



DREAM ZINE

HOW TO DREAM

OPOMO, OPEN-SOURCE DREAM WORK PROGRAM BETA

THE SIGIL OF LUCID SHAPE SHIFTING



I STARTED DREAM WORK AS AN ACT OF SELF-WORSHIP,
TO THE GOD OF OPPOSSUMS, BELIEVING WORSHIP OF ANYTHING
IS WORSHIP OF THE UNIVERSE, SO I MAY AS WELL WORSHIP
WHAT I LOVE

THIS ACT OF SYMBOLISM WAS VERY POWERFUL AND THE
OPOMO SIGIL WAS CREATED

6 YEARS AGO I MADE THE SIGIL OF OPOMO AND EVER SINCE I
HAVE BEEN GUIDED BY MY SUBCONSCIOUS

OPOMO IS A SUBCONSCIOUS DREAM PROGRAM MEANT TO AID IN
LUCIDITY AND CREATION

I HAVE CARVED THIS SIGIL INTO THE WALLS OF MY DREAMS,
MERGING MYSELF WITH THE FABRIC OF THE DREAM
PLATFORMS

DRAW THIS SIGIL IN REALITY OR IN A DREAM TO CONNECT
YOURSELF TO THE WEB, A SYMBOL OF PROTECTION AND
MANIFESTATION
AND MERGE TECHNIQUES TO SHAPE SHIFT THE DREAM
PLATFORM AND YOUR BODY WITHIN A DREAM
MAY CONTAIN BUGS

LET'S DREAM OF A BETTER WEB

DAY DREAMING

- LETTING THE MIND WANDER AND CREATE STORIES, CREATIVE

CARRIES ON FITTING IN ANY NEW THOUGHTS INTO THE STORY,
CREATING ABSURD SCENARIOS

ASTRAL DREAMS

- SOLID STORY BASED DREAMS ON A PRE-BUILT PLATFORM,
USED AS A TRIAL FOR THE SELF FORMED BY SUBCONSCIOUS

DETTIES

SHARED DREAMS

- DREAMS INCLUDING OTHER SELVES, EITHER WITHIN YOUR
OWN MIND OR COMBINED WITH ANOTHER IN ORDER TO
INCREASE YOUR LEVEL OF CONSCIOUSNESS

FALSE AWAKENINGS

- WHEN THE MIND CONVINCES ITSELF IT IS AWAKE BUT IS STILL
IN SLEEP PARALYSIS, A FALSE REALITY IS CREATED WHICH CAN
BE HARD TO ESCAPE

KEY

IF YOU FIND YOURSELF STUCK, START TO DANCE AND SING,
CREATE JOY AND YOU WILL ESCAPE

BE AWARE OF THE LESSONS SHADOWS OF FEAR ARE TRYING TO
TEACH YOU, BUT REMAIN WITH LOVE AND JOY FOR IT WILL
MANIFEST YOUR TRUE DESIRES

ACCEPT THAT ANYTHING IS POSSIBLE, AND ANYTHING WILL BE

REALMS

(EACH BEHAVE DIFFERENTLY IN PHYSICS, REALITY CHECKS
WILL BE INCONSISTENT THROUGHOUT DIFFERENT REALMS)

DOMESTIC DREAMS

- SELF IS THE INNER CHILD, CONTAINS CHILDHOOD MEMORIES

AND HOMES, OVERSTIMULATING ENVIRONMENTS TEND TO
STICK FIRST OR INSTANCES OF TRAUMA, SUCH AS FOUND IN
INSTITUTIONS, THE MIND WILL RETURN HERE IN ORDER TO
HEAL AND PROCESS, LUCIDITY OFTEN APPEARS FIRST HERE

TRAUMATIC STRESS RESPONSE DREAMS

- THE MIND WILL VISIT TRAUMATIC EVENTS IN ORDER TO EXPEL
THE TRAUMA FROM THE BRAIN, CAN CAUSE SLEEP PARALYSIS
AND "ENTITY ENCOUNTERS", LUCIDITY IS POSSIBLE, BUT NOT
MADE TO BE MAINTAINED

PSYCHOTIC VISIONS

- FOUND IN THE BOOK OF REVELATIONS, FOUND IN THE CORPUS
HERMITICUM, FOUND IN THE BHAGAVAD GITA
DEFINED AS INTERACTIONS WITH DETTIES, OR A DIALOGUE WITH
THE SUBCONSCIOUS, REMAINS CONSISTENT THROUGHOUT
HISTORY IN IT'S APPEARANCE

FALSE DREAMS

- THE MIND MANIFESTING SCENARIOS BASED ON PREDICTION
TO PREVENT TRAUMA, HARD CODING MEMORIES AND
RESPONSE INTO MEMORY RECALL, CREATING EFFECTS LIKE
FALSE MEMORIES AND DEJA-VU

CHEMICAL NOTES

SEROTONIN IS THE CARRIER OF KNOWLEDGE

ADRENALINE IN SLEEP CAUSES NIGHTMARES

HEALTHY DIGESTION AND SLEEP SCHEDULE IS IMPERATIVE

MUCOSAL IS MILDLY PSYCHOACTIVE AND AIDS DREAM RECALL

CANNABIS SEEMS TO AID HYPER FORMS OF THOUGHT,

INHIBITING DREAM RECALL

MELATONIN AIDS IN SLEEP AND IS THE GATEWAY TO DREAMS

MECHANICAL ANGELS WITHIN YOUR OWN SUBCONSCIOUS

BUILD TRAILS

DEMONIC FORCES BORN WITHIN YOURSELF WILL TRICK YOU

THESE LABYRINTHS ARE PLACES WHERE DEATH RESIDES AND

FORCES SOULS TO GROW

NOTHING FOUND WITHIN YOUR DREAMS IS NOT BORN FROM

THE SELL, IT IS ALL YOU, MIRACULOUS YOU

THE DREAMER IS THE EXPERIENCE

YOUR SHADOWS AND TRANSMUTE YOUR FEAR INTO LOVE

THIS KIND OF DREAM WORK ASKS YOU TO DELVE DEEP INTO

RAINBOW

TRANSMUTING SHADOW INTO LIGHT CREATES AN IRIDESCENT

METHODS

RE-ENTRANCE METHODS GUARANTEE A DREAM
WBTB, WAKE BACK TO BED

1. SLEEP FOR 4-6 HOURS
2. WAKE UP, WRITE DOWN YOUR SENSORY EXPERIENCE OR AFFIRMATIONS WITHOUT FULLY WAKING
3. VISUALIZE YOUR LUCID DREAM WHILE GOING BACK TO SLEEP

RAVEN METHOD

1. FIND YOURSELF IN A HALF-WAKING STATE, VISUALIZATION OF THOUGHTS SHOULD BE EASILY MANIFESTED
2. VISUALIZE YOUR CONSCIOUSNESS AS A RAVEN FLYING UP TO A WINDOW
3. ANCHOR YOURSELF TO AN OBJECT OUTSIDE OF YOUR BODY
4. GLIDE OUT THE WINDOW, AND FEEL YOUR FEATHERS AGAINST THE WIND
5. LET YOURSELF FALL ASLEEP, VISUALIZING YOURSELF AS THE RAVEN

TECHNIQUES

USE DOORS AS PORTALS, VISUALIZE YOUR LOCATION AND WITH CONFIDENCE IT SHOULD APPEAR BEFORE YOU

IF YOU BEGIN TO FADE FROM A DREAM, RUB YOUR HANDS TOGETHER OR MOVE AROUND. FEEL YOUR DREAM.

IF YOU WANT SOMETHING TO APPEAR, SPEAK IT ALOUD

IT SHOULD APPEAR, AND IF IT DOESN'T THEN ASSERT YOURSELF AS THE DREAMER TO THE DREAM

STEP ONE: REALITY CHECKS

CLEAR SIGNS YOU ARE DREAMING INCLUDE
UNSTABLE PHYSICS AND ANATOMY, UNSTABLE TIME AND LANGUAGE

1. LOOK AT YOUR HANDS
2. LOOK AT TEXT
3. LOOK AT A MIRROR
4. PLUG YOUR NOSE
5. VERBAL MANIFESTATION COMMANDS

STEP TWO: EXPERIMENT

REMEMBER, **IT'S YOUR DREAM**, YOU CAN COMMAND ANYTHING INTO EXISTENCE

1. PLAN A GOAL
2. RETURN EACH NIGHT
3. WILL YOUR DREAM
4. LOG YOUR FINDINGS

HOW TO LOG

YOUR METHOD MUST BE CONVENIENT AND EASY

1. TELL A FRIEND
2. WRITE IT WITH THE CLOSEST AVAILABLE MEDIUM
3. RECORD IT AS A VOICE MEMO

YOU CAN START THIS STEP NOW, AT ANY TIME

YOU ARE LOOKING FOR THE EASIEST METHOD WITH THE MOST AMOUNT OF DATA

TO INCREASE DREAM QUALITY AND MEMORY