



# LucidWeaver

# Manual

Lucid dreaming training software for mobile phones

# LucidWeaver - Manual

## Contents

<b>1</b>	<b>Legal Disclaimer</b> .....	<b>5</b>
<b>2</b>	<b>Introduction</b> .....	<b>6</b>
2.1	Technical requirements .....	7
2.2	Installation .....	8
2.2.1	Through PC.....	8
2.2.2	Download directly.....	8
<b>3</b>	<b>Fly start (quick guide)</b> .....	<b>10</b>
3.1	Going to sleep: Dream alarm .....	12
3.2	Wake up alarm.....	14
3.3	During days: Reality Test.....	15
<b>4</b>	<b>Dream alarm</b> .....	<b>17</b>
4.1	Dream recall .....	17
4.1.1	Keeping a dream journal .....	18
4.1.2	Remembering dreams actively.....	19
4.1.3	Paying attention to dreams.....	20
4.1.4	Using LucidWeaver dream recall aid.....	21
4.1.4.1	Sleep cycles .....	21
4.2	Lucid dream training .....	23
4.2.1	Stabilising dream environment.....	26
<b>5</b>	<b>Wake up alarm</b> .....	<b>28</b>
5.1	Quick wake up alarm .....	28
5.2	Gentle wake up alarm.....	28
5.3	Lucid nap .....	28
5.4	Wake up cue loudness .....	29
<b>6</b>	<b>Reality test</b> .....	<b>30</b>
6.1	Use technical device.....	31
6.2	Fly!.....	31
6.3	Read something twice quickly .....	32
6.4	Stop and look around.....	32
<b>7</b>	<b>Screen guide</b> .....	<b>33</b>
7.1	Screen navigation .....	33
7.2	Main screen .....	34
7.2.1	Current time. ....	35
7.2.2	Wake up time. ....	35
7.2.3	Reality “Test” button.....	35
7.2.4	“Dream” alarm button.....	35
7.2.5	“Wake” up alarm button.....	35
7.2.6	Repeating “Reality” test alarm button.....	35
7.2.7	Status bar.....	36
7.2.8	Main Menu: Activating different modes .....	36
7.3	Main settings.....	38
7.3.1	Language .....	38
7.3.2	Silent mode .....	38
7.3.3	Flash backlight .....	39
7.3.4	Vibrate.....	39

7.3.5	Clock mode .....	39
7.3.6	Main settings Menu .....	40
7.4	Settings Dream .....	41
7.4.1	Dream alarm timeline .....	42
7.4.2	Cue sound.....	43
7.4.3	Cues (#). .....	43
7.4.4	Dream cue loudness. ....	43
7.4.5	Dream alarm Type .....	43
7.4.6	Delay mode .....	44
7.4.7	Delay.....	44
7.4.8	Cycle length. ....	44
7.4.9	Lucidity training period. ....	44
7.4.10	Lucidity training repeat.....	45
7.4.11	Dream alarm settings Menu .....	45
7.4.12	Dream alarm message.....	46
7.5	Settings Wake up.....	47
7.5.1	Cue sound.....	47
7.5.2	Wake up cue loudness.....	47
7.5.3	Wake up alarm Type .....	48
7.5.4	Delay.....	48
7.5.5	Wake up settings Menu.....	48
7.5.6	Wake up alarm message.....	49
7.6	Settings Reality.....	50
7.6.1	Cue sound.....	50
7.6.2	Reality test cue loudness. ....	50
7.6.3	Random delay hour.....	51
7.6.4	Cues (#). .....	51
7.6.5	Reality Settings Menu .....	52
7.6.6	Reality test message.....	53
7.7	Info screen.....	54
7.7.1	Info screen Menu .....	54
<b>8</b>	<b>Step-by-step tutorial.....</b>	<b>55</b>
8.1	Dream journal .....	55
8.1.1	ASK.....	55
8.1.2	DON'T MOVE.....	55
8.1.3	REPEAT.....	55
8.1.4	THINK BACKWARDS .....	55
8.1.5	WRITE IT DOWN .....	55
8.2	Dream alarms.....	56
8.2.1	SLEEP CYCLES .....	56
8.2.2	DREAM STATE.....	56
8.2.3	CYCLE DELAY .....	56
8.2.4	CYCLE LENGTH.....	56
8.2.5	REPEATING DREAM ALARM .....	56
8.3	Reality tests .....	57
8.3.1	ASK.....	57
8.3.2	FLY .....	57
8.3.3	USE DEVICE .....	57
8.3.4	READ TWICE.....	57
8.3.5	USE LUCIDWEAVER .....	57

8.4	Lucidity training.....	58
8.4.1	DON'T MOVE.....	58
8.4.2	RELAX .....	58
8.4.3	CONCENTRATE.....	58
8.4.4	LET GO.....	59
8.4.5	ENTER A DREAM.....	59
<b>9</b>	<b>Frequently asked questions .....</b>	<b>60</b>
9.1	Will LucidWeaver work on my mobile phone, PDA or some other mobile device? 60	
9.2	Why does the installation of LucidWeaver fail with my mobile device?.....	60
9.3	My battery seems to run faster out when I'm using LucidWeaver. Why?.....	60
9.4	Why can't I hear sound? .....	60
9.5	Why MIDP2.0?.....	61
9.6	I don't have a mobile device with Java. Can I use LucidWeaver on my computer? 61	
9.7	My husband/wife/partner gets irritated because of Dream alarm in the night. ....	61
<b>10</b>	<b>Release notes .....</b>	<b>62</b>

# 1 Legal Disclaimer

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## 2 Introduction

LucidWeaver is lucid dreaming training software developed for mobile phones or other mobile devices. Lucid dreaming means knowing that you are dreaming while it is happening. This is a learnable skill and LucidWeaver is created for helping you in your journey through the gate of conscious dreaming. With LucidWeaver as your constant companion day and night in your pocket learning the art of lucid dreaming is easier than ever.

Since dream world is a world of imagination anything is possible when you step in to it consciously. You can fly. With practice you can transform the dream world, yourself or anyone you meet into anything you like. You can explore the deepest aspects of yourself or just have fun. When your imagination is in question, the sky has never been a limit!

There are three basic functions in the LucidWeaver software for helping your journey in becoming conscious during a dream:

1. **Dream alarm** functionality for practising dream recall and lucid dreaming during night time.
2. **Wake up alarm clock** functionality for normal waking up.
3. **Reality Test** functionality for practising lucid dreaming techniques during day.

LucidWeaver has been created from a lifelong enthusiasm about lucid dreaming. It is software that I would have needed myself when I was first trying to learn lucid dreaming. It is also a hobby done as a spare time for my own use.

The idea of effectiveness of dream alarms came to me when I was practicing lucid dreaming about twenty years ago. After intensive weeks of lucid dreaming practice, reality tests and so on I could see multiple lucid dreams per night. I found that the easiest way to enter a lucid dream after I had boosted my dream recall was to lie perfectly still after a spontaneous arousal in early morning.

If I managed to stay still bodily when my mind woke up it was relatively easy to drift back to

sleep consciously. This required to my mind to be concentrated on hypnagogic experiences or musical stereo alarm. Modern mobile phones can be easily used to achieve the same effect functioning as dream alarm clocks. LucidWeaver has been developed to bring you this new gate to the world of lucid dreaming.

## ***2.1 Technical requirements***

LucidWeaver works in mobile devices like mobile phones or PDAs that support J2ME (Java 2 Micro Edition, **MIPD2.0 profile and CLDC1.0** or above configurations).

**Arm or wav sound** format needs to be supported

There has to be about **200 kbytes free space** in mobile device memory for arm sound package. There has to be about **550 kbytes free space** in mobile device memory for wav sound package. (The right sound format is included in device's package.)

The recommended screen size is at least 176 x 208. LucidWeaver will probably work on smaller screens but might look a bit crowded.

For installation you might need a PC with data connection to your mobile device.

This manual is for LucidWeaver version 1.1.1

## **2.2 Installation**

Download LucidWeaver to your PC from [www.lucidweaver.com](http://www.lucidweaver.com) or directly to your mobile phone from [www.lucidweaver.com/mobile](http://www.lucidweaver.com/mobile). Try **DEMO version** of LucidWeaver before you order **the full version**. LucidWeaver comes with absolutely no guarantee even if it doesn't work on your mobile phone. You won't get your money back. So, please try the DEMO version first. If DEMO works with graphics and sound the full version will work also. The DEMO and full versions are otherwise the same except there is no sound for alarms. In DEMO try the sound abilities using "Test" button, which sounds a manual Reality test button. If you hear a melody sound the full version will also work and you can order and install it without worries.

For downloading and installation the full version follow the instructions you got by e-mail when you ordered LucidWeaver. Please note that mobile page is also regular html-page and your mobile browser should support http-protocol.

### **2.2.1 Through PC**

You might need your mobile devices installation software when installing LucidWeaver to you mobile phone through your PC. Refer to your mobile phone's manual for instructions on how to install Java software. You could use Bluetooth or data cable to transfer the LucidWeaver program to your mobile device. Most mobile phones support installation of Java **.jar** packages. Download LucidWeaver {version} .jar if you install from your PC.

### **2.2.2 Download directly**

Other way to install LucidWeaver is downloading it directly with your mobile browser from address [www.lucidweaver.com/mobile](http://www.lucidweaver.com/mobile). Most mobile phones support the installation of Java description files **.jad**. Download LucidWeaver {version} .jad or alternatively LucidWeaver {version} .jar with your mobile browser.



### **Untrusted application**

When installing to mobile phone it might inform about untrusted application. Just select 'Yes' that you want to continue installation. If you downloaded LucidWeaver directly from [www.lucidweaver.com](http://www.lucidweaver.com) there should be no security issues.

### **Re-installation**

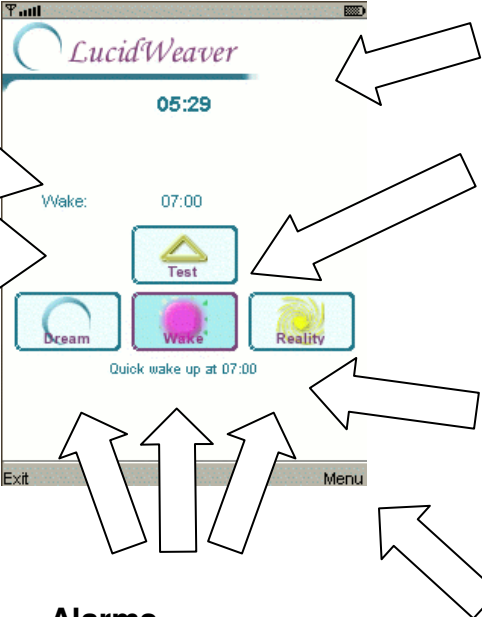
If you ever need to re-install LucidWeaver you probably need to remove the previous installation from your mobile phone. Please follow your mobile phones manufacturer's instructions on how to do this.

### 3 Fly start (quick guide)

You can start using LucidWeaver straight away with default settings without knowing anything more about the detailed configurations the LucidWeaver offers.

The actual screenshots vary according to manufacturer.

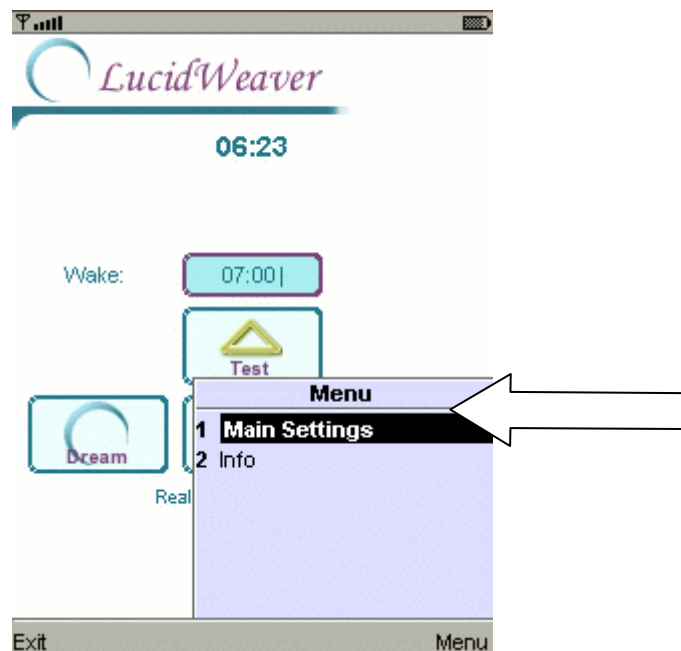
The main screen of LucidWeaver shows following functions:



The screenshot shows the LucidWeaver main screen with the following elements and descriptions:

- Current time**: 05:29. Change AM/PM mode from main settings screen.
- Active indicator**: A red dot next to the 'Test' button. Red dot tells if alarm is currently active. Turn alarms on or off by selecting with your device's buttons.
- Status text**: 'Quick wake up at 07:00'. A different text telling about the current status of LucidWeaver's alarms.
- Main Menu**: 'Menu' button at the bottom right. Access main control menu for info and changing settings.
- Alarms**: Three buttons labeled 'Dream', 'Wake', and 'Reality'. Repeating alarms are the heart of LucidWeaver. From left to right: Dream alarm, Wake up alarm and repeating Reality test alarm.
- Manual Reality Test**: 'Test' button. Button which you can use to check if you are dreaming currently or not. Shows a single Reality test.
- Wake up time**: 'Wake: 07:00'. Which can be edited.
- Exit**: 'Exit' button at the bottom left. For ending the Java application. Note that alternatively you can put the application on background if your device supports it. All active alarms are lost if application is exited. When the application is put to background all active alarms keep on running.

LucidWeaver’s detailed configuration options can be reached from Menu. Select *Menu or Options* with your mobile device buttons.

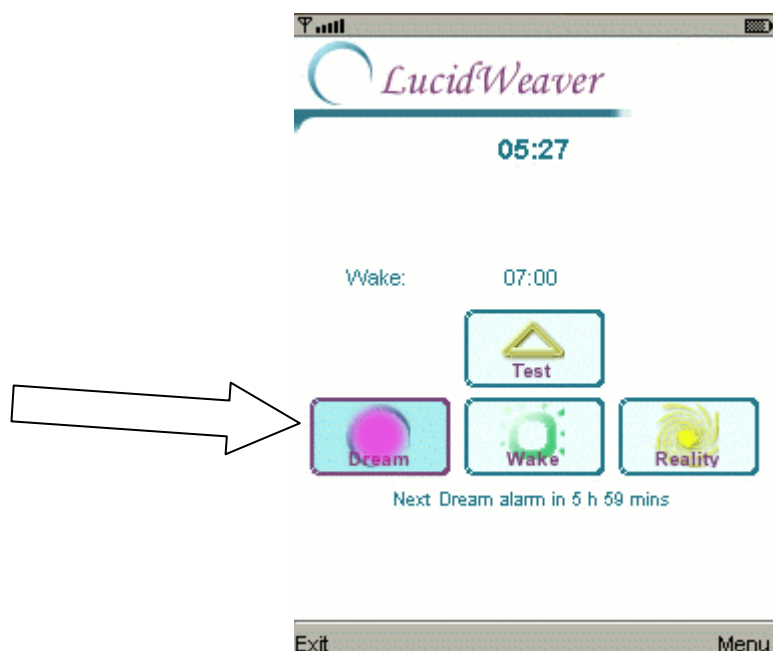


You can access the detailed setup options by selecting *Menu > Settings*.

If you change the settings you have to first toggle off the current alarm by selecting it. This way you can activate the changed setting again for example in the middle of a night.

### 3.1 Going to sleep: Dream alarm

When going to bed: at the same time when you are laying down turn on LucidWeaver's Dream alarm for improving your dream recall or lucidity practice:



This toggles on the Dream alarm. The first Dream alarm will come after delay. The status bar will show the time until the next Dream alarm will activate. Go to sleep waiting for dream adventures. You can switch off the Dream alarm by selecting the button again.

Dream alarm wakes you up at sleep cycle peaks for memorizing dreams. The Dream alarm sounds lucidity cues after delay time has passed on every sleep cycle until wake up. In default settings first Dream alarm will come after 6 hours and repeats every 1 and a half hours after that. (The default delay is 4 cycles meaning 6 hours using 90 min cycle length. Sleep cycle means the period of time between REM or Rapid Eye Movement periods, which happen during vivid dreaming, and lucid dreaming). **Dream alarm switches itself of automatically after all the cues have been sounded.** This way you don't have to move to shut it off and can remain relaxed on the verge of a dream ready to step in to it again consciously. Alternatively you can use this waking moment to memorize your dreams and write them down immediately to your personal dream journal next to your bed.

When going to bed memorize that ***the very first thing*** that will come in your mind when hearing the Dream alarm is "What was it that I was just dreaming about?"

After a few night practice you might notice that you **fall back to sleep too fast** to do any lucidity practice. If this happens you can use the LucidWeaver's Lucidity training option. In Lucidity training Dream alarm cues come to your dream as dream sign or arouses you for prolonged practice of falling asleep consciously.

Select

*Menu > Settings*

*> Dream settings* (from main settings screen button)

Select from Dream alarm settings screen:

*Type > Lucidity training*

Select from settings menu:

*Save*

Select :

*Back* or *Save* again to return to the Main screen

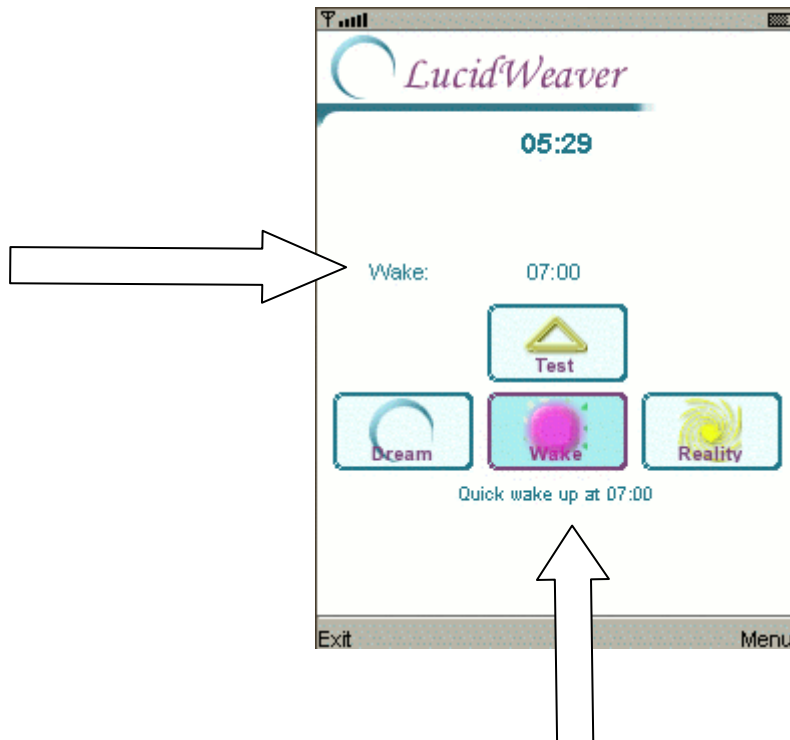
The current settings will be saved and you will be transferred back to main screen and main menu.

### 3.2 Wake up alarm

To set a regular alarm for wake up in the morning:

Edit wake up time from main screen:

Wake:



Activate wake up alarm with button. You can switch off the Wake up alarm by selecting the button again.

Unlike the Dream alarm, Wake alarm has to be turned off manually. This is to ensure that you actually wake up for the day by moving your muscles. There is no snooze option in LucidWeaver. If you like to nap after initial wake up use the LucidWeaver's Gentle Wake up type which can be set from *Wake up settings* screen described later in this manual.

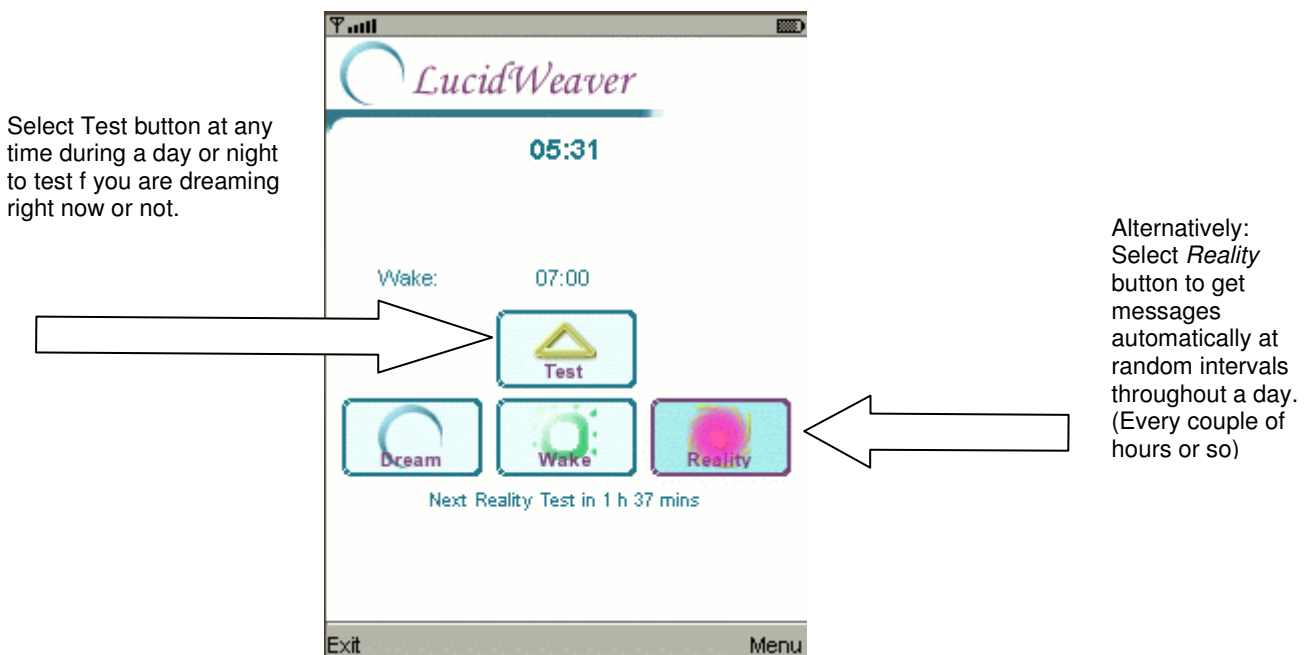
### 3.3 During days: Reality Test

One of the main ideas of learning the art of conscious lucid dreaming is learning to question your reality. If you never question your reality while awake you will never do it while asleep either. All the bizarre events of the dream will go on because you forget to ask one simple question: "Am I dreaming now or not?"

The best ways of checking your current reality's state is by jumping in the air and trying to soar to the sky flying like Peter Pan. Other way is by activating LucidWeaver's Reality Test button on main screen. Technical devices work rarely as they should in a dream.

LucidWeaver is bound to become in your dream when you are enthusiastic about using it. If LucidWeaver is ever behaving strangely you are likely dreaming. Enjoy!

There are two reality test buttons in main screen. The top button "Test" is for manual Reality test. This activates a single Reality test. The other button "Reality" is for activating repeating random Reality tests during day to remind yourself of the importance of remembering lucid dreams and questioning your reality during day:



You will get reminders of Reality test every hour or so with default settings. The random delay is adjustable from Menu's Reality Test settings.

Follow changing Reality test messages to keep yourself interested about dream world also when you are awake. You can switch off the random Reality test alarm by selecting again the "Reality" button.

Because *Dream alarm and Wake up alarm* are meant for **nightly use** you can not activate them at the same time with *random Reality test alarm* which is intended to be used during **day time**. If you activate repeating random Reality test alarm during night both Dream alarm and Wake up alarm will turn off because LucidWeaver assumes you have woken up for the day and want to start doing Reality tests.



The rest of the manual covers the detailed setup options for LucidWeaver, which you can use to adjust the LucidWeaver to your personal sleeping and dreaming habits and rhythm. The default settings should work for most of the people so you don't have to read on unless you want to use some time to find your personal sleep rhythm and maximize your change of having lucid dreams with LucidWeaver. The rest of the manual contains also many suggestions of lucid dreaming techniques from dream recall to stabilizing your dream environment so you can prevent waking up too early in middle of interesting dream.

These sections cover the detailed use and ideas behind LucidWeaver.

## **4 Dream alarm**

Dream alarm rouses you just enough in the middle of the night to improve your dream recall or for training lucidity. Unlike normal wake up alarm that has to be shut down manually, the Dream alarm shuts off automatically after given time. This means that you don't have to shut it off manually by moving physically which makes dream recall or entering a lucid dream easier.

### ***4.1 Dream recall***

One of the pre-requirements for learning lucid dreaming is high dream recall. The more you remember your dreams the more likely you are to have lucid dreams. Dream recall can be improved. You should remember at least one dream from every night before you start practising lucid dreaming.

According to dream research all people see dreams. The conviction of some people that they don't see dreams comes from the fact that they just don't remember them. When person wakes up naturally without technological aids this happens usually from a dream. Alarm clocks are dream killers. The hustle off shutting off the alarm is enough to make all the dreams to vanish from a person's mind. Moving after waking in the morning or in the middle of the night makes most of the dreams to disappear from your mind. You don't have to shut off LucidWeaver's Dream alarm because it is shut automatically after given amount of cues. This way you don't have to move physically which helps to concentrate on dream recalling right after waking to Dream alarm.

LucidWeaver's Dream alarm function can be used to improve your dream recall. In addition there are four simple things you can do to improve your dream recall:

- 1) Keep a dream journal
- 2) Try to actively remember your dreams when you wake up
- 3) Pay attention to your dreams. Consider them important and valuable
- 4) Use LucidWeaver for dream recall aid

#### **4.1.1 Keeping a dream journal**

Writing down your dreams makes you actively trying to remember them. Buy a notebook or a diary where you start to collect your dreams.

- 1) Write down every dream you remember after waking up or arousing from a dream.
- 2) Invent a catchy title for your dream like "Flying around beautiful countryside".
- 3) Note a date of your dream also in the title line of your journal.

When recalling dreams they usually come backwards to our minds. This means that you first start to remember the last things that happened in the dream then comes the middle part and lastly the beginning.

Write your dreams down immediately when you remember them. If you remember them in the middle of the night don't wait until morning. You probably don't remember them anymore in the morning.

Lucid dreaming is very difficult to learn without keeping a dream journal. This is because by giving dreams your attention by writing them down, you are already moving towards more lucidity. Having a resolute intention to write down your dreams makes you relate to them differently. Your attitude changes so that you are starting to pay more attention to your dreams already when they are happening. When you know that you are going to write down a dream and also trying to actively remember it, you invest more attention to your ongoing dream. It is a small step to full lucidity from there.

### 4.1.2 Remembering dreams actively

The most important thing in dream recall is not to move when you wake up. For some reason moving and starting of morning activities makes dreams to disappear from mind very quickly. Dreams are forgotten in a few minutes or even seconds after wake up if you don't try to remember them actively. This is because in sleeping mind the chemicals that are needed for functioning memory are not in use. The reason for this might be that it could have been disastrous to confuse dreaming and reality during early evolution of mammals. Consider if a mouse would dream entering a cat area and dream that no harm would come. Learning this behaviour in dreams would bring unwelcome results with same trip when awake. Human mind is different. For example learning to fly in one's dream is an exhilarating experience that brings joy to waking world also. What was once harmful evolutionally is not so any more.

#### For dream recall:

1) **Set your intention** to remember your dreams before you go to bed. Your intention should be so strong that the very first thing that comes to your mind after waking for Dream alarm is to start remembering your dreams.

When you wake up:

2) **Don't move.** Lie still in the same position from where you woke up. Keep your eyes closed. If you do move anyway, try to take the same body position from where you woke up. This helps dream recall.

3) **Ask yourself:** "What just happened?" "What was I dreaming about?"

4) **Pay attention to any images,** persons or feelings that you remember. How were those images related to other dream content?

5) **Let the memories** of your dreams to come to your mind without forcing them. If you don't seem to remember any dreams at the beginning don't despair. Try to catch any fleeting sensation or general feeling about a dream. This might launch

you dream memory. Keep thinking backwards: “What happened before that... and that”.

6) **Repeat** the dream in your mind until you are sure that you remember everything.

7) **Write** the dream down to your personal dream journal.

8) **Describe** happenings, persons, places, feelings, thoughts and conversations or anything else that was personally meaningful to you.

9) Especially pay attention to **any odd or impossible things** that sometimes happens in dreams like if you are standing naked in a street or some person or thing transforms to something else or if you are in a place that you cannot be in. Pay attention also to unusually strong feelings of positive or negative. These bizarre things are good signs that you are dreaming and they can be used to become lucid when realizing that they can happen only in a dream.

Start collecting regularly occurring Dream signs in your journal. Dream signs are those odd and impossible things that can happen only in a dream. Over time you pick up a few recurrent themes or signs that can help you greatly to become lucid in a dream. Do a Reality test every time you encounter these personal Dream signs. For example if you dream every now and then that you are on a sailing boat start doing reality tests any time you are on a boat or near water. Some night you will find that you are actually dreaming when it happens. LucidWeaver might become your dream sign if you are enthusiastic about using it. Use Reality test button every time you use your mobile or activate LucidWeaver.

### 4.1.3 Paying attention to dreams

Give value to your dreams. Think about them during days sometimes. Talk about them with your friends and spouse. The more you value your dreams the more they will give to you in return. You might consider them as a secret second life you live during night with full of adventure and exciting things to be found out.

By keeping the dream world in your mind during day, it becomes easier to remember to become lucid during night.

#### **4.1.4 Using LucidWeaver dream recall aid**

You can set the LucidWeaver to wake you up at the time that you are most likely to be dreaming. This happens with the help of sleep cycles. Waking from a dream makes it easier to recall it.

##### **4.1.4.1 Sleep cycles**

Most of our dreams are experienced in so called Rapid Eye Movement (REM) period of sleeping. This information can be used to help dream recall and aid lucid dream training.

Human sleep happens in periods that last about 90 minutes or 1 and a half hour. This period repeats throughout the night so that most people go through 4 to 6 sleep cycles during night depending on how long they sleep. REM-periods and dreams and lucid dreams are seen at the peak of this cycle after every 90 minutes where the person is almost awake.

In the beginning of the night REM periods last only couple of minutes. These REM-periods becomes longer towards morning and after 9 hour of sleep on REM period could last 20 or more minutes. This makes the morning hours of sleep the best time to practice dream recall and lucid dream training. After longer sleep you are more likely to be in a REM-period than in the beginning of the night. This makes practising lucid dreaming fun: the longer you sleep the more likely you are to experience lucid dreaming.

You can adjust LucidWeaver to wake you up at the beginning of sleep cycle during morning when longer REM-periods are happening.

## To set up LucidWeaver's Dream alarm for dream recall aid:

1) **Decide** to memorize and remember your dreams when going to sleep. Try to memorize your task so well that *remembering dreams is the first thing* that comes to your mind when you wake up.

2) **Set up** Dream alarm to arouse you at the peak of your sleep cycle. Set it up so that it wakes you up well to the sound alarm. Adjust cue numbers and loudness so that you wake to them but they don't disturb you too much.

- If next instructions sound too cumbersome just use the 90-minute default.
- First set a delay. This can be set as sleep cycles or in minutes. 4 cycles means 6-hour delay before first Dream alarm if sleep cycle length is 90 minutes. Remember that longer REM periods are experienced later in the night so it is advisable to put a delay so that Dream alarms start later at night after 4 sleep cycles or so.
- Set the length of your sleep cycle. Most people have sleep cycle from 90 to 110 minutes. That is just over 1 and a half hour.
  - You can start to guess the length of your sleep cycle by paying attention when you start to feel drowsy in the evening. This means the start of a sleep cycle. You don't have to go to sleep but pay attention that this feeling of drowsiness comes roughly at periods of 90 minutes.
  - Take note also when you wake spontaneously at the middle of the night. This happens usually at the peak of a sleep cycle from a dream. Calculate the multiples of about 90 minutes to the bedtime or to the time that you started to feel drowsy in the evening. Alternatively if you wake up spontaneously at the same time of the night to visit bathroom or something else then set LucidWeaver's first dream alarm to come five or ten minutes before that time. You should be in the middle of a dream at that point.
- Try going to sleep regularly at the same time of night. This helps to establish a regular sleep cycle for you. Listen to your body.
- With these tips you can estimate your personal sleep cycle length and set to Dream alarm settings in LucidWeaver.

3) When you wake up to the Dream alarm cue **don't move**. Lie still in the same position without moving. This is the best moment to let your dreams enter your mind and to memorize them. The dream alarm will shut automatically after it has sounded all the cues you have set in Dream alarm settings. With Dream alarm you don't have to move physically and you can concentrate fully on remembering dreams.

4) Follow the instructions for **actively remembering dreams** in previous section.

5) **Repeat** the recalled dream or dreams a few times in your mind to help to imprint them in to your memory.

6) **Write your dream down** to your journal of nightly adventures.

## ***4.2 Lucid dream training***

How to attain consciousness in a dream? There are two basic ways:

1) **During a dream** noticing something odd happening and realizing that this can happen only in a dream and you are in the middle of it. Reality Tests helps you to notice these Dream signs that tell you that you are dreaming (see below).

2) The other way is **falling asleep consciously** and start dreaming without ever loosing consciousness.

The best time to train lucid dreaming is at the peak of the sleep cycle in early morning when you are still a bit drowsy but not too tired for mental exercises. You can set LucidWeaver to arouse you at this point (after 4-6 sleep cycles). With Dream alarms Lucidity training option you can add additional lucidity cues to keep you from drifting back to sleep unconsciously. Lucidity training option can be set from Dream alarm settings screen.

### To use LucidWeaver's Dream alarm for lucid dream training:

1) **Decide** to recognize when you are in a dream before you go to bed. Decide also to remember start lucid dreaming exercise when you arouse for Dream alarm. Try to memorize your task so well that it is *the very first thing* that comes to your mind when you wake up to Dream alarm.

2) **Set up** Dream alarm to arouse you at the peak of your sleep cycle. Set it up so that it barely wakes you up to the sound alarm. Use cue number and sound loudness in Dream alarm settings screen.

- First set a delay. This can be set as sleep cycles or in minutes.
  - Set the length of your sleep cycle. Follow the advice in previous section.
- You can set also some extra lucidity cues or dream alarms in shorter intervals after initial Dream alarm to prevent you from drifting back to sleep too easily. (Select Lucidity training option and set repeat time and delay in Dream alarm Settings screen.)

3) When you wake up to the lucidity cue **don't move**. Lie still in the same position without moving. Keep your eyes closed. This is the best moment to enter a lucid dream. Your body is totally relaxed from sleep but your mind is alert.

4) **Remind** yourself of your conviction to recognize when you are in a dream.

5) **Relax totally**. You can use some relaxation technique.

6) **Concentrate** on something to keep your mind from drifting back to sleep. The idea is to keep your mind awake while your body falls asleep.

- Concentration can be for example *counting and asking yourself* repeatedly: "1. Am I dreaming?... 2. Am I dreaming?..." and so on until you at some point find out that you are actually dreaming.



- You could also concentrate on the *cloud like images* that start to rise before your closed eyes when you are drifting asleep.
- You could try concentrating on your breathing. How does it feel and sound?
- Another good method is to pay attention to your *body feeling*. While relaxing you might feel some odd sensations like rocking, feeling your body become lighter or gentle floating sensations. You could also feel like spinning or feel your body to grow or shrink. Some vibrations along neck or spine are not unusual in half sleep states.
- These are all signs that you are half asleep already and just a little while more and you can step in to the dream world consciously.
- Don't be afraid of these odd sensations if they happen to you. You go through them every night when you fall asleep. Usually you are not just conscious any more when they happen because you are asleep. Unusual sensations are normal in half sleep state that is called hypnagogic state in psychology. Learn to wait for them and learn to get used to them because they are a sign that you are almost in a lucid dream when they start to happen and you experience them consciously.

7) **Let** yourself be taken in to a dream passively. If you try to be too active too early you might wake up. Let the dream environment surround and envelope you totally before trying more active approach.

8) If you fall asleep too quickly try to get up from bed for a half an hour or so to clear your mind. Go back to sleep and use for example LucidWeaver's Lucid nap Wake up option (set in Wake up settings) for giving you some lucidity cues that prevent you from falling asleep too quickly. You could also set a new Dream alarm with shorter delay of just 30 minutes or so to remind you for staying conscious.

Don't give up if you don't initially succeed. For most people learning lucid dreaming takes some time. Most people learn the skill in a few weeks or months. For some it might take a year or two but practically everyone can learn it. All it takes is some patience and general

knowledge about dreaming and recognising a dream. Keeping a dream journal and doing Reality Tests during days helps a lot.

Be happy about and reward yourself from small successes also. These can be for example remembering more dreams per night or starting to wonder more about the bizarre happenings during dreaming. These are signs that you are approaching full lucidity fast.

More about different lucid dreaming techniques can be found for example from Internet or from Stephen LaBerge's books such as *Exploring the World of Lucid Dreaming*. LaBerge used terms Dream Initiated Lucid Dreams (DILD) for lucid dreams that are realized in the middle of a dream and Wake Initiated Lucid Dreams (WILD) for consciously induced lucid dreams directly from waking state.

#### 4.2.1 Stabilising dream environment

Most people start their lucid dreaming journey as premature awakeners. This means that you wake up in your bed just after realising that you are dreaming and the dream disappears. There are a few things you can do to prevent this from happening:

1) As soon as you see the visual field of the dream disappearing **start taking actively** part in the dream. This usually has the effect of bringing the dream back. So act more and think less. Focus outward to dream environment rather than inside in your mind helps to maintain the dream state.

You can:

2) **Touch** and rub something even if you can't see around. This can be your body like face, hands or legs or the ground where you are standing on or then something nearby. Feel the texture in your hands.

3) **Start looking around** switching your viewpoint in quick successions while moving your head looking around. This activates your balance system, which is related to lucid dreaming.

- 4) **Start a conversation** with a dream character or by yourself. Talk aloud in your dream.
  
- 5) **Spin** around with your (dream) body. This will induce a strong tactile and balance effect that helps to restabilize the dream. Beware of false awakenings with this one (see below).
  
- 6) **Talk to yourself** if dream continues but you lose lucidity. Remind yourself repeatedly “This is a dream”.
  
- 7) **Keep cool.** Dreams are sometimes highly emotional. Especially first lucid dreams are usually exhilarating experiences. Emotions are experienced and felt in the body. So strong dream feelings tend to wake our body up. So try to keep a slight emotional detachment and balance even if you get excited.

As everything, stabilizing the dream environment might take some practice. Don't give up. Unfathomable adventures wait you in your imagination when you train to stay in your dream path.

### **False awakenings**

Even if you seem to wake up too quickly from a lucid dream pay careful attention to your surroundings. Are you really awake or are you just dreaming that you are awake? Some lucid dreams ends in so called false awakenings where you seem to be in your bedroom but are actually still dreaming. This is a special kind of lucid dream. Do a reality test by activating LucidWeaver's Reality test button or reading twice the digital time field on the screen. Many false awakenings may become in succession. Don't be afraid to get stuck in to dream world and fearing that you might never wake up for real. Physiologically you wake up latest when the next sleep cycle completes. So you will wake up after 1 and an half hours latest. Use your time to enjoy lucid dreaming state. Don't be afraid of it.

## **5 Wake up alarm**

In addition to Dream alarms and Reality tests LucidWeaver can be used for Wake up alarms. This is normal alarm clock functionality that wakes you up in the morning and you have to shut it down manually in order to wake up for the new day. All settings can be accessed from Wake up alarm settings.

There are three modes for wake up:

- 1) Quick
- 2) Gentle
- 3) Lucid nap

### ***5.1 Quick wake up alarm***

This means normal wake up beeper or alarm precisely at the time that you set it in the evening. The alarm continues until you shut it down.

### ***5.2 Gentle wake up alarm***

This means gentler way to start a day. Gentle wake up arouses you little by little without sudden shock. You can set a delay, which starts to arouse you for example 15 minutes before final rise up time. After final wake up alarm you have to shut it off manually.

### ***5.3 Lucid nap***

This means usual afternoon nap with ability to improve your lucid dreaming skills. This alarm will give you a lucidity cue in certain delay intervals, which you can set. Final alarm wakes you up from your lucid napping session. You can use this also during early mornings for lucid dreaming practice if you woke up and got out of your bed for a while before lucid dreaming exercises.

## ***5.4 Wake up cue loudness***

This sets the alarm volume for wake up. (There is a separate setting for Dream alarm loudness in Dream alarm settings.)

## 6 Reality test

This means asking yourself whether you are dreaming or not. This may sound ridiculous since you may think that knowing when one is awake is self-evident. This however, is not the case. In a dream the reality seems as real as when you are awake. The conviction that dreams might be less clear with hazy smoke floating around comes from the fact that we usually only remember dreams afterwards and don't act them out consciously while they are happening.

If you consider what happened yesterday 10:32, does it seem any more real than your memory from last night's dream? When you are consciously experiencing a dream it looks, tastes, feels and smells usually as real as the real thing. Try out your senses for enjoyment in dreams. There might some small differences and odd things like flying steamships or monsters chasing you but they are usually explained away in your own dream thinking. Dream thinking is not as accurate as your thinking while awake. This makes it all too easy to confuse reality and dreaming while dreaming.

If you never question your reality while awake, you will never do it while dreaming either. This means that you will never come to realize that you are dreaming and everything you see, feel, smell or taste is your own imagination. Realizing that you are dreaming in the middle of the dream makes it possible to control your dream or just consciously enjoy your own world of imagination that seems as real as reality itself.

In Reality Test alarm mode LucidWeaver makes random Reality Tests alarms during day. It keeps reminding you to ask yourself "Are you dreaming?" The simplest ways of finding this out are:

- 1) Using a technical device like LucidWeaver
- 2) Flying
- 3) Reading some text twice
- 4 Stop and look around.

## **6.1 Use technical device**

Try to use a technical device like LucidWeaver buttons or a light switch nearby. Since our brains and mind has not grown for technological environment evolutionally speaking it is very difficult for them to maintain the illusion of working technology in dreams. This is why technical devices usually fail to work or work bizarrely in the dream world. So next time you meet an out of order light switch or mobile phone buttons, this might be a sign that you are dreaming.

Activate LucidWeaver's manual Reality Test button (with "Test" symbol). Is it making cue sound and displaying the usual Reality Test messages? If not, you are likely to be dreaming. Enjoy!

*LucidWeaver will probably come to your dreams so be extra careful and observant every time you handle it. Use Reality Test button extensively or do some other Reality Test **every time you see or touch your LucidWeaver device.*** This way you will increase greatly your chances of doing a reality test when you are actually dreaming.

Since you are supposed to use reality test functionality during daytime, possible wake up alarms and dream alarms are turned off. The same goes other way around too: If you switch on wake up alarm or dream alarm, reality test is turned off. However dream alarm and Wake up alarm can be on at the same time because you want to practice lucid dreaming skills during nightly sleep and wake up in the morning refreshed from nightly adventures to a Wake up alarm.

## **6.2 Fly!**

One of the most enjoyable experiences in the dream world is taking off for a flight. Imagine: just you, the sky and nothing between you and the ground. Flying is a good Reality test since it isn't possible while awake but while dreaming it usually works.

It is also easy to fool oneself. If you jump up and instead soaring through the sky you find yourself gently floating back to ground this is a sure sign that you are dreaming even if your original intention wasn't fulfilled literally. Dreams are very sensitive to subconscious

expectations. If you expect to fail it will surely happen. So try to boost up with healthy self-confidence when lucid dreaming. After all it is your own imagination inside which you are dreaming. You can shape it into any form you like in the same way that you can choose what thoughts you want to think. The same goes for a situation that wakes fear in you. Would you be afraid of an image you draw on a paper? So why would you be afraid of images you created in your dream? Dream environment might seem more lifelike but you are still the master of your own mind. Nothing really can hurt you when you are actually sleeping all the time comfortably in your bed. You don't have to be a slave of your own imagination. Create your own dream world and a path that goes through it.

### **6.3 Read something twice quickly**

Our brains are not very good at keeping a consistent illusion of evolutionally modern inventions like written words and sentences. If you read something twice while looking away quickly for an eye blink the text usually changes in a dream. The whole sentence might be different or some letters could have changed. Or then you just can't seem to focus on a text. Don't fool yourself. These are signs that you are probably dreaming and you are free to do whatever you like. The text you read twice can be for example a message in your LucidWeaver 's screen.

Especially digital clocks seem to work oddly in dream world. Check twice carefully your LucidWeaver's current time field. Is it showing the same numbers on both glimpses? Is it calculating numbers in right order? Do the numbers look like they are supposed to be? If not, you are probably dreaming. Enjoy! (Not that *analog* watches seem to work to some extent in dreams unlike *digital* watches.)

### **6.4 Stop and look around**

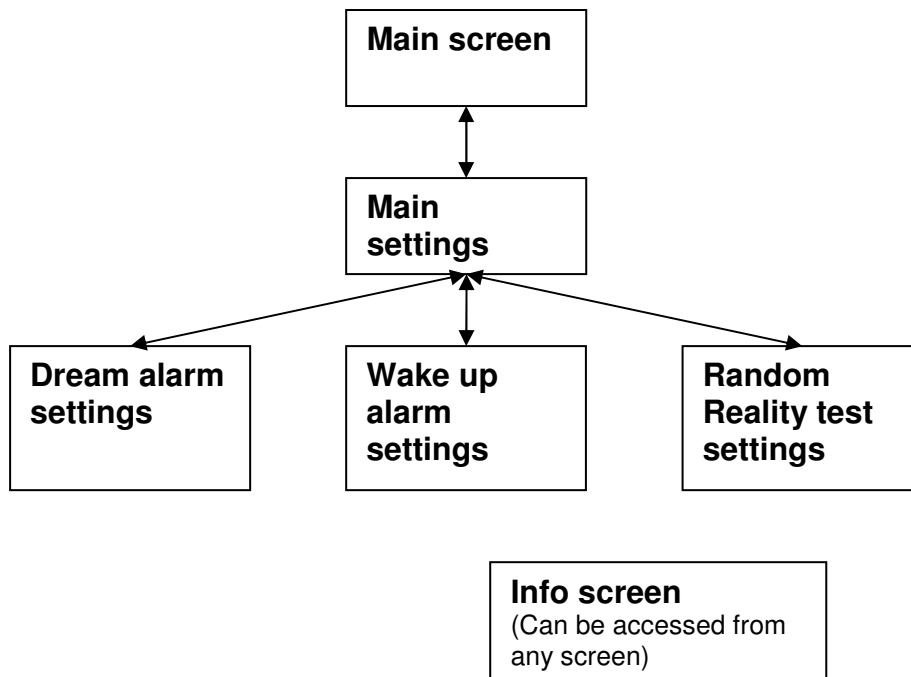
Everything you perceive including your body might be a dream. In this type of Reality Test you slow down for a moment, relax a little and stop taking everything in as though it would be self-evident. For a moment look around and use your senses to consider that what you perceive might be a dream. Think what you would do if you were in a dream. Consider how you feel yourself at the moment. How does it feel to be you? You might be a dream yourself.



## 7 Screen guide

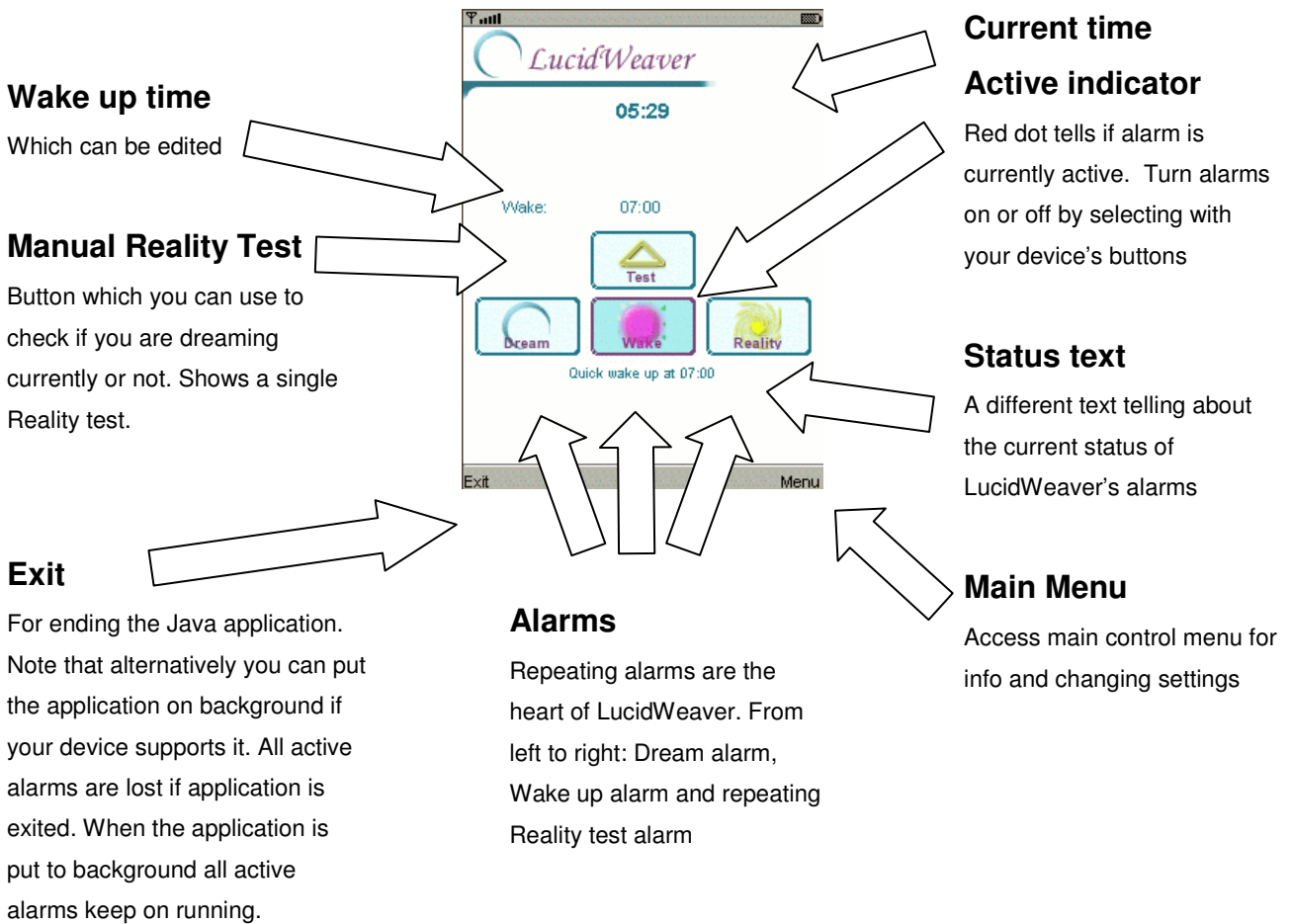
### 7.1 Screen navigation

The navigation hierarchy using menu commands inside LucidWeaver is following:



## 7.2 Main screen

When LucidWeaver is activated Main screen opens. It includes current time in digital form (for reality tests). With Wake up time field you can enter the time you want to wake up in the morning. With Reality Test button you can manually activate a short test to determine if you are dreaming currently or not. Other buttons are for turning on or off different repeating alarms and wake up alarm.



### **7.2.1 Current time.**

Shows the present times in hours and minutes. The default clock mode is 24 hours. You can change it to AM/PM mode from Main settings screen.

### **7.2.2 Wake up time.**

This is an editable field where you can set the time when you want to wake up. Activate the actual alarm from “Wake” button.

### **7.2.3 Reality “Test” button.**

By selecting this you can activate Reality test manually whenever you wish. Use this button if you think that you might be dreaming currently. In a dream the button and sound will probably not work or works strangely.

### **7.2.4 “Dream” alarm button.**

Toggle on and off the Dream alarm using current settings. The first Dream alarm comes after a delay, which can be adjusted from Dream alarm settings (default delay is six hours with four sleep cycles.) After delay dream alarms repeat at every sleep cycle (every 90 minutes or one and an half hours). Activate the dream alarm at the same time when you are going to bed. When you feel tired in the evening this is a sign that your sleep cycle is starting. You should listen to your body and go to sleep.

### **7.2.5 “Wake” up alarm button.**

Toggle on and off the Wake up alarm using current settings.

### **7.2.6 Repeating “Reality” test alarm button.**

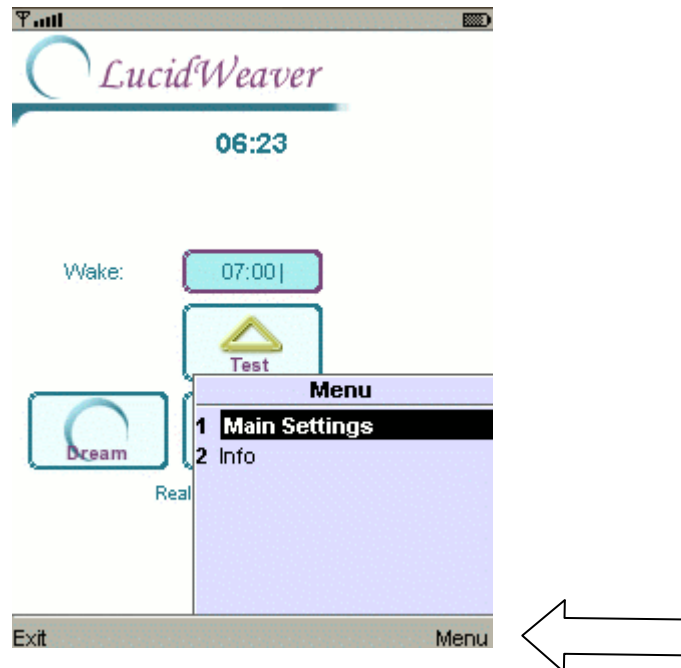
Toggle on and off the repeating random Reality test alarm using current settings. Reality test messages start to come automatically every few hours or so. On default settings you get one Reality test alarm at random minute between one and two hours after activation.

### 7.2.7 Status bar

Tells some information of the current functioning of the LucidWeaver. It will tell which alarms were switched on and off. It will also tell how many minutes there are to wait until next Dream alarm or random Reality test.

### 7.2.8 Main Menu: Activating different modes

The menu contains access to detailed settings of LucidWeaver. Menu is context sensitive meaning it is different for different screens. The side on which the menu lies depends on your phone manufacturer.



The menu commands for main screen are:

**Settings.** Opens a screen where you can edit some general settings (explained below).

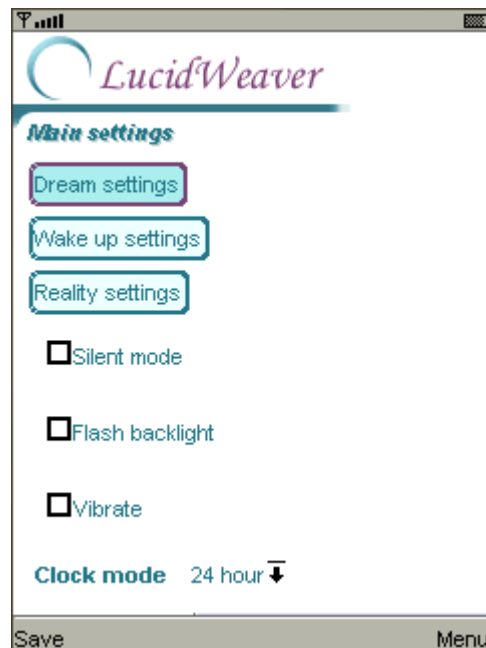
Different alarm settings can be accessed from main settings screen.

**Info.** Opens a help screen with some quick information on how to use LucidWeaver.

**Exit.** Shuts down the application. Your settings will be preserved if your device supports this. Instead of exiting you should hide the application to background if you want to receive Reality Test alarms during day and still continue to use your device for other things like making a call for example. Please note that not all manufacturers support hide functionality. Refer to your phone user manual on how to set Java application to background. If you want to preserve your mobile devices batteries it might be wise to actually terminate the application by exiting. (See Frequently Asked Questions about battery life and Java Virtual Machine.)

## 7.3 Main settings

This screen contains some general setup options for the whole working of LucidWeaver. All the settings in LucidWeaver will be stored permanently if your mobile device supports it. So you can safely exit from the application your settings will be the same when you return next time. On the top of the screen are buttons, which open screens for specified alarms.



### 7.3.1 Language

You can change the LucidWeaver user interface language from this setting to your local language if it is supported. The language is changed when you select Save.

### 7.3.2 Silent mode

Select this option if you want to use LucidWeaver silently without sounds only flash alarm flashing the backlight of the screen. You might want to do this if you don't want to disturb anybody with LucidWeaver during a day. Please note that your mobile device has to support this function in order for it to work. Please note also that this turns off only LucidWeaver's native sound cues and it does not affect the other sounds of your mobile phone. The default setting is noisy mode with silent mode unchecked. You can adjust the sound volume individually for each type of alarm from their settings screens.

### **7.3.3 Flash backlight**

You can set LucidWeaver to flash your mobile phone's backlight with alarms if your manufacturer supports this. You can use this together with silent mode to attract your attention during days. The default setting is off. Note that even if your mobile phone normally supports flashing backlight it doesn't necessarily mean that your manufacturer's implementation of Java Virtual Machine supports it. If it is not supported nothing will happen even if this option is selected.

### **7.3.4 Vibrate**

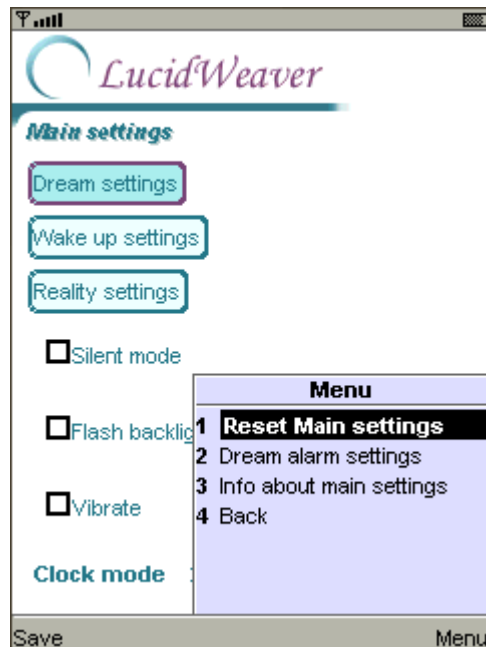
You can use your mobile devices vibration function with LucidWeaver alarms if your manufacturer supports vibration. If vibrate option is checked LucidWeaver will activate it in Silent mode also. The default setting is off. Please note that some devices require for example a 'meeting profile' to be active in order for vibration to work. Edit vibration options from your mobile devices settings since these can't be affected by LucidWeaver or Java in general. Note also that even if your mobile phone normally supports vibrate it doesn't necessarily mean that your manufacturer's implementation of Java Virtual Machine supports it. If vibration is not supported nothing will happen even if this option is selected.

### **7.3.5 Clock mode**

You can set the main clock to use AM/PM mode or 24 hours display. Please note that the wake up time field takes the time mode settings directly from your mobile device's time settings and might use different clock mode than the current time display. The default setting is 24-hour mode.

### 7.3.6 Main settings Menu

The menu is context sensitive. That's why it is different in all the LucidWeaver's screens.



Menu commands for Main settings are:

**Save.** Saves the current Main settings and returns to main screen.

**Reset main settings.** Reset the default Main settings. This resets only main settings. All the other settings remain intact in sub-settings screens.

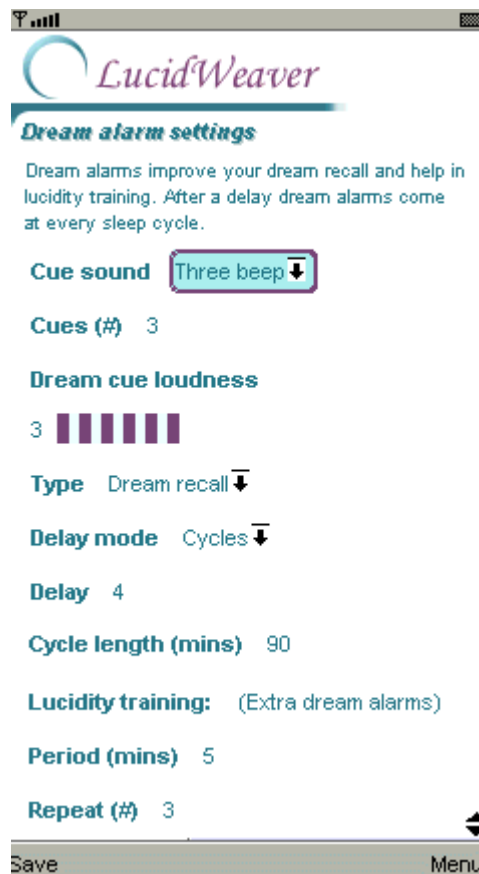
**Back.** Go back to main screen without saving.

**Info.** Show info screen.



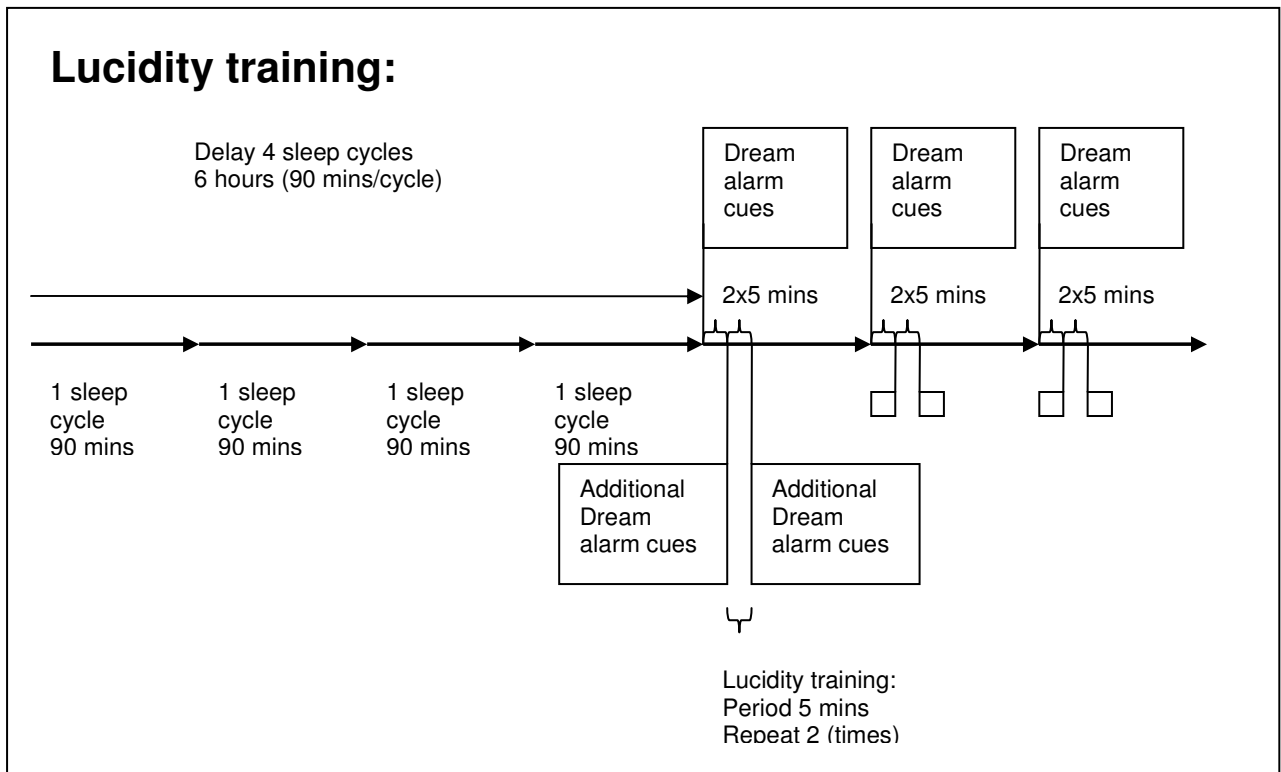
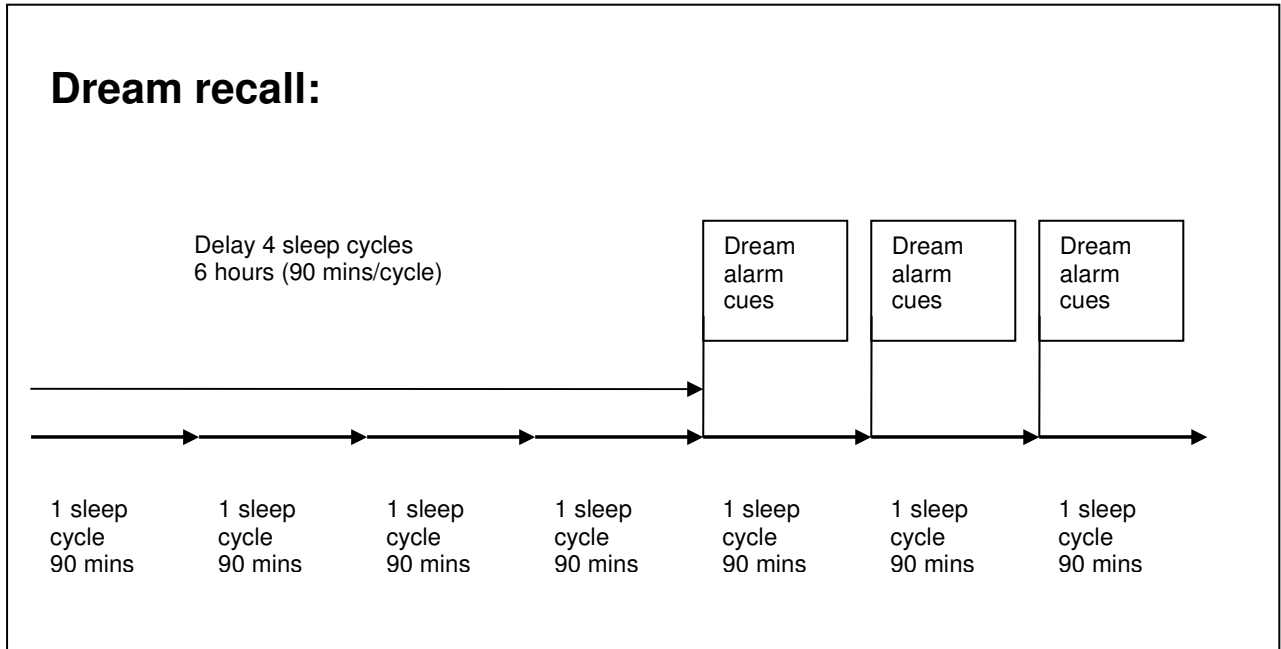
## 7.4 Settings Dream

Dream alarm settings are used to control the details of Dream alarm. All Dream alarm types are shut off automatically after given amount of cues are sounded. You don't have to move bodily to shut off Dream alarm.



### 7.4.1 Dream alarm timeline

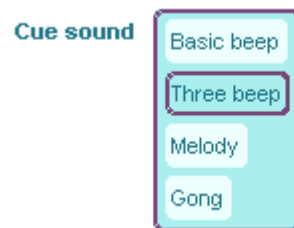
Following timelines illustrate the difference between the two Dream alarm types: Dream recall and Lucidity training on default settings.



Dream alarm setting options are:

### 7.4.2 Cue sound

Different sounds can be set individually for each type of alarm (Dream, Wake up, Reality). Select a sound that you like from popup list. The default sound for Dream alarm is Three beep.



### 7.4.3 Cues (#).

Number of repeating cues to sound after delay at every sleep cycle until wake up.

### 7.4.4 Dream cue loudness.

The volume of the sound cue. Please note that all the alarms types (Dream, Wake up, Reality) have individual volume settings.

### 7.4.5 Dream alarm Type

- **Dream recall.** Wakes you up at sleep cycle peak for memorizing dreams. Use this to improve your dream recall. This will sound the desired cue once after delay and in intervals set by cycles.
- **Lucidity training.** Comes to your dream as dream sign or arouses you for prolonged practice of falling asleep consciously. This option will sound the cue as in Dream recall option, but it will repeat the cue after short interval to prevent you to fall asleep unconsciously. Shorter interval is set by Lucidity training period and Lucidity training repeat options (explained below). The same will happen at next sleep cycle. Use Lucidity training option to learn to distinguish the subtle differences in your consciousness when you start to fall asleep. After awhile when

you have learned to stay awake when your body falls asleep you can stop using Lucidity training cues so that they don't wake you up too early.

#### 7.4.6 Delay mode

- **Cycles.** Select this to use the delay before first cue to be in sleep cycles. For example number 4 means that LucidWeaver will wait until four times of the Cycle length in minutes before sounding first cue.
- **Minutes.** Select this to use the delay before first cue to be in minutes. Using this option will disregard sleep cycle length as delay and use the fixed time in minutes as delay. This way you can select accurately for example shorter time intervals as delay as compared to sleep cycle.

#### 7.4.7 Delay.

The length of delay before first dream alarm. This means the delay to be number of **cycles** set in Cycle length (for example 4 or 5 cycles). This same field means **minutes** if you selected the mode to be minutes (for example 60 minutes).

#### 7.4.8 Cycle length.

The length of your estimated sleep cycle in minutes. Normally people have sleep cycle of roughly 90 minutes although it could be a little longer up to 110 minutes for some persons. To find out your personal sleep cycle count the interval in between the moments of drowsiness in the evening. Alternatively if you wake up spontaneously at the same time of the night to visit bathroom or something else then set LucidWeaver's first dream alarm to come five or ten minutes before that time. You should be in the middle of a dream at that point.

#### 7.4.9 Lucidity training period.

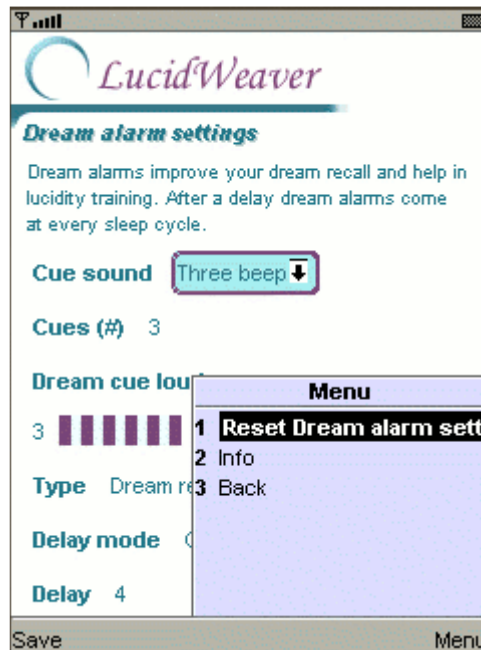
Lucidity training will give you some extra Dream alarms shortly after the initial Dream alarm at sleep cycle. This option is only used in Lucidity training mode. It is disregarded in Dream recall mode. This option is used to set shorter period of time after Dream alarm at

every sleep cycle. This can be used to train lucidity so that you don't fall asleep too soon after Dream alarm. A good period might be from 5 to 15 minutes depending on how fast you fall asleep after Dream alarm. The same sound cue (numbers and loudness) is used in additional lucidity cues as in regular Dream alarm.

#### 7.4.10 Lucidity training repeat.

This option tells how many times the additional lucidity cue should be repeated. Don't use more than two or three so that you get some sleep before next dream alarm. (After all the purpose of sleep is to get rest.)

#### 7.4.11 Dream alarm settings Menu



Menu commands for Dream alarm settings are:

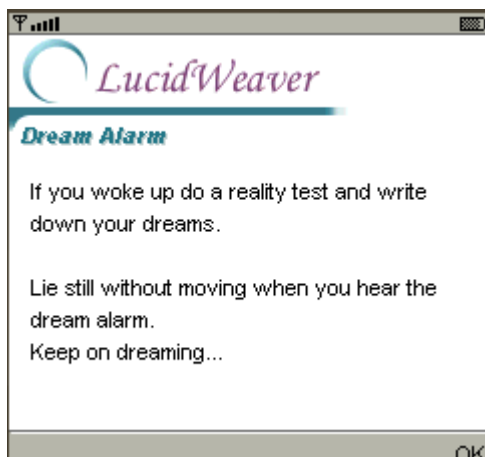
**Save.** Saves the current Dream alarm settings and returns to main settings screen.

**Back.** Go back to main settings screen without saving.

**Reset dream settings.** Reset the default Dream alarm settings. All other settings remain unaffected.

**Info.** Show info screen.

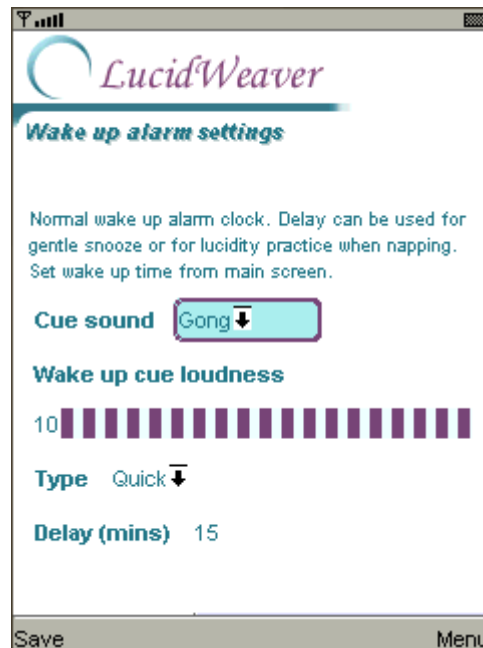
## 7.4.12 Dream alarm message



You don't need to shut off the dream alarm manually but if you wish to do it anyway you can silence the cues by selecting OK. This will silence the currently playing dream alarm but it will not affect the timing of next alarm or lucidity cue. If you wish to turn off the repeating alarm deactivate the dream alarm from main screen "Dream" button.

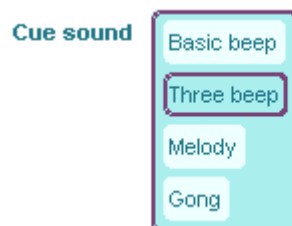
## 7.5 Settings Wake up

Wake up alarm settings are used to set wake up alarm options. All wake up alarm types end in continuous cues that you have to shut off manually. Turning off the Wake up alarm after it has started turns off all Dream alarms as well.



### 7.5.1 Cue sound

Different sounds can be set individually for each type of alarm (Dream, Wake up, Reality). Select a sound that you like from popup list. The default sound for Dream alarm is Gong.



### 7.5.2 Wake up cue loudness.

The volume of the sound cue. Please note that all the alarms types (Dream, Wake up, Reality) have individual volume settings.

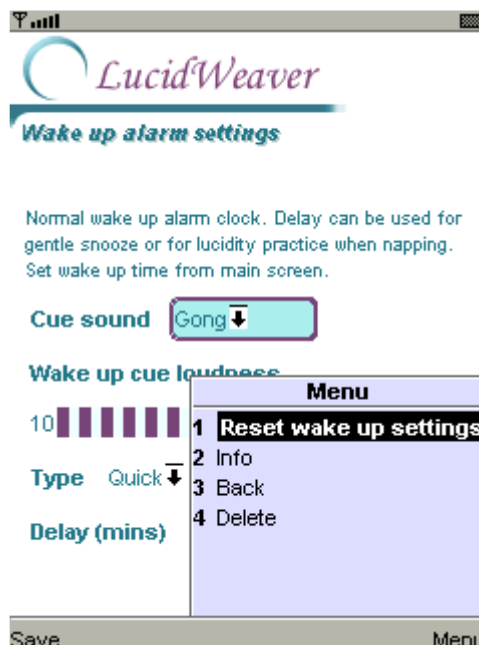
### 7.5.3 Wake up alarm Type

- **Quick.** This means normal wake up at precisely the time that set in the main screen.
- **Gentle.** Gentle wake up type means that LucidWeaver will start to give small cues before actual wake up time. This gives you a softer start for a day. The delay before actual wake up alarm is set by Delay setting below. You can use this as a snooze functionality found in regular alarm clocks.
- **Lucid nap.** Use this wake up style when napping. It will give lucidity cue at regular times set by Delay setting below (note that this is a different delay than the one used in Dream alarm.) You can use this as you would use Lucidity training mode in Dream alarm when napping briefly for example during afternoon.

### 7.5.4 Delay.

Delay in minutes for Gentle and Lucid nap wake ups. This is ignored for Quick wake up type.

### 7.5.5 Wake up settings Menu



Menu commands for Wake up alarm settings are:

**Save.** Saves current Wake up settings and returns to main settings screen.

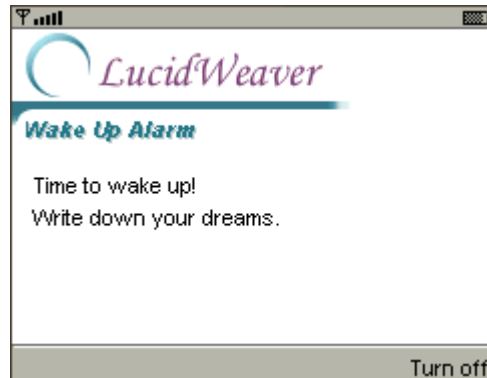
**Back.** Go back to main settings screen without saving.



**Reset wake up settings.** Reset the default Wake up alarm settings. The rest of the settings will remain unaffected.

**Info.** Show info screen.

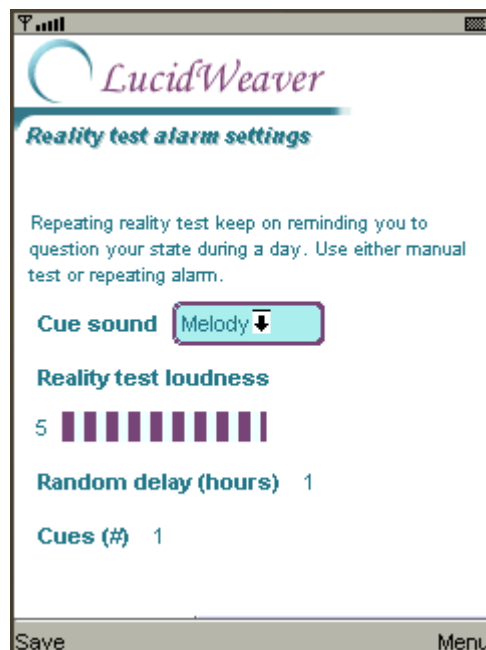
### 7.5.6 Wake up alarm message



Wake up alarm will go on until you shut it off manually. Select "Turn off" from menu. This will deactivate both the Dream alarm and Wake up alarm.

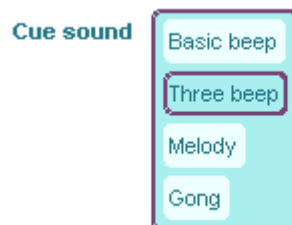
## 7.6 Settings Reality

Repeating random Reality Test alarm settings. These settings can be used to configure the Reality Test messages you will get through out day automatically at random intervals. The same sound and amount of cues is used for manual single Reality test, which activates from main screen’s “Test” button.



### 7.6.1 Cue sound

Different sounds can be set individually for each type of alarm (Dream, Wake up, Reality). Select a sound that you like from popup list. The default sound for Reality test alarm is Melody.



### 7.6.2 Reality test cue loudness.

The volume of the sound cue. Please note that all the alarm types (Dream, Wake up, Reality) have individual volume settings.

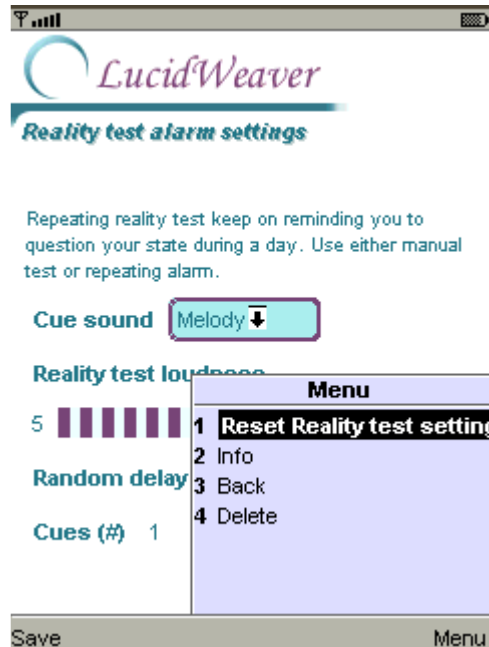
### **7.6.3 Random delay hour.**

Select how many hours are waited before next random Reality test alarm. The minute is randomized by LucidWeaver. For example you could set random delay to one hour (default). This means that the Reality alarm will come at some minute between one and two full hours. Or you could set random delay to three hours. This means that the Reality alarm will come at some minute between three and four full hours. You can also use zero hour and you will get message from anywhere between one minute and 60 minutes.

### **7.6.4 Cues (#).**

Number of cues in Reality alarm. This is independent from Dream alarm cue amount.

## 7.6.5 Reality Settings Menu



Menu commands for Reality Test settings are:

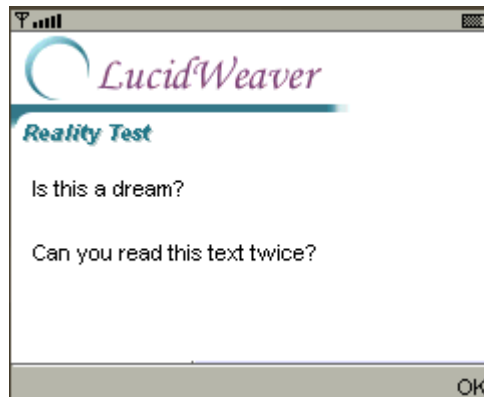
**Save.** Saves current Reality test settings and returns to main settings screen.

**Back.** Go back to main settings screen without saving.

**Reset Reality test settings.** Reset the default Reality test alarm settings. Rest of the settings will remain unaffected.

**Info.** Show info screen.

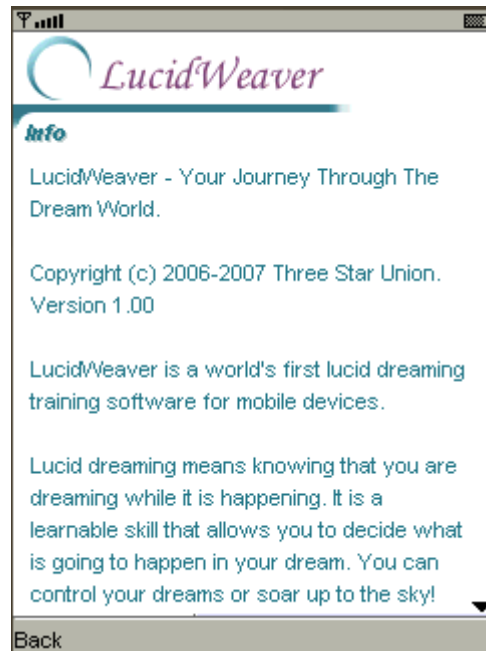
### 7.6.6 Reality test message



Reality test message is shown either from manual “test” button or repeating random “Reality” test alarm. The text changes and tells you some tips on how to do effective reality tests. To silence the reality test sound and to dismiss the message screen select “OK” from menu.

## 7.7 Info screen

Info screen contains information about LucidWeaver software and short instructions how to use it. Use your device's arrow or navigation keys to scroll the screen downwards.



### 7.7.1 Info screen Menu

Menu commands for Info screen are:

**Back.** Go back to previous screen. You have to select back again if you are in an alarm settings screen to get back to the main screen.

## 8 Step-by-step tutorial

LucidWeavers Info screen include the following tutorial for learning lucid dreaming.

For learning lucid dreaming you have to master four things:

- 1) **Dream Journal** for improving dream recall.
- 2) **Dream alarms** will help you to remember more dreams and to improve you lucidity practice.
- 3) **Reality tests** will help you to become conscious during a dream.
- 4) **LucidWeaver's lucidity training** can be used to learn the subtle differences separating a dream from reality.

### 8.1 *Dream journal*

Everybody dreams every night. What is difficult is to remember them.

It is absolutely crucial to remember as much dreams as possible for lucid dream training.

Here is how you improve your dream recall:

#### 8.1.1 **ASK**

When you wake up either spontaneously or to LucidWeaver's dream alarm, ask yourself: What was I just dreaming about?

#### 8.1.2 **DON'T MOVE.**

Lie still in the same position as you woke up. You will remember more dreams this way.

#### 8.1.3 **REPEAT**

Repeat the dream in your mind a couple of times. Come up with a catchy title.

#### 8.1.4 **THINK BACKWARDS**

Dreams come back in your mind in reverse order. The last seen dream as first, the second last as second and so on. Keep asking yourself: and what happened before that ... and that?

#### 8.1.5 **WRITE IT DOWN**

Write down your dreams to your dream journal immediately as you remember them. Don't wait even for five minutes. Dreams can disappear from your memory in couple of seconds if you concentrate on something else like bathroom or breakfast. Keep your dream journal and a pen within an arm's reach from your bed.

## **8.2 Dream alarms**

LucidWeaver's Dream Alarms can be used to find out your personal dream cycle. This is a repeating period of sleep when dreams are seen through out the night. When you wake up from a dream it is much easier to remember your dreams and to practice lucid dreaming. Use LucidWeaver's dream alarms to catch most of your dream periods through night.

### **8.2.1 SLEEP CYCLES**

You go through repeating cycles of deep and slight sleep every night. One sleep period last from 1 and half hours to two hours depending on a person.

### **8.2.2 DREAM STATE**

At the end of every sleep cycle occurs a state when dreams and lucid dreams are seen. This so called REM-state (Rapid Eye Movement) of dreaming lengthens towards morning. Therefore it is easier to hit a dream state in the early morning when dreams last longer.

### **8.2.3 CYCLE DELAY**

To time the first dream alarm for early morning LucidWeaver keeps a delay of four sleep cycles (six hours) before sounding a dream alarm. The cycle is adjustable from dream alarm settings.

### **8.2.4 CYCLE LENGTH**

Every person has a personal sleep cycle length. Average sleep cycle length is about one and a half hours or 90 minutes. Use a length setting that makes you remember most dreams.

### **8.2.5 REPEATING DREAM ALARM**

After a delay dream alarms start to come regularly at every sleep cycle. Don't move if you wake up for dream alarm. LucidWeaver shuts off the dream alarm automatically after given amount of dream cues are sounded. You can concentrate fully on remembering your dreams or more advanced lucidity training.



### **8.3 Reality tests**

If you never question your reality when you are awake you will never question your reality in a dream either. Make a habit of doing as many as possible reality tests during a day.

#### **8.3.1 ASK**

Ask yourself sincerely: Is this a dream? Do one or more of the following tests:

#### **8.3.2 FLY**

Try to soar up to the sky. If it works at all you are dreaming.

#### **8.3.3 USE DEVICE**

Technical devices rarely work properly in a dream. Use a light switch or LucidWeaver's reality test button. Is everything working as supposed to (sounds, light, logic) or is there any technical malfunctions?

#### **8.3.4 READ TWICE**

Read any text twice or three times quickly repeating it. Can you focus properly? Is the text the same every time? Are the letters ok? Digital clocks like on LucidWeaver main screen is good for this test.

#### **8.3.5 USE LUCIDWEAVER**

Set LucidWeaver to remind you about doing reality tests throughout a day with repeating reality test alarms. They come at random times every couple of hours.

## **8.4 Lucidity training**

When you have developed some base and remember many dreams every night and perhaps have already seen your first lucid dreams, it is time to learn some advanced techniques. An easy way to enter a lucid dream is to fall asleep consciously.

LucidWeaver's dream alarms can be used for advanced lucidity training. From Dream alarm settings switch the dream alarm *type* from dream recall to lucidity training. This will give you some additional dream alarms for every REM-state.

### **8.4.1 DON'T MOVE**

When you wake up for Dream alarm don't move. When going to bed and activating dream alarm you should set your intention so strongly that the very first thing that comes to your mind after waking up for dream alarm is: "Don't move". The dream alarm will shut off by itself.

### **8.4.2 RELAX**

If you manage to wake up without moving any part of your body you are already in a totally relaxed state which is perfect for entering a lucid dream. You don't even have to do any relaxation exercise since your body is already on a verge of dream but your mind is alert.

### **8.4.3 CONCENTRATE**

To keep your mind awake pay attention to something. This could be the sound or feel of your breathing. Don't force it but pay attention gently. When your breathing starts to deepen by itself without your conscious effort you are almost dreaming. You could pay attention to your bodily feeling. When odd sensations like feeling heavy or light, rocking or swirling sensation comes these tell that you will be falling asleep at the moment.

If you are a visual type pay attention to what you see behind your closed eyelids. You will first see cloud like pulsating and swirling lights, which turn in to images and scenes that you will see. Again this means that you are falling more deeply in to a dream. An auditive person can listen to the sound of silence in your ears. You may hear the blood pulsing in

your ears. You may start to hear cracks or booms or words and sentences, even music. Remember to hold on. Don't lose your consciousness.

Pay close attention to anything you experience. It will help you to remain conscious of your dream. All these weird events mean that you are falling asleep fast. In psychology this state is called hypnagogic state which means the border state of wakefulness and sleep. And don't be afraid. You go through these sensations multiple times every night at every sleep cycle. Usually you are just not conscious when they happen.

#### **8.4.4 LET GO**

Balancing between sleep and wakefulness is a skill that might take some time to master. Don't be disappointed if you don't have success at first try. It is a big step forward even if you just manage to remain conscious during those strange hypnagogic sensations. There is just a small step forward from that to full lucid dream. Be patient. With repeating practice you will learn more and more of your personal style of falling asleep and you learn to expect certain things. You will develop your own dream path through which you enter the dream world until it is as familiar as going through your home door. The key is not trying to control this process too much. You can't force yourself to fall asleep. It will happen by itself when you let go but still pay close attention to what is happening.

#### **8.4.5 ENTER A DREAM**

Little by little if you manage not to lose your consciousness during those hypnagogic sensations, they will develop in to a dream. Don't try to take active part in a dream too early. This might wake you up. Let the dreamscape and its actions surround you fully before entering the dream actively. You should be in a total 3D world of hearing, touching, and feeling. If you try to enter a dream when it is still just an image in your hypnagogic state you will wake and lose the dream. So again, show some patience and take small steps. Adjust LucidWeaver's Lucidity training settings (from Dream alarm settings screen) so that the additional dream alarms keeps you awake but still not disturbing you too much. Start with many cues in couple of minute's interval. When you have learned to keep your consciousness deep into the hypnagogic state set less cues with longer intervals like five or ten minutes.

## **9 Frequently asked questions**

### ***9.1 Will LucidWeaver work on my mobile phone, PDA or some other mobile device?***

LucidWeaver uses Java J2ME configurations of MIDP2.0 and CLDC1.0. Your mobile device has to support these or higher in order for the LucidWeaver to install and work. Check your manufacturer's manual or web page:

<http://developers.sun.com/techtomics/mobility/device/device>

for Java J2ME support in different manufacturers' devices.

### ***9.2 Why does the installation of LucidWeaver fail with my mobile device?***

See above.

### ***9.3 My battery seems to run faster out when I'm using LucidWeaver. Why?***

LucidWeaver uses Java Virtual Machine on your mobile device. Java Virtual Machine will take more power than regular use of your mobile device. Just keep your battery charged when you go to sleep so that the battery low alarm will not wake you up. Exit the LucidWeaver when you are not using it during nights or days. Please note that you have to use the Exit menu command or the LucidWeaver will remain on the background of your mobile device and Java Virtual Machine will consume the same amount of power that it would when LucidWeaver is on the foreground.

### ***9.4 Why can't I hear sound?***

Check that warning sounds are turned on in your mobile device settings (not part of LucidWeaver). LucidWeaver uses Java Mobile Media API (MMAPI) sounds and these can be turned off from some mobile devices' settings. Check your mobile device's manual on how to turn on warning sounds.

LucidWeaver uses Java Mobile Media API (MMAPI) sounds library. If your mobile device doesn't support this, sounds can't be heard. Sorry.

### **9.5 Why MIDP2.0?**

J2ME Mobile information device MIDP2.0 is relatively new release in Java technology and mobile phones that are older don't support it. So why use it? That's because of sound support. There was practically no sound support in earlier versions of MIDP. Sounds in games etc. were made with vendor specific interfaces. MIDP2.0 MMAPi (Multi Media API) is platform independent and that's why it is used in LucidWeaver.

### **9.6 I don't have a mobile device with Java. Can I use LucidWeaver on my computer?**

LucidWeaver is designed for mobile devices. There are however some Java or J2ME emulators for PCs. You can try for example Sun's emulator. Download and install Sun's J2ME Wireless Toolkit (WTK). Your desktop's browser should open LucidWeaver to your computer after this if you download it from [www.lucidweaver.com](http://www.lucidweaver.com).

### **9.7 My husband/wife/partner gets irritated because of Dream alarm in the night.**

Try to get your mate excited about lucid dreaming so that you both train with the same lucidity cues from LucidWeaver. After all this might be the other fun thing you do together in bed :)

You could try using just the vibration alarm in silent mode without sounds to cause less disturbance.

## 10 Release notes

### LucidWeaver

#### **Version 1.1.1** (January 2009) changes:

A bug in permanent record store initialization was fixed. LucidWeaver couldn't save settings when saving for the first time.

#### **Version 1.1.0** (December 2008) changes:

Localization support was added for English and Finnish languages.

#### **Version 1.0.2** (October 2008) changes:

Minor recompilation release. Generic/Anyphone was added as a general device.

#### **Version 1.0.1** (November 2007) changes:

Primary sound format was changed to arm files because of wider support. Wav sound files are still included on platforms that support only wav. Arm package size is about 142kb.

Wav package size is about 485 kb.

There are also some minor graphical user interface improvements.

#### **Version 1.00** (October 2007) changes:

Support for default sounds (wav) were added for different types of alarms. New cue sounds include beeps, gong and melody tune. The wav alarms should remove the problem of too low volume beep cues but they require your Java platform to support wav and mp3 audio formats. (Try it out with DEMO or check your mobile phone's manual.)

Dream alarm now also includes the function to turn it off manually while sounding cues.

Graphical user interface has been done more intuitive and polished to have beautifully dreamy quality.

Hide (pause) to background was function removed since it was unstable in different mobile phones. This version uses platforms default operations and doesn't do anything to pause or hide the application. Hide may or may not be supported by different phones depending on the manufacturer.

#### **Version 0.95** (December 2006) changes:

Permanent storage for settings. Settings will no longer disappear if application is exited.  
Vibration and Backlight flashing to get your attention during days for Reality Tests  
Silent mode to do Reality Tests during meetings where you don't want to disturb others.  
Hide function where Lucidweaver can be hidden on background to use your mobile's other functions while LucidWeaver continues to run on background.  
Navigation and menu commands has been updated for more clarity.  
Manual has been revised and contains many screenshots.  
(Note that your mobile might not support all these features.)

**Initial release version 0.94** (June 2006):

Known issues:

1. Out of memory. Under some circumstances there comes out of memory message from the Java Virtual Machine. Restart the software to overcome. It might be advisable to exit the software and restart every day before going to bed.
2. Counters stop or negative minutes are shown. Related to the previous: alarms update thread crashes some time causing the status string to show negative minutes or freeze. Restart the alarm or the software to overcome.