

Last Thursday:

Gaya Ethaniel: Do you have any particular practice suggestion I can try out for those [lucid] dreams Stim?

Stim Morane: Gaya, what would you like to try?

Gaya Ethaniel: I'm not sure Stim, sometimes I change the plot of the dream because I don't want to see further etc. ... I haven't consciously tried out something while having those dreams.

Stim Morane: Gaya, just find yourselves in a particular situation, and experience it without moving or doing anything.

So that night, I dreamt but only remember a tiny bit of it:

Looking down at a coffin in a church, I somehow knew it was my funeral. I was curious about many things in the scene and wanted to 'look' closer but decided to stay 'still' for a bit. Then I found myself chuckling, "I know what this is all about. A 'no-self dream' huh?" Then the sound of my laughter made me pause. I realised where I 'picked up' the sound. Before I went to bed that night, I attended a PaB session in which Storm chuckled away :) It was that SL sound effects I was making/hearing in the dream. At this moment of the realisation, the dream either stopped or changed but I don't remember beyond this.

Acceptance [a PaB session]:

Gaya: So the key is not to get spooked ^^;;;

Stim Morane: The key is to accept being spooked, and roll along ...

I talked a lot about acceptance at PaB but had never really understood how. I think it starts with facing without turning away. I see how 'I go' with fear now.