

The Missing Link

A Strange Case of Lucid Mutual Dreaming

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In October of this year, I was asked if I would like to be the Target Dreamer in a Mutual Dreaming Contest hosted by the IASD's annual on-line PsiberDreaming Conference. Having participated in and enjoyed various psi dream experiments in the past (mutual, telepathic, clairvoyant, precognitive) I was honoured to be offered a place in this experiment and happily accepted.

The goal of the contest was that I would invite dreamers of good intent to share or tune into my dreams of a designated night. Participants from all over the world would intend to share a mutual dream with me. (Dreams did not have to be lucid, but they could be.)

The results were great. So many dreamers made so many hits, and not just with my dreams of that night. Many people picked up on my day's events, thoughts, and activities. It was difficult to keep the winners list short!

But beside the remarkable hits of the winning dreams, an intriguing event developed between two lucid dreamers, pasQuale and Jessica (neither of whom I've met in person).

Once lucid, each of them stated their intent to meet me. However, in an interesting twist, they seemed to have had a mutual dream with each other! Not only did they seem to share a dream scene, but they also picked up on elements of my day and my pre-sleep activities.

On the designated evening, I watched some TV – a program I had recorded some days ago – as I often do to wind down after a busy day. An ad was running through the program, one that I had seen several times in the week previous. It was a commercial for a national (Canada) TV show. It kind of stood out for me as it showed an upcoming segment that was filmed in an area north of where I live. It is in the mountains and to get there you have to travel a scenic route called 'The Sea to Sky Highway.' In the ad, the show's host and a wheelchair athlete are about to bungee jump together (one rope) in a densely wooded valley, high above a river or lake. A separate scene shows the athlete jumping alone, diving towards the water. After watching my program (fast-forwarding through the ads), I began to get ready for the contest.

In preparing for any dream experiment, I like to shower before sleeping, to not only feel clean and fresh, but to also make the symbolic gesture of washing away the "day-residue" and clearing my mind for the night's dreams.

As I was stepping into the shower, I thought about meeting the dreamers and I had a momentary silly idea of dreamers "seeing me" through the showerhead, (as though their psi perception was travelling along the plumbing, within the water droplets). The idea was humorous and I actually smiled and without realizing what I was doing, I reached up and covered the showerhead with my hand, momentarily collecting water in the palm of my hand, then I let it fall as I stepped under the water.

Later, as I was drifting off to sleep, I welcomed those dreamers of good intent into my dreams as either participants or observers.

Following are Jessica and pasQuale's dreams:

Jessica Van Wynsberge

Location: Malta

Dream Title: Swim the Ocean and Fly the Sky!

Hypnagogic Images before becoming lucid:

I see a tall woman with long blond hair standing somewhere alone in an open space, outside in the nature, she's looking up and taking her clothes off, like she's going for a swim or maybe take a dive. She's still looking up at something and the sun shines on her face, giving her a golden glow. She's very gracious and beautiful to look at.

(Even before her dream, Jessica's hypnagogic imagery seemed to be lining up with my activities: female, clothes off, swim or dive, looking up at something - a very close hit with my looking up at the showerhead, clothes off, about to get under the water. Swim or dive jives with water imagery, and the word "dive" can be said to connect with bungee jumping (see below).)

Lucid Dream:

I see a woman dressed in a red blouse, she looks like she's going to a party or a meeting. I realize I'm in the dream now and ask: 'Lucy?'

The woman in red doesn't reply and turns around. Her red blouse has little yellow flowers on it. I can only see the blouse, not her face but I imagine her with curly brown hair. I feel this woman is not Lucy because she seems older.

I still ask her: 'I'm sorry, are you Lucy? I'm looking for her. I need to find out what she's dreaming.'

The woman disappears. I'm inside, walking through a hallway. The main color is light brown. I think there is a wooden floor. A lot of light enters the room, it's very bright in here.

Then I pick up the image of an older woman sitting in a chair or sofa. This room is dark. I can only see the right side of her head. She has half-long grey hair and wears glasses.

'Do you know where Lucy is?' I need to find out what she's dreaming.' I repeat. She doesn't react.

Then an old man takes my hand and leads me back to a brighter room. He's almost bald except for a few grey hairs left, he must be at least 70 years old; he has a very friendly face. I feel very excited and I'm wondering whether he's going to take me to Lucy directly or only to her dreams. We're walking through a bright enlightened hallway. I think he's wearing a blue bathrobe or pyjamas. I get the feeling I might be in an old people's home. Then everything turns dark for a moment. I realize the old man might be showing me Lucy's dream right now!

The whole dream setting changes.

I'm standing outside now. It's daylight. The sun is shining. The sky is blue. I believe I'm in a valley in the mountains. I see lots of green. Someone is standing ready to bungee jump. There's a forest behind the bungee jumper. The view is outstanding.

The bungee jumper jumps. I'm standing on the ground watching him/her jump (I can't see if it's a male or female but my intuition says male). The jump is very high and the jumper moves very gracefully. He wears a black suit. It's like he dives into the air, his arms spread wide open.

When the jumper comes down, he doesn't touch the ground but dives into a pool of water. The main color becomes blue now. We're swimming. Then I feel a female's presence, I believe it is Lucy.

I'm also under water now and I see a face in the water, it's definitely a woman, I swim to her and I reach out my hand to her, she reaches out hers. We're almost touching. I can't see her face because of a bright light that shines into the water.

The bungee jumper reaches the surface and gasps for breath. My point of view moves with him.

'Are you Lucy's dream?' I ask.

Male voice: 'I'm bipolar, I can swim the ocean and fly the sky!'

I don't know what he meant with 'bipolar' but the answer makes me feel excited and I decide to wake up.

I don't need to list all the hits with the bungee jumping scene and the TV commercial I had seen. They are clearly obvious. Jessica even dreamed of a reference to ocean and sky – remarkably close to "Sea to Sky"! And a woman underwater, reaching out her hand....recall that prior to sleep I was reaching out my hand to the showerhead, thinking of the dreamers who would be looking for me, then I stepped under the water.

pasQuale:

Location: Netherlands

Dream Title: Holding Hands with Lucy

Well, what do you know, I had a lucid dream and remembered the contest - so of course I went looking for Lucy!

Lucid Dream:

Unexpected lucid, I remember the shared dream contest and go look for Lucy.

Flying through a dark space, and I feel myself as loose dots of light, expanding, and contracting.

Then, I'm "there." It's like I'm under water and Lucy is above it. Everything is "watery." I have to "break through the surface." I call her name.

Somehow I have been pulled out and I'm now on the same "level" that Lucy is. We hold hands and rotate through this light space. Blue hues everywhere, very light, but also abstract.

It is also like we are both white with darker outlines. No colours or facial features, just "human shaped" "essence."

We rotate while holding hands, our arms are extended and bodies horizontal, (imagine sky divers holding hands while skydiving, it was a bit like that, but very tranquil)

Lucy says something along the lines of: "Wow, you are the first; that is early!" I make a comment about European time zones and sleeping early. We talk some more but I can't remember what about.

Then she says it's time for me to go, so there is room for others. I agree, and let go of her hands - and then

I'm somehow back in the dream I started before I went to go looking for her.

End of dream.

pasQuale also picked up on my shower activity – one could say that her experience of feeling “*as loose dots of light, expanding, and contracting*” could parallel the shower flow, in that the “loose dots” were droplets of water, expanding away from each other as they emerged from the showerhead, and contracting back again to pool in the palm of my hand, and then again on the floor of the tub, in which case, they (the “droplets”) would be under the surface of the water, and I would be above it – as pasQuale mentions. Perhaps the action of me “dropping my handful of water” is what pasQuale experienced or translated as “somehow being pulled to the surface” no longer being under the water (in the palm pool).

pasQuale mentions sky diving, which is a close hit with bungee jumping, (even the imagery of two people together, like my TV commercial scene...).

Also, pasQuale has “hands” imagery in her dream. Besides my “hand to the showerhead” connection, her imagery begins to resemble Jessica’s dream of seeing a woman underwater and reaching out her hands to her.

In a comical sense I can almost picture the three of us, me in the middle, Jessica and pasQuale to either side of me, like three links in a dream chain. I reach out to them both, they recognize the gesture and reach back - but end up missing me and connecting with each other!

In this delightful *chain* of events, I, Lucy, am the Missed Link!*

*Ok, for those who don’t know, in 1974, 3.2 million year-old female skeletal remains of an australopithecus afarensis specimen were discovered. She was given the name “Lucy” and was believed by many to be the “missing link” in the human evolutionary chain.