



Book of Dreams

1) (June 11, 2004) I dream that I'm going to sleep at home and that something tells me that when I sleep I'll die. At first this does not bother me. I'm sleeping in Wassim's bed but I do not notice that. Wassim comes and says goodbye, he looks happy. I close my eyes and almost immediately - like after 5 seconds - I start having the hypnagogic sounds and colors: I see a bright flickering white color growing in front of me and I hear a noise like that of a helicopter, but somehow of a higher frequency - sharper tone. I think that I don't want to die, but then I think: "I'm not going to die, I'll just leave my body" At this point I'm all paralyzed. I try to move, and I can. But my body feels very light, and it's not easy to move. I roll off my bed and fall to the ground. I realize I have left my body, and now moving is a lot easier. I think that this is how Donald Degarcia describes leaving his body. It's very dark, I can hardly see anything. I walk in front of the beds. Wassim comes. He's doing some funny gestures; I don't pay any attention to him at all. I'm thinking that now I'm astral projecting. I'm extremely calm. Then I decide that I'll call it dreaming instead. I stand on my toes and give myself a little push, and I fly all the way to the roof. I remember having such dreams when I was a child. I go out to the hallway, and head to the salon. As I'm flying I decided to make sure that I'm dreaming. I look at my wrist watch, but I can't see anything because it's very dark. I push the light button, and see that the display on my wrist watch is blank. My vision is very blurry. I try to increase the clarity by saying: "increase clarity", but it doesn't work. I stop a bit and try to "feel" the dreamstate, but I can't pick up any strange feeling, it just feels so real. I head directly towards the glass door of the balcony, with my hands in front of me. My fingers first hit the glass, I sense the shock, and I feel my fingers bending a little. Then my fingers pass, my thumbs are caught by the glass and are bending backwards, and then my thumbs pass also. Next I'm hovering in midair in front of our balcony, and I look at the sky. It's pitch black, but I could see the stars. I remind myself to stay lucid. I don't like that it's dark because I can't see anything. I try to change it to day. I snap my fingers and think about it - like Wassim did in his LD, but it doesn't work. I black out, and then find myself back in the salon. I make a move like jumping off a trampoline and head diving in the floor. My arm goes half way through the floor, but it hits something hard and I can't make it go through it. I jump-fly up to the ceiling, and the same thing happens. But this time and feel around in the concrete, and I find a tiny opening, like 5 cm wide. I think to myself that it's a dream and that I can pass through it. I think to myself that: "when I pass through it will be daytime." I pass to the other side, but find myself coming down of the ceiling in the dining room. I get stuck a bit, but then I pass. But it's now day and I'm happy. I go to the salon. There is no furniture there. I start doing some acrobatic movements in the air, like running on the walls and making back flips in the air. Suddenly I loose my visuals. I think: "I'm waking up". I open my eyes and I'm in bed. I do a reality check, I'm awake alright!

2) (July 30, 2004) I'm sitting in bed in the hotel room. It's a false awakening. It's dark. I'm thinking about how the noises are annoying me. I could still hear the guitar. I thought I just woke up, so I decided to do a reality check. I look at my wrist watch. I can't see anything because it's dark. I press the light button. I see that it's 6:22. I look again, it is 6:24. One more look, it is 6:23. I ask myself: "can it be a dream? All looks so real!" Everything felt so real. I got up and stood in the middle of the room. I raise my arms up like Superman and jump up. I was propelled upwards and went right through the ceiling. I was very shocked. I thought: "I'm flying! It IS a dream!" I became lucid. I had a very weird feeling, like I was about to faint. It felt like cold sweat. There were buildings that I didn't recognize, but everything was cartoonish, reminded me of Futurama. It was dark, so I decided to make it daytime. I snapped my fingers, and it was dawn. Dim light but good enough. I think: "What if I woke up now? I don't want to wake up!" I began feeling my physical body, so I tried hard not to think of it. I had the cold sweat feeling again, and I felt that the dream became more stable. I was over a water surface. It was of a clear blue color. I dove in it for a second, but I couldn't see anything except for the blue color. I went back in the air. I started thinking about what I should do. First I thought I should go and meet some dream characters. Then I thought I should visit Bassam in Kuwait. But I decided to go to Mina. I knew it was a long way and that I had to get there fast. I was flying Superman Style, so I stretched my body and was now flying Neo-Style. I began to push myself forward and soon attained an incredible speed. I was flying close to the ground. I almost hit some bushes, but careful maneuvering saved me. A fence came in front of me, but I quickly increased my altitude and avoided it. I decided to respect the Altitude Speed ratio rule. Suddenly I realized that I don't know how to get home. Somehow my cell phone appeared in my hand, and I was talking to my dad. I said: "Hi! I'm coming to Mina, but I want you to guide me!" He said: "ah! That's great! Are you doing that memory thing?" I thought he meant lucid dreaming, and said yes. But I saw the Metro building - with the red sign, but on the wrong side of the road - and thought it was City Complex, so I told him that now I know how to get to Mina and that I was close. He said: "you came so fast!" I hung up. I wanted to tell him that I was flying but then decided not to. I could see the Telex tower behind the building. I increased my speed, and was avoiding buildings. I could feel the wind blowing in my face. Then I stopped. I was over the sea again. It was dark again. I lost sight of the telex pole. I realized that I went too far and that I must get back. I turned, but still couldn't see the Telex pole anywhere. I was completely lost. I thought about teleporting. An image started to interfere with my vision, but the dream faded and I woke up.

3) (August 28, 2004) I was in bed and counting in my head. After loosing track a few times, I gently opened my eyes and saw the AC. I noticed the green light. I haven't experienced any discontinuity of thoughts since I started counting, so I assumed I'm still awake. I thought to myself: "Damn, now I can't sleep!". Then for no reason at all, I reached out my hand and shut my nose, and then breathed in gently. To my utmost surprise, I could feel cold air rushing through my nose and into my lungs! I immediately became lucid. I sat up. I thought: "Yes! The WILD worked!" I think it is really weird since I was aware all the time and yet failed to notice that I fell asleep! I got up, and then, remembering my intention of going through the mirror, I stood in front of it and started

walking towards it until I was totally inside it. At first it seemed like a gray atmosphere surrounding me, but then I blacked out, and woke up in bed.

I opened my eyes gently like before, and thought: "Wow, that's was awesome!" As I always do a reality check after any lucid dream, I re-did the nose test. The same thing happened! I was thrilled that I had another chance, and decided to get the most of it. I got up and headed to the salon, I saw that the curtain is opened. I went right through the glass. I stood on the balcony with the intention of flying. I looked at the rail, it seemed incredibly real. I got really scared. I thought: "What if it wasn't a dream? I could die!" I started asserting to myself that it was a dream. I remembered how I walked right through the glass. I did the wrist watch test, the numbers kept changing each time I looked. So I finally decided to jump, yet the fear was still haunting me. The white plastic chair was in front of me. I stepped on it and then on the rail. I jumped looking upwards and screaming: "I can fly!!!" but nothing happened to me except falling straight down. As I fell I saw that the trees on the road were immensely tall. And looked at the leaves, and they had a digital textures. I could see each pixel; it reminded me of the trees in Counter-Strike.

I hit the ground yet I remained standing. My fall shook the ground around me. I could see a lady pedestrian walking in front of me and giving me "the look". It was night, I tried to make it daytime, but it didn't work. I didn't mind that, because this time the lighting system in the streets was working better than the real one: I could see everything. I thought it was better that I didn't fly, because I wanted to meet some dream characters. My back to our building, I started walking to the left. I crossed the road and soon ran into G. Abdo. He was wearing a hat. I thought that this is my chance. I said hi, he replied. The usual things were said. Then we walked a bit in the same direction. I suddenly lifted my left hand and I gave him a nasty blow on the back of his neck. I thought that since it's only a dream, he wouldn't mind. He just smiled. I saw Fadileh standing to my left, she looked at me. I said hi, and she replied. We walked a bit further and I saw Fadileh again, this time walking towards us and she had a girl next to her. I thought that this is not weird since I'm dreaming. When she passed by, I turned to G. Abdo who was on my left and said: "hey, do you know that this is all a dream?" He seemed doubtful. I said: "yes, this shirt that you are wearing and you too!" He said: "really?" and then continued walking. I soon saw a Pizza Hut restaurant. I thought, forgetting for an instant that this is a dream, that this is the new branch. We entered a place on its left. It had a big hall with some wide stairs in the middle.

At this point, and as we walked up the stairs, I started experimenting with my watch. First I looked at it a few times and saw that the minutes were increasing 1 minute every time. Then I stared at the seconds display, and saw it going: 15, 16, 17, and then going backwards. The next thing I did is that I looked at a 3 and imagined it turning to an 8. It did turn. I also turned a 9 into a 0. Then I wanted to see some letters. I managed to transform an 8 into a B, but when I tried the A, it only looked like a mutant R. By this time we were in a room upstairs. There was a salad bar, and G. Abdo went straight towards some purple food in a dish that resembled lasagna. He was eating straight from the bar. I waited for him, but then I told him that he was wasting my lucid time, he said:

"One moment". I thought I'd leave him alone and I went out of the room. I saw a bench with a bottle on it. I looked at it and I checked my state of mind. I was really impressed of how aware I was that I was dreaming. I went down the stairs and went out.

I decided to find Wassim. I raised my arms up as if I was gathering energy, and yelled: "Wassim, appear!" I blinked. I didn't see Wassim, but I saw a pool in front of me and someone standing in front of me, I think it was Oscar. I ask him: "where is Wassim?" He points at the pool and I see Wassim swimming, jumping and hitting some of his friends, on my right. I jumped and flew over the pool, and grabbed him by his hair, but I couldn't lift him. I fell in the water. He then swam back to the other end. I followed him and got out of the water. I told him that this is a dream. He had a Tintin book in his hands (while still in water). I gave him my wrist watch and told him to do a reality check. He looked at it twice and said that nothing happened. He said: "We must count to 10". He did, and then looked at it and gave it back to me along with the Tintin book, and only said in a raging manner: "Ok. It's effective." Then he pulled out a white book. For some reason I assumed that it's Insomnia. He seemed really angry with me. I think I decided to wake myself up because I didn't want to forget the dream. I felt the transition and was back in bed.

4) (August 31, 2004) I think I reached about 60, then I had a funny feeling. I opened my eyes, and knew that I was now in the dreamworld. I did the nose reality check and BOUM! I was lucid. I jumped from my bed and was hovering over it. I headed towards the balcony door, but then decided to give the mirror another shot. I went through it. All I could see was some wavy patterns of black and dark gray. I was thinking that I would like to see some psychedelic colors, so I concentrated on creating these colors, but nothing happened except that I had a funny feeling, like my arms became very flexible and were describing a sinusoidal waveform. I felt I was waking up, opened my eyes, and found myself back in bed. I knew that this maybe like the last time, so I did the nose test and became lucid again.

I immediately ran towards the salon and to the balcony and jumped down. In front of me, there was no building, but instead what seemed to be a playground with a high iron fence around it. I walked a bit to the left, and took a turn so I would be walking to the side of the playground. The street was different, taking a more European appearance. I remembered one of my objectives. I rubbed my hand together while looking around. The dreamscape became more and more realistic as I felt them rubbing. My hand felt like I was wearing nylon gloves. There were kids riding on bicycles. I saw a fat man wearing a green T-Shirt and some short white pants. He had a whistle, so I assumed he was a referee. He saw me and started whistling at me. I decided to go somewhere else.

I wanted to fly. I jumped up, traveling a large distance, but couldn't keep myself long in the air. I soon landed, so I jumped again. Next thing I remember is that I reached an old-looking building. I think I walked in it, found a balcony on the other side, and jumped back again. I was jumping like The Hulk. I soon reached an area of greenery where there were tropical coconut trees. I landed on one. I thought that maybe I could use it like catapult to propel me. I grabbed the leaves and started bending the tree. But when the leaves reached ground level, I was worried that the tree would break. It didn't, instead its

roots came out of the ground and if fell down. I think here my lucidity went down to the lowest level. I was worried that I would get in trouble for pulling down a tree. I was looking for somewhere to push the tree to hide it. On my left was a small bay. The water was crystal blue, but there was some wreckage and plastic containers floating in it. When I saw the water I felt nature calling. I had a great urge to empty myself. I think I took a leak there, I can't remember what happened after.

Next thing I remember I'm in some apartment. I thought for some reason that this is Tayta's apartment. I went to the balcony, it was different. There were some old fat men sitting there. The walls were similar to those at our balcony. I stood close to the rail. Then a girl stepped out. I recognized her as Dania Saleh. But she was looking hideous and she had lipstick on her face everywhere but her lips. I fled by jumping to the opposite building.

I was in an almost empty room. There was a little sofa on my right. Bashir was sitting there. Every where I looked I saw a balcony. I went out on my left. I looked at the rail. My lucidity increased when I did. I looked at the rail and every detail was apparent to me and I felt more myself then I did back in the tropical place. I remembered something I discussed with Wassim earlier that day: going to the moon. I looked up and there it was, slightly above a chain of blue mountains in the horizon. I could the craters on its surface. The sky was purple beneath it and blue above it. I jumped and headed towards it. I was jumping long distances. But no matter how much I tried it didn't seem to get nearer. It was almost like a picture painted on an infinitely far background.

Suddenly I heard a telephone ringing. I found myself back at the room where Bashir was. He said: "answer it!" I said I didn't want to. The telephone stopped ringing. It was at the opposite side of the room than Bashir. I said: "why won't your parents answer it?" He said: "No, this line is just for us." I decided to try for the moon once again. I went to the other balcony, but the moon was there also, as if it changed its position. I tried, but it was always at the same distance from me. Then it occurred to me: I couldn't remember how the dream started. I knew that if I don't wake up right away, I will forget most of the dream. I felt the transition and woke up.

5) (September 7, 2004) I woke up in bed from a dream. I decided to write the dreams I remembered on the copy book. I remembered getting up earlier and writing a dream that contained the word "high". I searched for it in the copy book, but I couldn't find it. I thought: "hey, where did it go? I immediately suspected that it was a false awakening. I did the nose test and I could breathe as if my hand was even there. I immediately went to the balcony and through the glass. I stood on the balcony, did the nose test and the wrist watch test. I saw that it was first 1:00 and then 23:--. I stepped on the rail and jumped, intending to fly. But I expected to fall to the ground, and so happened. I could the see the sign of the Sabbagh rising very high above me. I felt the dream destabilizing and woke up.

6) (September 8, 2004) I was trying to WILD using the counting method. At a certain moment I thought that I might have entered the dreamworld. I opened my eyes. It didn't seem like a dream, just active imagination. My vision was very blurry and the ceiling looked like it was melting. I tried to get up but I discovered that I couldn't move! I'm not sure if it was sleep paralysis or not. The ceiling was still melting and I decided to return to normal consciousness.

I woke up, or thought I did. I did the nose reality check and found out that I was dreaming. Now I was sure it was a dream and not just active imagination. I got up and headed towards the door of the room. I noticed that there was a poster on the door where the glass should be. I decided not to waste time reading it, so I opened the door and headed towards the entrance room. Before I went in, I thought about going into the mirror in the entrance hall, and so I decided to turn the light on. I thought that I would like the light switch to be just on the left on the wall. It was there, but I tried it several times, but it didn't work, and I thought that this is typical.

I went to the balcony, it was nighttime as usual. And I saw my mom and my dad sitting there, and there was Mr. Sa3id sitting with them and they were telling jokes. Mr. Sa3id said something about Staline saying a word like "Lal 7afas" and I was taking mental notes so I won't forget this when I wake up. Wassim was there too. I looked across and saw that the building in front was larger and had only one window where I could see light coming from it. I could also see a couch and some towels there. I decided to go and investigate. I went to the dining room, and ran through the balcony door and jumped, but I couldn't fly. I heard Wassim giving me advice on how to fly, but I couldn't understand all that he was saying. I landed on the street. I started thinking about things to do; I tried to see if I can conjure things up in my pocket. I reached in it, and thought I grabbed a lucidity pills bottle, but at that instant the dream started fading away.

I closed my eyes, and started spinning. I started imagining in my head a place like Paris, in daytime. I became worried that closing my eyes will make me wake up. And so I found myself back in bed. I looked around myself and found the room was different, and that there was a window. I noticed light coming from behind the window. I was still lucid, and so I went through the window and found myself on a beach, and there was snow on the beach and children, all wearing coats, were playing with the snow. It was a cloudy day, but the sea was crystal clear. I tried to fly, so I held my arms up, and jumped, but then I thought that maybe Neo-style was better, so I put my arms against my body, and I was flying. I looked down at the beach and decided to land there again. I did that. I looked at the sea and thought that it was too much, that I only wanted snow. So I commanded the sands underneath it to rise with my hands, and they began to rise and cover the water. But it went out of control, flipping in my direction. The dream faded and I woke up.

7) (September 10, 2004) I was at Tayta's place. I decided to fly, but didn't want Tayta and Jeddo to see me. I went one floor down, but thought it was Tante Da3ed's place. The door was made of steel, and painted red. I walked right towards it, and hit it with my face. I could feel it hitting my nose. So I turned my back on it, and walked

backwards, and it began folding around me and I could see it re-materializing in front of me. I walked to the balcony, and jumped.

I was in a park, and there were benches, and I could see my parents sitting on a bench. I saw Stephanie and some other girl. I talked to them, and then I jumped and tried to fly. I found it's easier to fly while looking upwards, in the direction in which I want to fly. I was flying like Neo, but not very fast. I reached an area where there were mountains covered with bushes, and I looked down and saw a valley so deep that its bottom was dark and cloudy. I passed this area and was over the ocean. I don't remember if I woke up or not.

8) (September 10, 2004) I just woke up from the Gangster dream. I was in bed, and suddenly a guy in a suit and with a briefcase in his hand walks in and says that he's a lawyer and that we must pay for the damages we caused when we raided the building. I thought to myself: "yeah, right!" and immediately suspected that it was still a dream. I did the nose test just to be sure, and then, lucid, I stood up and hit the lawyer hard on his face. I got out of the room, and I turned and pressed the light switch of the neon. I saw that the room lit up. I thought I'd try that in the entrance room. I went there and hit the switch, but nothing happened. I went to the balcony, it was daytime.

I could see the sunshine lighting up the streets. I ran and jumped over the rail and flew towards Ashraf's house, but after a while I suddenly found my self flying near the Connex station! I landed, and as I did, I almost hit some electrical cords. I hit the ground hard with my feet, and looked around me, and saw a glass building. I started running the other way.

Next thing I remember, I was sitting in my room and working on my laptop. I decided to do some experiments with it. First I started TP7. I wanted to see if I write a program in the dream will it run properly. I saw the blue screen and everything. I typed: "Program" something, but when I looked, instead of "Program" it said "Problem" something! I looked away and looked back and it changed into "Program". I realized that because of the unstable writing it's nearly impossible to write a working program. So I exited into DOS mode, and typed "win95", but instead of that, on screen appeared something like "kljlmkjpj". I found that whatever I type, I get that gibberish. There were blinking squares all over the screen, and the font color was yellow/orange.

9) (September 14, 2004) I was walking with my parents in a street in some village. My dad was talking on the cell phone, and a guy comes and says to him: "Yo pops!", and then nothing. I think that he's being evil, so I slap him a few times on the cheek and send him away. He walks to a place where there are a lot of tough looking guys sitting there. I see a decorated car and a bride comes out of a house and gets into the car. I see the groom sitting in front of the car and he had a real mean look to him.

I raised my hand and put it on my face, just a gesture, nothing more. But I noticed that it wasn't blocking my respiration at all! I thought that I should do the nose test properly, and I could still breathe! I immediately become lucid. I look back at the car and see it

hovering in the air. I think how I missed that sign, although it wasn't hovering when I first saw it.

I felt my lucidity increasing. I looked around and saw a stone wall, approximately of my height. I approached it and felt the surface. Everything seemed extraordinarily real. I climbed the wall and landed on the other side. There I saw a wide region of land, covered in whole with trees, and inclined towards the sea. I couldn't see the shore, but I went there anyway, although I don't remember how I went there. I was walking in the shallow water on the shore and I could feel it splashing against my legs. I saw a building that reminded me of Palma, and a road that was covered by sand, by still visible. I followed the road and entered the building. As I did, I remembered my goals. I rubbed my hands together and increased my lucidity.

I entered what seemed to be a ground level apartment. It had a glass door, and inside was some furniture. As I entered, I told myself that when I turn back to the wall, I will see a mirror. I thought that since it is daytime, I maybe able to enter the mirror. I looked back, but there was a cup board and another piece of furniture, but no mirror. I noticed that the lighting took on a bright yellow taste. But there was still enough light for me to see myself in any mirror. I proceeded to the next room, and looked at the same wall, and there was a mirror, put in a golden frame.

When I looked at the mirror, I was terrified. I could feel my heart pounding very hard, although I wasn't sure if it was my physical heart, or just a dream feeling. I saw my face getting distorted in all directions. I tried to calm myself, and when I did, the image stabilized. I was seeing my face, free of any distortion, and I was smiling! But I didn't notice what I was wearing. I approached the mirror, and noticed that when I move, the image distorts, as if the surface of the mirror was not plane. I touched the surface of the mirror with my fingers, and it seemed really solid. I jumped face first towards it, but the only thing I got was a nasty whack on the nose. I decided to run into it, and so I stepped back, and ran, but when I jumped, the dream faded away, and I woke up.

10) (September 23, 2004) I was in bed, a false awakening. I remember that I was lying there, thinking about stuff, unable to sleep. I remembered that Wassim had modified the nose test. He would put a transparent plastic bag over his head and press on it right under his nose. Suddenly there was a plastic bag over my head. I tried it, but could still breathe. I thought: "sure I can breathe, my nose is not shut!" I did the nose test properly and became lucid. Suddenly my vision disappeared, but I knew I was still in the dreamworld. I tried to get up but I was paralyzed. So I visualized what I would see if I was getting up and that way I could move around. I got out of the room, and my vision was back.

It was daytime. I went to the salon and saw a mirror where the glass door of the balcony should be. Without thinking, I set my arms in front of me like a zombie and rushed towards the mirror. Its surface behaved like mercury and I got through, and as I did I heard a metallic *pluck* sound. I found myself on the balcony. I quickly flew over the rail and was flying faster and higher every instant. I looked down and saw that I was

above the ocean, and I could see little green covered islands. I set my eyes on one island, which looked big enough, and there was a fortress on it. I passed it and turned with my eyes always focused on it. I landed, but the island turned out to be just a big rock covered with plants, and there were two men standing there. I looked at them with confusion, and then my vision disappeared. I could feel myself waking up and decided to go on with it. I felt the transition, and just before I woke up I get the image of a black flower pot.

11) (September 28, 2004) I just woke up from a dream. I remained relaxed and didn't move a muscle and managed to enter the vibrational state. I started hearing the loud buzzing noise, and expected the vibrations to kick in any time. Shortly after, the vibrations started. The buzzing noise now wasn't continuous but came in during intervals. I was trying hard to remain in this state. I found that the key is to ignore the buzzing and the vibrations and focus on a mental object. In the center of darkness behind my eyes, which (the darkness) was strangely contrasting with a glowing white, a little dot of contrast appeared and I focused on it. I felt my leg relaxing even more, and my arm relaxing and falling of the edge of the bed, and then my hand touching the ground. The vibrations and the buzzing went away, and I opened my eyes.

I was in the hotel room. I stood up and saw my silhouette in the mirror. I was lucid, I did the nose test just to make sure anyway. I started looking for an exit. I didn't want to go through the window or the ceiling, because that will most probably mean the dream will be dark. I looked behind me where the closet should be, and saw a door with a small window in it, and it was shining of sunshine. I opened the door and entered, and was standing in the salon of my home. There was a person there but I didn't pay any attention to him, I just headed for the balcony. As I approached the door, I rubbed my hands together, and looked at the wall on my left, there was a black clock, but I can't remember what time it was. I took of my shirt (I think it was hot) and opened the door, and stepped out. I looked down, I could see that I was in the first floor, and I saw a wall down there and behind it 2 Sri Lankan maids where walking together and chatting. I jumped down and fell diagonally to the ground. I jumped over the wall. To my right, there was the sea, and what seemed like Palma, so I headed there, but then decided to go back and see if anything in the scenery has changed. I turned, and couldn't find the way I first came in!

I started walking around the dreamscape. It looked like a Lebanese province area. Behind me was the mountain and I could see the homes built there, and some trees. I found out that if I look at the mountain, look away and look back, then the scenery would change. A pine tree would turn into a cedar tree. Some homes would disappear and others appear. But the mountain was always there. I was now walking on a narrow road that led me downwards. I could feel that I was carrying a backpack on my back. There were no people I could see, and all the doors of the homes were shut. I decided to open a door {a red one} and enter and chat with some dream people, but the dream faded away and I woke up.

12) (October 6, 2004) I was in my home in Mina. My parents just got a call that Rashad's dad died in a car accident. It seemed that he was having a heart attack and so he drove fast to the hospital but got in a car crash on the way and died.

I was standing in the salon, feeling horrible for his death. I did the nose test, and found that I could breathe, but it was really hard to do (I did wake up with a little cold), so I looked at my watch, and it kept changing. I remember seeing 5:05 in the seconds range, and the hour was 5:06 then 5:07 then 5:08 and then 5:06 again. I did become lucid, although the dream wasn't really clear. I immediately flew off the balcony using the "look where you want to go" technique that I discovered. I looked away towards the horizon, which was strangely placed above the opposite building. I passed the building, and continued flying over the ocean. I can't remember anything else than feeling myself waking up, and trying hard to stay in the dream. I don't know if I woke up.

13) (October 6, 2004) I was in some old building, already lucid. I was walking up the stairs, and then reached a room that was full of people. Ziad Touma's mom greeted me and she asked me about him. I said I don't know. I was then on the roof, and I jumped and flew. I remembered to go to the art museum, and so I re-entered the building through a window, and found myself in a room. All over the walls were some paintings and portraits. I stopped in front of one, and thought that I'm not good enough to replicate it when I wake up. At this moment the pictures sprang to life. It was the portrait of a man, sitting, with a natural scene behind him. He had a hat and a moustache. He took off the hat, and wiggled his moustache. I thought that he said something to me, but couldn't make out what it was.

14) (October 8, 2004) I just woke up from a dream, and decided to go for a WILD. I relaxed, and soon I saw the flickering white light, and heard the buzzing, although it was low this time. I felt my arms and legs relaxing, so I opened my eyes, and did the nose test. I got up with difficulty from the bed-sofa, but when I stood up I could move with more ease. I started to look for an exit, I decided to look at the closet, and see if there's a door instead of it. I looked, but there was the closet. I approached it, lifted it and threw it against the other wall. Behind it was a little door. I opened it, stepped in, and I was in my home in Mina.

I was standing in the corridor, although everything looked different. There was a room on my right, which doesn't really exist, and then I saw Wassim run passed me, and enter in the room. His motion was blurry, and I could see that he was leaving a visible trail behind him. I followed him into the room. It was a bedroom, with a big bed and a balcony behind it. I could see the Groupie from the balcony door. My mom was sitting on the bed with my dad, and Wassim sat on it. I approached my mom, who was wearing a bandana, and I touched her hair. I said hi to them, but was careful not to slip out of lucidity. I remember the Die Dreigroschenoper issue, and I asked my mother about it. At first she said she didn't know, and then she said: "le halla2 mannou la2elna, bass medri khaynou wen belsheghel." I started laughing, and so she said angrily: "Are you laughing at me?!" I stopped laughing, and she was happy again: "there's a new movie called Besheghel, and we'll go see it." I thought the conversation was useless, so I flew out the balcony, and decided to search for Oscar.

I was doing some acrobatic moves in the air, but I almost hit some electrical cables, so I landed fast, and slid on my knees, but I wasn't hurt. I stood up, and looked around. All around me were parked cars, and people inside them. I started building expectations of finding Oscar somewhere there, but every time I look at someone, he's not Oscar. I see a bus, and I thought that Oscar is there, but he isn't. I feel that I'm waking up, so I started spinning around myself. I found myself flying over a suspended bridge, and there was mist everywhere, and DreamAddict was with me. On the bridge were the 3D people from the Lucid Crossroads. He told me that it is the lucid crossroads, and that he can feel when something is about to happen.

I found myself back in the sofa-bed. I got up slowly, and had thoughts about Nabil teaching his friend how to go through walls in lucid dreams. I headed towards the wall and hit it with my face. I stepped back, and I was seeing a white light on the bottom of my visual field. And when I moved my eyes to look directly at it, it moved with them. I woke up.

15) (October 8, 2004) I was with Fouad, Nour, Maya and some one else, sitting in some kind of cafeteria, but we were sitting on the ground. They were smoking, and I thought that I brought Maya there without her knowing what was going on. Fouad gave me a cigarette, and said: "Why are you not smoking with us?" I didn't want to, but I took it and drew some smoke, and that made me a little dizzy. I looked at the road on my right and saw a police car headed towards us. I told them that the police were coming, and we started to run. I jumped to the other side and landed on some green hills. I knew I was dreaming, but I wasn't aware. I thought that I could escape the cops by flying away. I started flying near the ground so that the cops won't see me. There was a building that I thought was the police station, and I started gaining altitude to go over it. I looked back and saw a cop holding Fouad and yelling at me to go back. I continued my way.

I was flying as if swimming underwater. I thought that this is how pasQuale used to fly when she was young. At that instant, I became lucid. I wondered how I didn't notice it was a dream before. I was happy, but the dream started to fade away, so I started spinning. I found myself back on the sofa-bed, but it was on the wall, and everything was rotated 90 degrees! I fell right of it and on the ground, and stood up back again.

I looked around and saw a door with a handle. I rubbed my hands together, and they felt really cold. I went through the door, and was on a balcony. I jumped down, and was in the streets near Tayta's house. I decided to chat with some dream people. First, I saw an old man, wearing a coat and a hat, and holding an umbrella. I approached him and said: mar7aba. But he was furious and almost hit me with his pointy umbrella. I moved away and approached a man with a hat and a briefcase. I said: mar7aba, and he moved closer to talk to me, but an old lady pushed him away and said: "I wanted to talk to you." I thought that she was really annoying, and as if she read my mind, she said: "ok, I will go away." and she went away. Next I saw two men walking towards me.

-"mar7aba" I said. They stopped next to each other.

-"ahlan." said the man on the right.

-"Can I ask you some questions?"

"Sure, go ahead."

"You're from around here?"

"Yes, we live here. And I got TOUMA!!" I thought he meant twins. I looked closer and noticed that the men looked exactly like each other!

"You mean you are TOUMA?"

"yes!"

"And you got TOUMA?"

"yes!"

"And you too?" I said to the other guy, and he nodded with a silly smile on his face. I woke up laughing at the silliness of my dream people.

16) (October 9, 2004) I woke up in the morning; I had no recollection of any dream. I decided to try a WILD. I felt as if I was in the hypnopompic state, but lucid. In the hypnopompic state, my abilities for visualization are increased dramatically. The conditions were met. I started relaxing back into the dream.

The best I can describe the entry of the dream is as if I'm surrendering to a sudden change in my perception. I hear a buzzing, I see a bright flickering white light, and feel like my body is relaxing, I feel the fingers of my hand unfolding, and my legs stretching back to a relaxed state. If I try to move my arm, I feel as if I had two: my physical arm, and a gaseous one, and that the one I can control is the latter.

I felt my fingers relaxing, but I had the feeling that everything was just in my imagination. I tried to do the nose RC, but it was like I was imagining my hand shutting my nose, I thought I could still feel my physical body. So I closed back my eyes. I could hear Bashir and Fouad talking about stairs. I started feeling myself floating down a flight of stairs. I started visualizing the stairs. Suddenly, as if the light level started to increase, I started to see the stairs. Little by little did the dreamscape turn visible, and then I could see everything clearly. But it was still like I was wondering about the dream scene, and not being actually a part of it.

I reached the end of the stairs. I rubbed my hands together to make sure I'm dreaming. I was in some kind of kitchen, a restaurant's kitchen, and there were people working there. I walked between the counters, and I saw a frying bowl, and in it I saw little bits of raw fish. I looked at them, they were really disgusting, and so I continued on my way out. The restaurant was at ground level. I stepped outside and into the street.

I was in some sort of a village. People were walking past me and in my direction, and I thought it looked very much like the market place in Mina, except it more European. There were trees, with pointy tops. I jumped up and flew over the trees. I wondered that since I never really saw a tree while flying above it, that how it would look to me if I did. When I arrived above the tree, I looked down at it. The pointy top was gone, replaced by a flat symmetrical arrangement of four red flowers. I felt as if I was in a counterstrike game. I landed back on the ground.

I thought about what I should next, and decided to try and call my dream guide. I called: "where are you, dreamguide?" and a white glowing point appeared in the air above me, but it flew away, and went through a building. I flew and tried to catch it, but when I entered the wall, I lost my visuals and worried about waking up. I visualized myself back on the staircase, and there I was again, and I headed down to the kitchen. The kitchen was unchanged, except for the bowl with the fish bits. Now all what remained in it were some fish guts. I went again outside. I tried to call my dream guide again, and again the light appeared, and flew inside the fly net of a window in the building. I followed it, and I was in some kind of ventilation system. I could see the light for what it was: it was a miniature glowing Peter Pan! It went through the fly net and back outside, I tried to follow it, but I was trapped and couldn't get through the net. I went through it backwards, and landed back on the ground. I started walking in the streets, and I could see posters on the walls. I woke up.

17) (October 10, 2004) Wassim and I were having this competition before going to bed. Each one had to photograph something, and make an art piece out of the photo using the computer. Wassim had a photograph of a horses legs running through mud, and he applied a special effect to the mud to make it cloudy. I took a Science et Vie to the bathroom to read while emptying myself. I should have noticed something strange, so I did the wrist watch test. I wasn't sure. I did the nose test, but still I was not convinced. So I thought: "hey, if this is a dream, then there's no point continuing". So I interrupted the whizzing process, and ran to the balcony, and jumped, and flew over the building across. Now I was totally lucid. I thought about where I should go. I saw the Mira Mar from a far. I thought I'd go there.

I managed to land there on some sand, on my knees. There was a guy sitting there, and I thought I'd meet him. I asked him: "hey who are you?" he replied, saying that his name is Hassan and that he's from Maten, but he came to the North to spend some days at his friend's house in 3youn El Mina. Suddenly he and I were back at my house. Ghassan Soury was with him; apparently he was the friend he talked about. They went together, and as they did, I petted Ghassan on his back. I thought about what I should do next. I was standing neat my bedroom, and I thought I try one more time to cross the mirror.

I went in my room and looked at the mirror. My face looked horribly big and disproportional. My neck was very thick, and I looked like a mutant Cartoon dog! I looked away, and looked back, and my face was covered with warts, like an evil witch. Every time I looked away and looked back, I would find that I had the face of a demon of some sort. One of the faces was a white face with a huge jaw, which reminded me of a ghost film I saw a long time ago. I tried to go through the mirror, but failed. I woke up.

18) (October 12, 2004) I was with my mom and Wassim, in grandfather's car, in front of my grandmother and grandfather's building. We were going somewhere, but I thought something was weird, so I did the nose test. I held my nose and tried to breath, and I could do that very easily. I looked at Wassim, now lucid, and we both were sitting in the back seat. I told him to do the nose test, he did, and then a smile came upon his

face, and I knew he was lucid too, although I kept reminding myself that this is just a dream character, and not the real Wassim.

I said: "Come on!" and we got out of the car and ran into the alley that leads to the Islami hospital. I could hear my mom and my grandfather shouting at us to come back, but that didn't really matter now that we were lucid. We reached some alleys of what looked like the Old Mina. I was just walking and looking around, and at first, my vision was a little blurry, but then I concentrated on a wall, and everything became extremely real. I started looking closely at the walls and I felt them, and I saw a red door with some paint stains on it, and I felt them too. I looked at my hand, it looked fat, but it was very stable. I thought it was time for more action, and I jumped up to the roof of one building. My brother followed me, and we were jumping from one roof to another.

On one roof, there was a lady that was hanging laundry. I thought she might shout at us, but I couldn't hear anything once we passed her. We landed back on the ground. We were somewhere that looked like Na3oura or Mira Mar. Wassim was standing in front of me, and I decided to play some la22ita with him. I didn't say anything, but he saw me running towards him and he started running. I thought I could catch him easily if I flew at him, and so I did, but he flew too. We were flying near ground around corners, and finally I caught him by the foot. It seemed to me at that moment that he was wearing some farming outfit, but it was orange. He was also bear foot and his feet were dirty. We stopped and stood on the ground. The environment had lost its realness, and I thought I was waking up. I concentrated on making it real again, and my vision improved, but my hearing was lost, as if my ears were popping. I woke up shortly after.

19) (October 14, 2004) it started out as a false awakening in my home in Mina. I jumped out of bed and did the nose RC, and I became lucid. I went to the balcony. I tried there to see my wrist watch, first it said 20:-- then 21:-- , but it was very blurry. I jumped off, and flew above the buildings, and reached the sea.

There I found Wassim. He was swimming. The place looked like a bay, with rock cliffs around it. He said that he flies by zooming towards objects. Then he started to annoy me, so I tried to fly away, but he flew and grabbed my leg. I struggled to get free. I thought that the Wassim in the last lucid dream was much nicer than this one. I kicked him on the face, he smiled and let go, and fell back in the sea. I flew away, and looked around me. I saw the moon, in blue and purple sky, and it was near the horizon. I decided to zoom towards it. I did, and noticed that the size of the moon was getting bigger. I thought I was getting close to it.

Suddenly, the moon started to take another shape that was submerged in water. I had a false memory that Wassim told me that instead of the moon, he found a giant alarm clock. I reached the thing I was after, and it was a giant spherical submarine, with doors on it, and it was half-submerged in the water. I think I woke up right after that.

20) (October 15, 2004) I successfully reentered the dreamstate. I had real trouble getting up, and I had real trouble keeping my eyes open. I was feeling really sleepy. I

wasn't seeing very clear either. I moved the closet, and found a door behind it. The next thing I remember is being on some green lawn, and rubbing my hands together. That was the most lucid moment in the entire dream. I remember jumping on rooftops in Mina, it was night. I was trying to get to Ankh Morpork. I saw a narrow chimney. I was thinking about squeezing myself in it and getting that way to Ankh Morpork.

21) (October 19, 2004) I was at Ghassan's bookstore. I was looking at some magazines on the shelves. There were many Superman comic books. They all had titles like "LD" or "Lucid dreaming". I noticed that dreamsign and I did a reality check. I was lucid. I went out and found Wassim. We started jumping and flying around a bit. I felt I was waking up, and lost lucidity for a while. I found myself in front of Mounir's shop, and Wassim was there. I think I was telling about my LD. I could recognize the dream from just the feeling of it. I did the nose test and I was conscious again.

I remembered my intention of asking about Olsen. I walked into the shop, and saw Mounir. I asked him about Olsen. He said he didn't know anything. I went back outside, and asked Wassim. He said: "Oh this is the one who died last time!" I took a high jump, went over a building, and landed in a square. Wael was there, he had his back against a fence that was on some wall. I don't know why I did what I did next, I walked on the wall, and kicked his head, and it fell right off! I was very scared, and I came down, and picked the head, and tried to put it back where it was, but the fear made me wake up.

22) (October 21, 2004) it was a false awakening. I stood up in the dorm room. My father was there, and he was showing me his watch. I thought he was asking me if it was showing the correct time. I looked at my watch, and I thought: "Damn, the reality check isn't working!" so I decided to try to fly. I jumped up, and my head went through the ceiling, and I couldn't see anything anymore. I descended back to the room, now lucid, and I remembered my intention of trying to go through the TV. I picked up the remote controller, and turned the TV on; I saw a man and a woman talking. I flew towards the screen, and it hit me in the face, but I could see the pixels of the screen. I thought that I tried, and it was time for me to fly. I flew through the window. I started flying around the city, and I could see the light coming from the windows of the buildings.

I landed in some square, and now it was daytime. There were a lot of people in the streets, and there was a giant truck. The people were hiding behind it, and I understood that they were hiding because a gang was coming, and it was just a game. I played along with them, now my lucidity decreased. Some guys that I think are really annoying IRL came and I started running between them and making sure they couldn't catch me, but they seemed to be ignoring me. Then I saw Anwar, he was after me, and I thought I could probably get rid of him if I tackle him by grabbing his legs. I tried to but I was surprised that I couldn't do it.

I was in my bedroom in Mina, a lot more lucid. My brother was sitting on the bed, and he was flashing the light pen in my face. I said: "Stop, you'll wake me up!" but he started laughing. I thought that I was about to wake up and that I was talking in the physical world. Suddenly I found myself in bed, in the same room, and my brother came to me,

and told me that I was yelling: "stop!" I did the nose test, became lucid again, and I went to the living room. I saw the TV, and it was on, and it had some bugs bunny cartoon on it. I tried to go directly through it, but I couldn't, so I tried to go through it backwards. I did. I was inside a white box, the glass screen was in front of me, and through it I could see the living room, and between me and the screen was Bugs, and he was dancing some funny dance. He was flat, i.e., two dimensional, like a plane hanging there in mid air between me and the screen. It was about the size of my palm, I reached to it and tried to grab it, but my hand went right through it. I woke up.

23) (October 23, 2004) I don't remember how I got lucid. I was in some kind of garden. There was a building. I looked up and there was the moon, shining off a magnificent silvery light, amidst a wonderful blend of blue and purple. I could also see some clouds. I flew towards it, but I could see some clouds in the sky, and some patch of yellow. I looked carefully at those details, I wanted to try and paint them once I woke up. I was thinking that I wanted to stay in that state for ever.

I descended back on the ground. I was near the building, so I entered it. As I did, I rubbed my hand together to increase the clarity of the dream. I also did the nose RC, but when I breathed in, the whole dream shook and I saw a bright white light, similar to the one I see when I WILD. Then it went away, and the dream was more stable. I looked at my watch. It wasn't changing; it was always 5:28. I was concerned, but then I noticed that the seconds display was changing erratically. I was relieved. I went into a room. There was Mustafa and some other guy, sitting on a sofa. Behind them, a mirror covered the whole wall. I looked in it: I had a GIANT head, but it was looking normal. Then it changed and became an Afro-American head. I left the room and walked a little around the house before I woke up.

24) (October 29, 2004) I was in the high school playground. I looked at my right hand, it was all covered by the water zits, and even it spread up to my arm, and I scratched them, and a thick liquid ran all down my arm. I knew I was dreaming, and the nose test confirmed it. I looked around, tried to stabilize the dream and increase my lucidity, and I rubbed my hands together. I was in the common playground, near the church. I looked to my right, I saw Majd -brrrrr- approaching, and I had to run away from him quickly. I started running towards the wall, and I started lifting up, and I was running across the air, and when I reached the upper edge of the wall, I stretched my body, and was flying, Neo-style, across Mina.

I was flying along the road, and I could see a yellow line traced on it. I looked at the buildings on the side, and I wanted to fly into one of them, but I couldn't control my flight anymore! My speed was still increasing, and reached an incredible level, but I couldn't swerve off the road, or stop. I tried turning around, but I was still flying in the same direction. I thought it was pointless to fly backwards, and turned back, and then tried to stop by landing on the ground. I started decreasing my altitude, and I put my leg in front of me, so that friction with the concrete would stop me, but I crashed into the ground, and tumbled over some distance, and woke up.

25) (October 31, 2004) my family and I were eating at some place near Bashir's building. It was the first day of Fitr. Wassim and I went wandering along the street, and I was noticing a lot of weird stuff, but I wasn't totally lucid yet. When we got back to where the restaurant is, Wassim saw someone walking on the other side of the road. He started calling him and saying "Georges!" and my dad said: "what are you doing?" Wassim said that it's alright; Georges will know what he means. Then the guy on the other side started jumping and doing some funny gestures. I thought that all that was just too weird and I did the nose reality check, and surprise, surprise: I could breathe.

I was now totally lucid. I crossed the road, and got on the street near Mar Elias. I rubbed my hands together and focused to increase the reality of the dreamscape. Then I remembered my intention of finding the PACKS Logo, and so I entered the green door of Mar Elias and I built the expectation of finding the LOGO on the wall when I turn back, but there was nothing there, except for the wall being made out of wood. I went inside, and I found the secretary. She had a large dictionary in front of here. I thought I'd look out LOGO and maybe there will be the picture I was looking for. But it was really hard looking through the dictionary, as the words didn't make any sense, and so I decided to change the words directly instead of flipping the pages. I started passing my thumb over the words, and they would change, but I couldn't get to LOGO. Suddenly Wassim was there next to me, and I asked him to draw the LOGO for me, so he drew it on the dictionary. But it wasn't really worth it, because it looked as if a 3 year-old was drawing a human face. Indeed it had the number 3 on its face. So I decided to leave the quest for the LOGO and to go have some fun while I'm lucid.

Next thing I remember, I was looking in some big mirror. I don't remember where I was. The reflection in the mirror was not distorted this time, although I had a short hair. For the first time I noticed what I was wearing: just an ordinary jacket and pants. I decided to try to enter the mirror one more time. I stepped through it, easily this time, but I got nowhere. I was suspended in a black void. I knew I was still asleep, and I tried to gain back my vision. I don't remember what happened next, but I think I slipped into a false awakening, and was now at home. All I know is that I was wandering around my home, lucid, and then I stepped out to the balcony, and it was night. I looked at the building across the street, and I could see some people, dressed in black, climbing it and entering, and I assumed they were thieves, and I glided down through the air, and landed on the first floor, and followed the muggers inside. There were two old ladies sitting there. Then I somehow got to an old region of Mina, and there was a young woman there.

I slipped into another false awakening. I got up and did the nose test, and became lucid again. I went out to the balcony. I looked up at the moon: it wasn't full, but I could see it very clearly. I decided to try to fly towards it one more time. I jumped and stood on the rail, but something told me the moon would not get any closer if I flew towards it. So I started visualizing it becoming closer and closer. It started growing, and soon all the craters became visible, and it was growing more and more, and then its surface took a copper metallic texture, and the craters morphed into gigantic gears and circular portals, and I got the feeling that it was going to crush me along with everything else in Mina. I woke up.

26) (November 2, 2004) I was counting, but I think I stopped. I was very tired because I had trouble sleeping. I think I slipped into an unconscious state for an instant, and the next thing I know, I'm seeing a hypnagogic image of a street, and a building, and a black back gate. I tried to materialize inside the image, and succeeded. I rubbed my hands together, did the nose test, and the sense of motion made me certain that I was now in a dream. I remember heading towards the gate, but then nothing.

Next thing I know, I'm flying over a black river, supposedly the Nile. Some guy is flying with me. I see a metal bar attached to the bottom of a bridge. I hang from it with my feet. The guy tells me that I shouldn't be doing that, because I could get hurt. I told him that it doesn't really matter, since it is all a dream. He was surprised.

Then I found myself back in my physical body. I couldn't see anything, but I was displaying all the symptoms of REM-reentry. I could hear my parents speaking. I opened my eyes and found myself in my bedroom. I wasn't lucid anymore. My parents were there, and my mom told me that it is not good to see the future. I told her that lucid dreaming does not allow me to have any futuristic insights.

27) (November 5, 2004) it started as a false awakening in my bedroom at home. I just knew that I was dreaming, and I did the nose test just to be sure. I ran to the balcony. I could hear my mom saying: "hey, what are you doing?" and she sounded really angry. I reminded myself that this is a dream, and ignored her. I thought that she was worried that I would harm myself. I opened the door and stepped outside. I noticed that my lucidity was low, so I stopped for an instant, did the nose test again, rubbed my hands together, and my lucidity increased.

I jumped off the balcony, and flew to the opposite building; I looked up, and I saw the moon, but the sky was just blue, and no color blend was present. I flew through the roof of that building, then I decided to go and look for the PACKS Logo again, and so I flew along the road, and I reached the place where the park should be. But from up in the air it seemed to me that there was no park there, there was a lake instead. I landed where the lake was, and I did some arm strokes to swim in the lake, and I found myself swimming through grass! The park was back. I looked around, and there were old people sitting on the benches. I felt the dream destabilizing, and woke up with my heart beating really hard. I remained motionless, trying to WILD back into the dream, but I couldn't do it, and gave up.

28) (November 6, 2004) my family and I were on a holiday. We went into a hotel. It was time to go to sleep. I was sleeping in a room with someone, maybe my brother, and I wanted to try to WILD, so I went into another room, and there was a sofa that reminded me of the ones that are used in a psychiatric clinic. I lay down there, but I was more in a sitting position. I noticed I wasn't wearing any pajamas; I was sleeping in my regular clothes. I thought it was ok, since morning wasn't so far away - apparently, it was about 4 a.m. I closed my eyes, and soon I WILDed into a dream. I remember flying over Shekka. I looked up to the sky, and I saw it blue, and I saw the moon. I thought that I wanted to

see some purple colors. And then purple started to crawl into in and blend with the blue. I looked away, and looked back, and there was some yellow and some green.

Then I was looking at my self in a mirror. I wasn't myself; I was some other guy from AUB. I tried to take a ray gun out of my pocket so I could shoot the mirror, but I couldn't do it. I put my hand on the surface. It seemed quite solid, and really cold. I twisted my hand, and my fingers went right through it. I then twisted my whole body into the mirror. I had a really relaxing and refreshing sensation: the ambience was a little cold, and all I saw was gray, and some rainbow colors blended in it. I felt as if I was waking up. I started visualizing a scene, and I was in my bedroom. I went to the balcony and flew away, but then I was back in the hotel, and I thought I woke up. I looked at the sofa on my side, and I could see that someone was sleeping there. Then I found out that it was my dad. I looked for my laptop, so I could record the dream, and then I went back into that room, and I saw that there was no one on the sofa. Then I saw my dad in the other room, fixing his tie. I woke up.

29) (November 6, 2004) I was finally alone. I relaxed, started counting, and focusing on getting some hypnagogic imagery. Then I had a feeling of letting my mind go on its own. I stopped the counting. Then soon, I saw a bright flickering white light, and out of it came an image that was growing as if I was approaching it really fast, and I stepped right into it, but I can't remember where it got me. Next thing I know, I was at home, lucid.

I went outside to the balcony. It was raining. I decided not to fly this time, just to jump down. I did, and I almost fell down when I hit the ground, but I managed to remain standing. I noticed I had a knife in my hand. I walked a little along the street, and I saw 3ala2 coming, and I thought about stabbing him, but I didn't. I can't remember what happened next.

30) (November 10, 2004) it was a false awakening. I got up, perhaps to eat suhur, and I went to the refrigerator. I opened the door, and then I knew I was dreaming. I thought: "Why not have a lucid dream?" then I did the nose test, and I couldn't breathe easily. But I could still breathe so I became totally lucid. I looked at the refrigerator, and I noticed that it was on the wrong side of the bed, and I thought that I should have become lucid earlier because of that inconsistency. My visuals quickly started to fade away, and I flew out the window, but I woke up.

31) (November 10, 2004) Wassim and I were on a balcony, and I had a remote, and he told me that I have to fly and turn off a device that was attached to the wall on the other side. The mansion was surrounded by a body of water, like if it was built on a lake and beyond that some forest. I flew down, and while in the air, I decided to do the nose test, but then I thought: "I'm flying! I'd better do a reality check". I was flying above some gravel, but now, lucid, I went off higher into the air, and I was flying above the sea, and it seemed very unstable, and I could see some ships.

I thought hard about what I should do next, but unfortunately I couldn't remember any of my goals, so I decided to try to morph into animals. First I became an eagle, and I felt my arms flapping like wings, but I couldn't clearly feel my body. I landed on the ground, and started running on all fours, and realized I became a leopard. I felt my body stretching, and I felt my arms and legs getting synchronized, but I couldn't feel my shape, so I became a human again, and jumped back into the air, and continued flying until I woke up.

32) (November 14, 2004) I was walking down the main Mina street, and I thought that if I concentrated really hard on how waking life is just another dream, then I can manifest some lucid powers. I started jumping forward, and trying to glide through the air. The first time, the jump was normal, and I fell the second time. The third time it worked and I started jumping long distances. I was thinking that now I didn't need lucid dreaming, since I'm able to fly in waking life. Then I thought: "But what if I AM dreaming?" I did the nose RC, and to my disappointment this time, I was dreaming. But, well, I was lucid, and I decided to make the most of it.

I started walking on the street, searching for a road that will lead me to the fictional world. I found a double door on the side of the wall, and I opened carefully, because I was afraid that it would be dark inside, and that the darkness would suck my awareness into waking up. I opened the door and stepped back, and I looked inside until I could see objects inside. Then suddenly my vision shifted to 3rd person, and I saw myself standing in front of that door, and an woman's arm reached from inside, grabbed me and pulled me inside. Then I was seeing normal again, and I was in a well-lit room, and in front of me was some book shelves, with book on them. I grabbed one book, thinking it would have some information about the fictional world, but the dream started to fade away, and I was back in bed. I remained motionless in the hypnopompic state and WILDed into another dream.

33) (November 14, 2004) I remained motionless after I woke up from LD32, and decided to try to WILD back into the dream. Fortunately I was in a comfortable position. I relaxed, and tried to count a little, but then I gave up counting. I just tried to empty my mind. Soon the vibrations started, and this time I felt the paralysis crawling up my arms and legs. I waited a little, and then tried to move, and although it was hard, it was clear that I could move my dream body. With great difficulty I stood up, and walked outside my room. I couldn't keep my eyes open, and couldn't see very well, and I felt the dream destabilizing, and I found myself back in bed. I did the nose test again, and discovered that I was still dreaming.

I got up and went to the corridor, and I was moving more easily, and I could see clearly with my left eye, but my right one wasn't opening very well. I stood in the entrance, and I looked down, and I saw the orange carpet we had a few years ago. I focused on it with my left eye, and then I closed it and tried to open the right one. It was hard to do that, and I was opening it with my hand, but all I saw was a blurred carpet, and so I gave up. I decided to continue the dream with one eye. I went to the balcony, and I found the drapes there. I thought that this is the first time I see the drapes in a lucid dream. I moved them

with my hand, and I stepped right through the glass, and went outside. It wasn't really dark, it was dawn time, and I looked away and saw the full moon. I jumped and flew towards the building across, but as I did, I heard a piano playing some notes. I decided to go back and try to catch a tune, but I fell down and woke up.

34) (November 21, 2004) I was in my bedroom. I did the nose test, and I was surprised to be able to breathe. I did it a few more times and finally became convinced that I was dreaming. Wassim was there, and I was laughing at him because I was lucid and he was not. I proceeded to the guest room, and it was dark there, and I was about to jump off the balcony when I saw some flowers in the corner. I approached them, and smelled them, but they were plastic flowers, and didn't have a nice smell at all. I jumped over the balcony, thinking about seeing some roses, but I woke up.

35) (November 24, 2004) I woke up at 4:16 a.m. I decided to WILD using the counting method. I counted up to almost 500, and then I decided that it wasn't going to work, and it was better for me to go to sleep. I couldn't go back to sleep, so I just lay there in bed, with my eyes closed. About 2 hours passed, and then I began hearing voices. I thought the neighbors turned on the TV as they usually do in the morning. Then I heard loud static, and I thought my TV turned on. But the static became discontinuous and I recognized it: It was the sound of me entering REM.

I relaxed back, and thought about getting out of my body, but decided to try to enter hypnagogic imagery. I was getting geometric shapes, and I thought it was taking too long, so I tried to imagine a scene and thus force it to materialize. I saw a red carpet, and soon I was in my home, in the corridor, and I was floating, and looking down on the carpet, but I could still feel my physical body, and that made me think I was still imagining. I "imagined" myself floating towards the balcony. Although it was daytime, my vision was very bad, everything looked magnified and distorted, and textures were blurred. I looked down and saw people walking in the streets. I stepped back and looked at the sofa. I started thinking about what I should do, but my vision kept getting worse, and I woke up.

36) (November 27, 2004) I was in my bedroom. I did the nose test, and I became lucid. I was happy to feel air going through my closed nose once again. I go straight to the salon. I looked around me and noticed that everything looked different: the walls were big glass windows. I looked through the glass and saw the lower level. I knew that it was different than in real life. I decided to try to visit Valinor. I looked in front of me, where the balcony should have been, there was a window, and I jumped through it. But as I did, my vision went bad, everything was spinning, as though I was spinning around myself for some time and stopped. I hit the ground and fell, and my entire arm went through the ground, and I try to push through, thinking that I would get to Valinor when I reach the other side, and that my vision would be better. But I couldn't, so I stood up, and everything was still spinning. I started spinning in the same direction, hoping to stabilize the dream, but it faded away, and I woke up.

37) (November 30, 2004) I woke up from the Goose dream, and realized I was in the hypnopompic state, and decided to take advantage and try to WILD. I relaxed, and soon felt the paralysis crawling up my legs, and at a certain instant I knew that I made it into the dreamworld, and so I just got up and walked away from the bed. I couldn't see anything at first, but then a light became visible, and I knew I was in my room in Mina, and that the light is coming from outside the room, under the door of the room. I opened the room, and walked to the salon.

I looked across, and I saw the building on the opposite side of the street. I jumped down, but never actually hit the ground; I started flying before I reached the ground. The building turned into a giant black cloud, and I flew above it, and was flying above the ocean. It was now day. I was flying at a low altitude above the water, and I thought it was the Great Sea, and that I was on my way to Valinor. Just when I thought that this is taking too long, I saw land from afar. Suddenly I lost control over my flight, and went under the water, so I looked up, and saw the sunlight scattering on the surface of the water, and I went up again, and swam towards the land. It was an island, and I thought it was Tol Eressea. It had no shores, but it was like a mountain in the middle of the sea. When I got near, I flew up again, and contemplated it from above: it was more like a modern resort. I was disappointed, and landed there on the concrete street.

I took sometime to observe everything around me, and to increase my lucidity. I looked at everything, and noted how real it was. I was very satisfied with the quality of the visuals in this dream. I looked at the people, at the ground, at the buildings. I wanted to go to Valinor, so I remembered how Greyfyre creates portals that transport her to places she wants to visit. I waved my arms in the air in a circular manner, but nothing happened. I started drawing circles on the concrete, and as I did that I felt the hard surface of the concrete, but it was in vain. I looked at a building and I saw a door, and I was going at it to open it, when my vision began to go away. I knew I was waking up, and I wanted to spin, but then decided not to and let myself wake up.

38) (December 1, 2004) I looked at my hands, and it was covered with water bubbles. There was a huge bubble on my pinky finger, and I immediately recognized that dream sign, and I did the nose test, and was able to breathe easily. But I don't know if I woke up or not, I can't remember anything else.

39) (December 5, 2004) I was in the computer lab, posting something on SeaLife, and then I headed back to the hotel. I went up in the elevator, and as I was opening the door to my room, I saw where the mirror should be, there was a door of light wood. I felt cold, and remembered why: I had forgotten my raincoat in the lab, and went back in the elevator to go get it.

Some freaky things started to happen: the elevator was shifting direction suddenly, with me experiencing the inertia forces. I looked in the mirror, and I saw a girl in white standing behind me! In fear I looked behind me, and saw nothing. I looked back in the mirror, and she was gone. I fell to the floor, and was very afraid, thinking that there were

ghosts in the cabin, but then it occurred to me that I might be dreaming, so I did the nose test, and became lucid.

I stood up, and opened the door, and went out. It was night, and there were people gathered in the street, as if they were at an exhibition. I decided to test my lucid power: I approached some candles, and discovered that I could grab the flame with my fingers, and transport it elsewhere. But it would soon disappear and appear back on the candle. I did this a few times, and then I grabbed the flame inside my fist and looked at it: my fist became engulfed in a bluish flame, but I didn't feel the heat at all. I looked to my side, some people were passing, and I held my fist to my mouth, and blew inside it: a giant flame came out of the other side of it, and went right through the people; they were indifferent to it, as though they didn't see or feel anything. The flames reached a tree behind the people and burned some leaves; I saw the burned leaves glowing with a mild red light.

I tried to create the magical light ball that Jessica told me about: I opened my hand, and concentrated, and some darkness crept and formed a dark ball. I did not wish to use that ball, since I felt that it contained pain and suffering. I destroyed it. I proceeded next to a woman holding a standard lamp with one hand, and a photographic instrument in the other. I understood that she was a professional photographer. I took the lamp from her, and tried to capture the light of the bulb like I did with the candle. When first my fingers touched the light bulb, I swiftly removed my hand in pain - because of the heat. But then I reminded myself that this is all a dream and I put my fingers back on it, and tried to "pull" out the light. I held my fingers in front of me, and tried to see if I were successful, but no light was there, yet while looking at my fingers, I noticed the moon behind them in the sky, and suddenly a star appeared from behind the moon, and I knew that it was Earendil, brightest of stars, pointing me to the west.

I walked in that direction, and I heard people whispering behind me back, saying that I was some kind of wizard since I made a star appear. I was walking through some giant wooden frames, and I tripped over one, and it almost fell on me and crushed me. I reached the docks at Shekka. There was visible the remains of a city, or perhaps it was under construction. Some humanoids were there, and at first I thought them to be Elves, and I believed that I had finally reached Valinor. But when I approached, I knew that these were foul creatures and in no way related to the Eldar. Unlike the Elves, who mastered all arts of speech, these creatures talked in a repulsive manner, and used the most disgusting expressions. I was disappointed. And then I heard a familiar voice: it was Wassim, and he had swum all the way here. I asked him if he were real, or just a dream character. He said he was real. I asked him to prove it. He said that I looked fat.

40) (December 10, 2004) I was sitting in the living room with Wassim. The TV was on and we were playing some kind of word game using pencils a piece of paper. We were not interested in what was on the TV. It was about 4:00 a.m., then suddenly there was this loud music coming from it and I grabbed the remote controller, trying to turn down the volume before my parents and everyone else in the building woke up. But no matter how

much I turned it down it was still loud enough to be heard. I thought that it was funny and that this happens usually in my dreams

My mom came, she looked tired and sleepy, and I knew that the noise woke her up. Wassim shredded the paper we had. She was angry and asked us what we were doing. We said that we weren't doing anything. She came close to the sofas and looked behind, and as she was able to see what was going on in the apartment beneath ours, she said: "Oh Sarah is here, she's awake and without a blanket!" and she looked at us, angrily, as though we had woken her up. I thought that all this was a little too weird and I held my nose to do the nose test. At first it didn't work, but I was certain that I was dreaming, so I did it again, and became lucid.

I immediately left Wassim under the mercy of my mom, and went to the guest room. I tried to create the light ball, but all I could make was a dark one. I expanded it a bit, and looked through it, a storm and clouds blocking the light of the sun. Since the weather outside the ball was nice, I decided not to enter it, and I flew away. I was enjoying the freedom of flight more than I ever did before in a lucid dream. It was something about the atmosphere of the dream: light, and beautiful weather, and all that. I grabbed a power line that was for some reason attached to the ground on the end; I slide down the line and landed on the ground.

I started experimenting with my lucid powers; I was mainly trying to create a light ball. I concentrated on the space between my hands. I could see some light, but it was very dim. I was looking down on the light, so I could see the ground through it. I concentrated some more, and I some the ground getting distorted. I thought it was just the ball distorting the view. I became tired and through the ball away, and started on a new one. I created another ball, and this time I managed to flatten it and make it like a circular window, but certainly not big enough to take me to Valinor, and it disappeared just after I lowered my concentration. I got a little bored and decided not to waste valuable lucid time.

I started walking in the streets, and paying attention to every detail. Once again I was totally fascinated with how real everything looked. I approached a Jeep that was parked there, and I looked closely at the metal, and touched it, and felt how real it was. I then lost a bit of my lucidity, and remember being in a strange house, and then waking up.

41) (December 16, 2004) it was a false awakening. I was sleeping on the sofa in the salon. I knew that it couldn't be true. I did the nose test and became lucid. Suddenly it was all dark. I flew out the window, trying to reach Valinor, but I lost control over my flight and crashed into the ground.

42) (December 20, 2004) I was in Middle-earth. I was standing near a castle, and there was an Elven princess, dressed in blue, and some kids playing. I held in my hand a big ring: but it was silver, and big enough to fit 3 of my fingers. I also discovered I could easily bend it. I notice some dirt on it, and rubbed it off. I looked at it one more time: some inscriptions began to appear on it. It was Tengwar! I was holding the One Ring! I was thinking that the heat from the friction of when I rubbed it wasn't enough for the

inscription to appear, when a kid approached and took the ring from me. He ran towards the Elven princess and gave it to her. She looked at the inscriptions and started reading it. I knew that no good was coming from this and started to run. She was reading the Black Speech. When she got to the third verse, the castle started moving and voices of torment were coming out from it. When she was done, I had reached a pond behind the castle. She was thrown up in the air and fell in the pond. I could still see her face and her blue eyes. Then she floated up in the air, her skin turned red, and she telepathically told me that Sauron had possessed her. She told me that her body is feeling very light and numb. I said that this usually happens to me in lucid dreams. Wait a minute, I AM DREAMING!

I was lucid, but before I could do anything, the scenery changed and I was back at home. I didn't give up, and I flew away, and reached a movie theater. I came down and sat in the front row. All my family was there. There was an action movie playing, probably starring Tom Cruise. I thought that I could go to Valinor, or at least back in Middle-earth, if I put the LotR movie and step inside it, but I couldn't do it. Omar was sitting next to me, and he said to me: "you still haven't told me!" I thought he wanted me to tell him that he was dreaming, but why would he ask me if he didn't already know?

I went back home. I was in the living room, and Wassim was there. I tried to go through the window, but ended up hitting it with my head. After a few more painful attempts, I simply opened it and stepped outside. I stood on the rails, and thought that is better be a dream or else I'm dead, and then jumped. When I saw that I was flying, I was re-assured. I flew towards the opposite building and then around it. I tried to create the magic light ball, but it was impossible, no matter how hard I concentrated. But in the process I looked at my hands and noted how real they looked, and I became more lucid. I'm always amazed how real everything looks in a lucid dream.

Apparently Wassim was following me all the way, I don't know how. I was flying over a park, and I saw a net attached to 2 distant trees. On the tree on my left was a tree house. Wassim was in the tree house. I landed on the net near the tree house, and walked to the other side. He was always following me. On the far side of the park some people were gathered. There were yelling things to me about Omar needing me to tell him something. I headed over there to see what was going on, but I woke up before I got there.

43) (December 22, 2004) Most probably I have just woken up from a dream. I simply relaxed and got out of my body. It required a lot of effort to push myself out, but once I made it was easier to move. I stood up. I was all dark and I wasn't seeing very clearly. I thought I was just having some very vivid hypnagogic imagery. Then light levels started to increase. I saw that I was in my room at home. I walked outside and to the living room. Wassim was there, and by then it was day time and I was sure that it was a dream.

I entered the living room and talked to Wassim. We decided to go and have fun with our lucid powers. We went to the salon. There were two kids, and I recognized one of them: he was Lany from Lizzy McGuire. They wanted to play along, but too bad: they weren't lucid enough!

I looked where they glass door should be, but saw a wooden curtain. I flew backwards and went through it like a ghost. I hovered in mid air outside the building, and saw Wassim at the balcony. I waited for him to come along. He jumped and flew towards me. Then we went on flying all over Mina. I remember experiencing much heightened level of consciousness before I woke up.

44) (December 23, 2004) I was awake in bed. I heard some voices from outside my room. I thought to myself: "I hope that they don't knock on my door" and the next thing I knew some one was knocking very hard on my door. I instantly knew that I was dreaming and became lucid. The angry person at my door was shouting: "Nadim open the door, we know you're in there!"

I tried to get up, but I couldn't: I was totally paralyzed. Then a wave of very intense vibrations took over my body. I tried to push myself out of my body, but I couldn't do it. The vibrations reached my face: my jaws began to click and I felt as if they were going to be dislocated. I tried to move my hand to do a reality check, my body was totally dead. Then a transition happens, similar to the one at the end of a lucid dream, and I wake up.

45) (December 27, 2004) I was in bed, just awoken from a dream. I tried to force myself into the dream, and soon I had the vibrations, and I entered the dream. I sat up on the side of the bed. Everything felt so real, that at first I thought it didn't work and I woke up. But I did the nose test, and found out that I was dreaming. I ran to the salon. It was rather a giant kitchen. I tried to create a light ball, but I could only create darkness, I feared that it would wake me up so I stopped it. I looked to my left: above the counter and in the wall was a glowing yellow lamp. I decided to stretch the light coming out from it and create a portal to Valinor. But I woke up too soon and couldn't do it.

46) (December 27, 2004) I remember a dream about watching TV with my mom in Beirut. I woke up from that dream, and I think I consciously re-entered the dreamworld. I was at Tayta's house, walking through the corridor. I wanted to go to Valinor. I decided to open a door and expect to end up in Valinor when I get to the other side. I started thinking about the White Shores, and opened a door, and I walked inside, but found myself in the bathroom. I closed the door, hoping to find Valinor when I re-open it. I did that and I couldn't see anything because there was no light. After a while I noticed I could make out the light switch on the wall. I pressed it and it worked, and there was light. I opened the door once again, and stepped outside, and found my self at my home.

I went to the living room, and turned on the TV. I started flipping the channels, there was some TV shows that I didn't recognize. Then I saw Seth Green, probably on some Buffy episode. He was wearing a medallion that was reflecting light to the outside of the TV, and I saw the light on the floor of the living room. I grabbed it, and started playing with it, but it faded away. Next I tried to adjust the volume. As I found was normal in my dreams, I couldn't do it. Even when the cursor went to 0 the sound was audible, but this time I noticed that the volume really decreased a little. I looked at the remote controller, it seemed normal. I looked away and thought up a button that would make TV characters

come out of the TV. I looked back, and there it was: a little rectangular button on the side of the controller. I pressed it, but for some reason I turned off the TV before anyone came out of it. I tried to enter the TV myself, but it was too solid, my hand just hit the glass, and I could hear the sound *cling* very distinctively. I was thinking about how lucid I was, and wondering why I couldn't easily control my environment. I also thought that I spent a lot of time watching TV, and that probably I won't remember how the dream started, but I didn't care, I was very lucid, and having lots of fun.

I passed through the window, with great difficulty: I felt that something was pulling me back. Perhaps the window is a little too solid. I got out on the balcony, and looked down; I could see a car that was parked near the entrance of the building. I jumped and landed on the car. The distance I fell didn't seem as large as I imagined it at first when I looked down from the balcony. As I landed I felt that I was barefoot and that I had Hobbit feet! Unfortunately I didn't look down to check. I proceeded to a near park. There were many trees, and people sitting at benches and talking. I approached a girl that I thought I knew, but I felt the dream destabilizing.

My left eye opened, and all I could see now was the room. I was in bed. My brother came and said: "what happened? You were doing this:" and he started shaking his arms in the air and humming a cartoonish tune. I smiled and said: "what, was I singing too?" He said: "No, just doing this:" and he did the arm shaking again. Then all went black and I opened my eyes: that was a false awakening all a false awakening!

47) (December 29, 2004) I was in the bathroom, taking a shower. My cell phone rang, I took it: it was Bashir. I talked with him a little. Then I feared that water would ruin it, and I put it back. Then I thought: why not turn this dream into a lucid dream? I did the nose test, and I could breathe! I became lucid.

I flew through the bathroom window. I noticed that I didn't have any clothes on, so I looked up, and looked back, and I was wearing clothes. I concentrated on my hand, trying to make use of the fire fist, but I couldn't ignite it without a flame. I was flying over the sea, and reached a small island. I landed there. There was aunt Sabbouh, with Rami and Ihab. Rami asked me where Khaled is. I looked at the other end of the island and I saw Khaled. I said: "he's behind you!" We looked at him, and then, a green dragon appeared from the sea behind Khaled, and just looked at us, and then disappeared. I didn't think much about it then, since I was thinking about going to Valinor. I began searching in my pockets for a lighter to make use of its flame. I was thinking about using the fire fist to open a portal. But All I found in my pocket was the blue pin that was given to me in the normal dream I had earlier this night! I asked Ihab for a lighter, but he didn't have any. I woke up.

48) (December 30, 2004) I was in my bedroom. I did the nose test and became lucid. I ran to the salon. On the sofa near the balcony door I saw a pink pillow that had white dots all over it. I took it in my hands and examined it; I thought it was very weird to find it here. I put it back where it was, and I penetrated the glass, and flew off the balcony. I saw the first floor of the opposite building. It was really the only thing visible

to me in the dead of the night, because it was all lit. I felt myself falling towards it, although I knew I was gliding through the air. I felt my stomach going up. I thought to myself that it was the most realistic falling sensation I've ever had in a lucid dream. However, I didn't hit the floor; I floated just above the balcony of that floor. I noticed a little picture put in a frame. It was a picture of a man, possibly in his 40's, with brown-red hair and beard. I felt that he was familiar to me. I woke up before I could look closer at the picture.

49) (January 4, 2005) I was at my house, lucid, and my family was there. I was searching for some dream people to talk to, and I tried to make them appear. The dream was long but I didn't wake up immediately after it, so I lost most of it!

50) (January 4, 2005) I just woke up, relaxed, and re-entered the dream world. I got the vibrations and everything, and I stood up. I was in the room where I was sleeping, it was daytime, and I was fully lucid. I heard my cell phone ringing. I started playing with it. I was always displaying some poor graphic explosions that are usually displayed when I turned it off. The melody it was playing was the one I had on a few months ago. I saw a number on the screen that started with '5'. I decided to see if I can notice a pattern for how the numbers change when I look away and look back again. I got a piece of paper to write the current number. I couldn't find an empty space on it: it was all covered with home work material then finally I wrote the number on an empty area of the paper. I looked back at the phone, and the number changed digits, but the first digit stayed '5'. I looked back at the paper to compare the numbers and the paper had changed too! I'm not certain what happened next, but I remember finding a poem written on the paper. The paper flew out the window, possibly because of wind, and I flew after it. It landed on the roof of a building. I landed there too, but as soon as I did that, the wind pushed the paper over the edge, and I jumped after it and finally caught it. But I woke up before I could read it.

51) (January 4, 2005) I was leading an old man to the harbor. I remember finding a lot of gravel there. I looked behind at the man and he was now Fouad. I immediately realized that I was dreaming. I lead him back to a building that is supposed to be the center for Data Structures. I told him that this is a dream, and if he was real, then we're having a shared dream. He seemed confused, and I thought that he didn't believe that a dream can be so real. I grabbed his hand and told him to feel how real it was: a dream is as real as anything he thought was real before! I hoped he could realize that. Then the teacher came and walked inside the building. Fouad said: "come! We must go after him!" I told him that we can do whatever we want since it was a dream. Then I started singing: "Ya Louay, ya, ya..."

52) (January 12, 2005) I was driving our car in the main Mina Street. There was a lot of traffic. A policeman was standing at the Baladiyyeh Street. I hoped he wouldn't stop me for driving without a license especially that my dad wasn't with me. I started swerving between cars, and I arrived near Ashraf's house. I saw Ammo Hamdi and tante Sahar walking there. I stopped and offered them a ride. Ammo Hamdi somehow got in my place in the driver's seat, and I got in the backseat. Tante Sahar told me that my

parents shouldn't know that Ammo Hamdi drove the car. I told them I will tell them that I was the one driving. By then we were near the furniture place by the sea. In front of our car there was another car with a giant hair brush tied on its roof! I thought that the people in that car were going to the sea, and that seemed a logical explanation.

(...) I was next at my grandmother's house, and we were watching a show on TV, about a boy who murders his brother. I feel troubled by the thought that anyone could do that.

(...) I was in a forest, it was night, and my mom was there. She had to go over a big fence that had a metal net and some barb wires on top. I helped her, and when she got on the other side I told her that I watched her favorite show at my grandmother's house. She tells me that there are some strange things on the ground and that I had to run fast. I realized I was bare foot and there were things on the ground that resembled scorpions. I quickly ran away and reached a concrete ground. I was relieved. I looked around and knew I was in Shekka, on the Terrace. My dad was sitting there, and some of my cousins. I looked at the sea, and just above the horizon there was the moon. When I saw the moon I immediately suspected that I was dreaming. I held my nose and tried to breathe in. It was hard, but some air did come through. I tried it several times, but I wasn't entirely lucid yet. I decided that there was one way to check, and I jumped in the air, and found that I was floating about a meter above the ground. I felt my body taking a horizontal position, with my face down, and felt that I hit someone with my feet. I landed on the floor again. Sousou came and tried to grab me. I flew away to escape.

I looked on my left, and saw that the moon was now there. I looked at the horizon and flew towards it. I concentrated on making some light appear, and slowly it was daytime. Then I saw land approaching. It was like an island with lots of modern buildings that looked like 3D computer generated graphics. I continued flying and increased my speed, and reached another similar island. This time I wanted to go through a building but at the last moment my altitude increased and I went over it. I was thinking about how easy it was to make these islands appear. Then I got an island made of grey rock monuments, and I thought that it was Gondolin, but then I thought it was wrong. I looked at my left and found the Ras-L-Shek3a, but it was like an island, and there I noticed how the rock was white. There was a great gate at shore. I thought that it might be Valinor. I flew towards it, but it was too late, my REM was over.

53) (January 16, 2005) I woke up, didn't open my eyes, and relaxed, immediately I felt my body going numb, and I couldn't feel it anymore. I knew I was sleeping on my back, but then I couldn't tell anymore, and I tried to push out. I got out of my body, but it seemed like going out from my back, like if I was sleeping on my stomach. I walked around the room waiting for visuals to form, but still I couldn't see anything. I felt myself waking up and I opened my eyes: I was in bed. I looked at my wrist watch, and it said: 22:15, but I thought it was 10:15. I wondered why my mom didn't wake me up before. I had an awful headache. I put the bed sheet around my shoulder and over my head, and got up, and walked across the corridor. My dad was coming towards me, and he had the bed sheet on his had like me, and my mom was walking behind him. I thought he had a

headache too. I went to the living room. Wassim was sitting on the sofa, reading, and I sat near the window.

It occurred to me that I might still be dreaming. I did the nose test: I could breathe! At first I thought that I did it wrong, and I did it again, and it worked. I became lucid. I jumped towards the window, intending to go through and fly away, but I hit the fly net. I thought that I finally did it: I thought I was dreaming while awake! I felt so bad, that I opened the window, and flew out! I thought was lucid again, and went back into the house. I wanted to explore hidden places in my house.

I went to the reception room, and past the mirror. I noticed a door knob on the side of the mirror, but at first, I didn't think much about it. Then I realized that it's just perfect. I went back and "opened" the mirror using the knob. In there I saw my bed in my hotel room in Beirut. I flew inside and came out of the mirror in my room in Beirut. I walked around the room a bit, and then noticed a red analog clock on my desk. The arms were going counterclockwise, and instead of 9, 12, 3 there was 1, 5, 2, all written backwards. I didn't think about it, but when I woke up, it made much sense for the clock to be reversed!

54) (January 25, 2005) I was in the playground in my high school, and it was night. I was playing on the monkey bars. I wondered that if I got my hands hurt would I become lucid later by noticing the scars? I looked up and grabbed a bar with my two hands, but then I saw the moon. I descended and did the nose test, and became lucid. I walked a little around the playground, and noticed the people. I recognized some of them. I tried to enhance my visuals by looking at my hands. They seemed quite strange, bluish and very dirty. Then I looked at the church but it was an ordinary building. I flew up and landed on the roof. There were some rooms there, but I woke up before I explored those rooms.

55) (January 25, 2005) It was a false awakening, maybe from a lucid dream, and I noticed I had the scarf still tied on my eyes. I tried to remove it, but noticed that it was winded a few times and it was more of a bed sheet than a scarf. I got suspicious and did the nose test and became lucid.

I stood up in my room and looked around, and then I opened the window and saw a distant building. I glided towards in and entered a room. It looked like a very old room, and there were old tools there too. I didn't find anyone, so I stepped outside again and flew back to where my room should have been. But instead I found a room like in the university halls, and I started walking around the place. I lost visuals a few times but every time I managed to restore them. I spend a lot of time there, and I was worried that I won't be able to remember everything, but I was trying to see how long I can stay in the dream. Then I suddenly realized I was hearing the buzzing sound every time I breathe out and knew that I woke up.

56) (January 25, 2005) It was another false awakening, and I had the scarf wrapped around my eyes too, and I noticed that it was too big to be a scarf and had trouble removing. I thought that this only meant one thing: I was still dreaming. The nose test confirmed it, and I jumped out the window and glided into a dark alley of the city. I was

certain there was someone there, hiding in the shadows, but I couldn't get a good look. It looked like Spiderman. I tried to approach but I woke up.

57) (January 29, 2005) it was a visit from the family. I remember that the little kids were there too and I escaped from the noise and the mess to my room. I sat on the bed and started reading a book. Something I read in the book, I don't remember what it was, caused me to suspect that I was dreaming. I did the nose test many times, but it wasn't working, but I was so sure I was dreaming, that I got up and walked in the corridor and headed to the balcony. I thought that I didn't need a reality check to become lucid. And indeed I was fully lucid by then. I got out to the balcony and looked at my head, trying to increase the reality of the dreamscape. My hand looked weird, and so was my vision, everything seemed much smoothed out and sliding around and distances didn't make any sense! I saw a truck and for some reason I thought that it had spies in it. I woke up.

58) (February 2, 2005) I woke up from a dream, and decided to try to relax back into the dream state. I felt a slight numbness in my body, and I tried to move out of it, but I didn't feel anything different. Everything was looking so real that I was surprised that it worked! I got up and left my room and headed towards the balcony. I jumped over the couch, and as I did, I noted how everything looked very real, even the texture of the wood on the couch. I ran and jumped over the rail, but I woke up.

59) (February 2, 2005) I was in AUB, and we had a ASST class where we were supposed to get started on a new project. We were in some laboratory and the instructor gave us some dice, and then shows us an electronic dice attached to a board with a world map painted on it. It reminded me of a similar set of board games I had when I was a child. I knew that our project was to design an electronic dice. Then the instructor led us to another room, and there he opened a small container and some smoke or gas started coming out of it. He said that this would help us with our project. I had a glimpse through the instructor's eyes, we the students were in black and white. Then I was back to my body. I felt an alteration in my consciousness, and I took a plastic container, put a small cup in it, and then some anti-static foam in it and I started mixing them together. I thought that this smoke is making me more creative, but the things I was doing would seem very stupid once its effect goes away. Then I thought that this state is similar to a dream! I did the nose test and became lucid. I noticed that I was in our living room. I rubbed my hands together. I opened the window, jumped outside, and tried to fly, but I fell down and woke up with a fast-beating heart.

60) (February 3, 2005) I was in some building and entered the elevator. There was two guys in the elevator too, but I didn't recognize any of them. As the elevator was moving, going down I think, I was looking around, and there was names written next to each button, probably the names of the people living on the floor that corresponds to the button. I thought these were all doctors.

Next to the last button was written '**Lucid Dreaming: P**' in large red letters. I thought that there's a lucid dreaming institute on that floor. But what does P stand for? Parking? I couldn't remember hearing about any lucid dreaming institute here, so I suspected I was

dreaming, and a quick nose test confirmed it. I approached the plaque on which Lucid Dreaming was written and looked closely at it. It seemed very real. I put my hand on the writing and looked away, and then when I looked back the writing was gone.

Now fully lucid, I looked for a way to leave the elevator. I put my hand on the wall that was moving. I could see that the guys in the elevator were shocked and thought I was going to get hurt. I pushed through the wall and found myself in a small room, with concrete walls and floor, but with no ceiling. I could hear my footsteps and the sound of my clothes as I move. I looked at my hands, they seemed perfectly normal. This was the most realistic lucid dream I've ever experienced. I tried to create a light ball, but I couldn't. Then I tried to create some fire, but, with no fire source around, it was impossible.

I looked up to the sky. It was a perfectly normal sky, no strange colours or moons or anything. Then I noticed that I wasn't able to look straight up, but rather had to look at the edge of the walls. I jumped and started floating upwards. Once I was higher than the walls, I felt this force that was pushing me away from where I wanted to go. It was affecting my trajectory. But somehow I managed to get over some rocky cliffs and I was flying over the sea. The sea wasn't calm as usual, but had lots of waves, and the wind was strong. I thought about diving in the water, but then I just continued flying and reached an old town. I was jumping over the roofs of the houses, looking around, until I woke up.

61) (February 6, 2005) I woke up with an awful headache, so I got up and took some Panadol, and went to the bathroom and then back to bed. After a while of lying there, I started getting some hypnagogic sounds. There was this voice calling my name: "Nadim, Nadim!" It scared me a bit so I stopped, and returned to full waking state. I reassured myself that I want to go through this, and relaxed back, and I started imagining myself leaving my body and floating around the house, and convincing myself that I was actually out of my body. Soon I started to see something and I realized I was in the hallway. I passed the door of the living room and saw my dad there eating. I continued to the guest room. I tried to go out to the balcony through the glass, but it was like the glass stretched with me and kept me on the inside. So I returned back to the guest room and opened the door - telekinetically, I think! - And I immediately felt the cold wind rushing in. I walked outside, and then wondered if all this was just vivid hypnagogic imagery. I rubbed my hands together, and did the nose test. There was no doubt about it, I was in a dream! I jumped over the rail, intending to fly, but I woke up.

62) (February 6, 2005) I was in the hallway and I remembered the previous lucid, and I knew I was in a dream one more time. I did the nose test, and became lucid. I ran to the balcony and jumped off. I realized I was wearing my huge rain coat and i couldn't move well because of it. I felt as if there was a big hanger underneath my arms that was lifting me! I turned back and saw my house. I was just floating in the air and the wind was pushing me around a little, but I couldn't go anywhere. I "swam" back to the balcony, and jumped again, and then I woke up.

63) (February 11, 2005) I was trying to WILD and it was taking too long. I was getting some loud ringing but then it would go away, and I would do a reality check and find that i was still awake. Then the ringing became very loud and I pushed out gently. It was a very unstable phase, and I wasn't sure I was successful yet. I started seeing my room. I did the nose reality check. It seemed like I've done it. I proceeded carefully towards the window. I could feel the dream stabilizing more and more. I stepped partially out the window, and looked to the left. It was dark outside, but the lamps on the street gave me enough light to see what was going on. There were two guys who were walking on the street. Then the first one jumped on the wall of a building and then flew towards me, and then the second guy did the same. As the first one approached, I recognized him to be a guy from the university. The other one was from the university too. I tried to stop the first guy, but I got swept away by him and I fell to the ground and they landed in front of me.

I asked the first one about Olsen. My voice was sounding strange, like an echo inside my head. He said no. I asked the other one. He said he didn't know Olsen. I asked him if he knew where he was, and he said yes, and told me to follow him. I laughed at this stupid dream logic: he doesn't know Olsen but he knows where he is. I followed him through some sort of a garage. As I was walking I rubbed my hands together and increased my level consciousness. I felt I was about to wake up, so I struggled a bit and the dream stabilized again and everything became more clear and real, and I thought that I could maintain this state for a good time. He was jumping over some barbed wire and I just kind of flew over them and then I continued the way flying close to ground.

We reached a military camp. A soldier came to me and I asked him about Olsen. He said he knew him and that Olsen said that I should look for him. He led me to a booth with a computer in it. I pressed something and on the screen I saw what looked like the LD4all forum. The words were unreadable, like MYXLE UIPOSFI, just total nonsense. I pressed the search button, or at least the one that is supposed to be the search button, and then typed Olsen. I typed without looking at the keyboard, and what appeared on the screen didn't say Olsen. But I got several matches, and the first one said either NEW ENGLAND or NEW ZEELAND but I couldn't make out what it was. It had a white flag next to it with two red diagonals. I pressed the Sea Life button on the upper left corner, but I got a blue box with something written on it that I couldn't read, and the browser just got stuck there.

I went to the corner and there were two couches and between them there was a cylindrical trash can. I kicked it and it just slid back against the wall. Behind me was a man wearing a suit and talking on the phone. He was yelling out some things in Russian. I only understood "shto eta". Then I noticed that Rachad was sitting on the couch on my right. He was talking on the cell phone. It was a black cell phone, the type that folds. He seemed to be talking to his father. Then he said that he was coming. He gave me the cell phone and I directly put it on my ear. I heard my dad's voice. He was saying Mina was burning up and that they were coming to Beirut. I found it strange but didn't care to ask him about that. I asked him about Olsen instead. He seemed a bit confused and said: "yes

Olsen is one of my sons, err... daughters, I don't know..." I asked him again but he didn't reply.

Then I saw Rayan Saleh. She said something to me, but I didn't pay attention. I had walked all the way into the hall of a building and I jumped up against a high window and tried to go through it. First I tried to imagine the window disappearing. It worked for an instant but then the glass appeared again. I slid the glass but there was still glass there! I descended back on the ground. I was eating something. Then I rubbed my hands together to increase my lucidity. I walked around a bit and after a while I woke up.