with all forms of intimacy: love yourself. If you can't love yourself, you can't love anyone else.

Play Safe

Dream eroticism is just about the safest sex around. However, there are some legitimate concerns to consider because of the intense emotionality that is often accessed during lucid dreams. Often intimacy can cloak powerful psychological dynamics that require the utmost caution.

This is especially true for lucid dreamers who have a personal history of sexual abuse. Remember that if you feel uncomfortable or at risk, you can always wake up.

While lucid dream sexuality is often talked about by beginners, few master the psychological dynamics of Eros within the conscious dream. I hope this primer helps you on your path to self-discovery. With respect, gratitude, and a sincere wish to learn, erotic lucid dreaming can be fun, and fulfilling. Happily, many sex dreams are simply exciting, fun and satisfying; and, it is the body's way of dealing with sexual desire in a healthy way.

Sleep paralysis

Sleep paralysis is now being studied as an explanation for terrors in the night, which have been experienced by people across all cultures and for thousands of

years. If one is looking for a purely physical and scientific explanation for these terrible nightmares, this one works quite well. For some it will offer relief but for others, doubt.

Sleep paralysis is a condition in which someone, most often lying in a supine (face up) position, about to drop off to sleep, or just upon awaking from sleep realizes that s/he is unable to move, or speak, or cry out. This may last a few seconds or several moments, occasionally longer. People frequently report feeling a 'presence' that is often described as malevolent, threatening, or evil. An intense sense of dread and terror is very common. The presence is likely to be vaguely felt or sensed just out of sight but thought to be watching or monitoring, often with intense interest, sometimes standing by, or sitting on the bed. On some occasions, the presence may attack, strangling and exerting crushing pressure on the chest.

There are a number of historical and urban cultural myths, which can be, somewhat, explained by this experience. The Incubus, which appears in ancient literature, is one such example. In the book *Incubus* by Kiessling, It was described as half man half beast, attacking in the night. The word night "mare" has been derived from the word incubus. In Greek it was ephialtes, in Latin incubus, in German mar/mare, in Old English maire, Old Norse mara, Old Irish mar/mor, and all mean "one who leaps on, oppresses or crushes."

The demon of the night has also been called 'The Old Hag' a description and myth coming out of several cultures. The Old Hag was described in Shakespeare's *Romeo and Juliet*.

The Old Hag attack is most closely associated with extreme pressure on the chest while sleeping on your back. People may also feel like they are being choked or even bitten. In his research, Al Cheyne of the University of Waterloo has discovered that between 25 and 30 per cent of the population reports that they have experienced at least a mild form of sleep paralysis at least once. It most often has an adolescent onset but can begin at any age.

Cheyne believes sleep paralysis to be an hallucination created by physical things occurring in the body as a result of a dysfunction or malfunction of the normal R.E.M. state of sleep. This malfunction may be brought on by life stressors or sleep deprivation. Cheyne has also discovered a much higher incidence of sleep paralysis for those who sleep on their back. He has found that changing sleep position can reduce the incidence of these nightmares. He also suggests getting up and physically moving around after having an episode as several can occur in one night.

Finally, but a good start

Learn about how to have sexual dreams, so you can have fun even when you sleep. The conscious mind does not control your dreams; it's the subconscious mind you need to conquer to control your dreams. Have you ever had a sexual dream that seem so vivid and real, that you couldn't distinguish between reality and fantasy? When you awaken you remembered every erotic detail but as the day progress the detail of the dream started getting fuzzy. Then when the moment arise for you to share the experience you had in your dream, it was hard to remember and pointless to try. Well there is something you can do to refresh your memory about sexual dreams.

What you will need to have sexual dreams:

- Journal/notebook, call it a "Shadowbook"
 - Porn movie
 - Relaxation
1. **Think about a fantasy you would like to have.** You have at least one fantasy that you think about often, but have never been able to bring it to fruition. Perhaps it's not the type of fantasy you would feel comfortable sharing. The one place you know your sexual fantasy can come to life is in a dream.
 2. **Put on a porn movie before going to bed.** If you are watching a pornographic movie when you go to sleep, there is a great possibility you will have a sexual dream about that particular movie or just sex in general. Cut the volume up just loud enough for you to hear the moaning and groaning and that will increase the chances of you having a sexual dream. This would be your version of a subliminal message, playing in your ear.
 3. **Keep a journal of all your sexual dreams.** First thing in the morning when you awaken and your sexual dream is still fresh in your head, write it down. Even if you forget it later you can go back and read it. Also try reading your sexual journal before hitting the sheets for the night.
 4. **Mediate and clear your mind of anything else, but sex.** Before you head off to bed try to relax and clear your mind of any negativity. Instead try and fill your thoughts with fantasies, past sexual dreams and the best sex you have ever had.
 5. **Masturbate before turning in to bed.** Pleasure yourself before going to bed, but don't go all the way. Stimulate your penis, but don't go as far as to make yourself ejaculate. When you fall asleep you will still feel sexually unfilled. You did not reach a climax and of course you would have wanted to. You will dream It's possible to have a sexual dream after having sex, but not as likely; unless she did not adequately satisfy your needs. Perhaps there were

positions you wanted to try or a new toy you wanted to use, but she refused. Think about how much you wanted to try this new position, which would make you penetrate her deeper. The more you think about sex before dosing off. The better control you will have of having sexual dreams.

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