

Chapter 1 : Memory is an illusive state / Peter Ulisse. - Version details - Trove

Dealing with subjects related to time, memory, perception, illusion, love, death, and the imagination, these poems strive to reach the emotional centre of our deepest joys and fears.

Advanced Search We are, the truism tells us, captives of our pasts, destined, for good or ill, whether we want to or not, to use history to find clarity in the blurred events swirling around us. Comparisons, parallels, and analogies are always springing to mind. For some, history is a cookbook that provides a host of recipes. For others, as Henry A. They may cherish the bicentennial medallions squirreled away in their treasure boxes, but they seldom ask why people rebel. Ignorance, we know too well, abounds. Commemoration often becomes celebration. Negatives, failures, and embarrassments become mere aberrations in the march of progress. And the lessons they draw from such a reading of history are necessarily flawed and misleading. As historians we have both the obligation and opportunity to see that Americans and their leaders get the story right, form intelligent, reasonable conclusions, and draw credible analogies based upon the fullest documentary record available. I have attempted to explore a case of linkage between past and present. Several questions have guided me. First, what perspectives do Americans now hold regarding the Vietnam War? What lessons have they drawn from that wrenching experience? Second, how viable is the lesson most conspicuously touted by President Ronald Reagan and his conservative allies that the Vietnam War could have been won? Was it a winnable war? Third, how sensible is the Reagan view that the U. And, fourth, how sound is the contrasting belief, articulated by critics of U. In short, does the analogy make sense? My fundamental assumption is that advocates on both sides of the debate over Central American policy in the s hold views that have been greatly shaped by their perspectives on the Vietnam War. Soon the Reagan Doctrine committed the United States to the active support of anti-Communist movements near and far. The veteran diplomat George Ball, an in-house dissenter on Vietnam in the s, dissented again: There is the unwillingness of people to fight, incompetent, corrupt leadership, and calling everyone a Communist. Policymakers and critics alike, then, summoned the Vietnam legacy to their debate over Central America. That is, which lessons have Americans learned from the war that might guide them into or out of Central America? Although no consensus has formed, at least four general perspectives have become identifiable. This school holds that the United States should never again intervene in a Third World country undergoing national rebellion or civil war, because it cannot solve problems indigenous to other peoples. Americans may have the money, but they do not have the knowledge, sensitivity, patience, or muscle to rearrange other governments, especially those distant from U. Let others learn from their own mistakes; let Americans learn their own limits. Americans must import scarce commodities and export American products; economic lifelines must be secured. Americans will continue, as well, to exaggerate the Communist threat and thus interpret local crises derived from internal sources as Cold War contests demanding impositions of the containment doctrine. But the means should be diplomatic rather than military. Washington should negotiate with leftist and nationalist regimes to reduce potential threats and use foreign aid to foster conditions compatible with American interests and principles. In this way, by nurturing nationalism, the United States could build a non-Communist world and, at the same time, guarantee American prosperity and security. America supposedly lost its will. Westmoreland when he made a case against incrementalism. Let us eat up the burglar our own way and then put us back on the chain. Could the war have been won with another , soldiers, billions of dollars more, unrestrained B bombing raids, better counterinsurgency methods, additional equipment, and perhaps even nuclear weapons? Would all of this have delivered victory, or would the United States actually have lost more, destroying even more of what it was trying to save? Asked still another way: Could either have been achieved? The air terror inflicted tremendous losses on the enemy, of course, but did not break it. American planes dropped 6. Strategic bombing, we have been told, seldom works against a nonindustrialized country. The other was to use tactical nuclear weapons. Even if the United States had destroyed cities, dikes, factories, and farms in North Vietnam, then what? An invasion and occupation of the territory north of the 17th parallel probably would still have been necessary. Assuming the improbable, a successful invasion, the United States would have been forced to conduct an

expensive and bloody occupation of indeterminate duration against a hostile people defending their homeland, probably through guerrilla warfare. And, having paid the price in lives and treasure once, would Americans have been ready to reintervene if resistance to outside authority, in the North or the South, flared significantly again? Given all of these prospects, it seems quite unlikely that an invasion would have delivered victory. American leaders appreciated the difficulty of invading and controlling the North, but they might have opted for that drastic course had they not feared provoking a Soviet or Chinese intervention. American fears were anything but casual, based as they were on prior experience in Korea, intelligence data, and strategic calculations. At worst, it would have elevated a regional war to a great power conflagration. It is difficult to see, of course, how turning Vietnam into a world war would have led to an American victory. Members of the North Atlantic Treaty Organization became resentful and restless, further weakening the alliance. The Third World that the United States was trying hard to woo soured even further toward Washington, as votes against the United States in the United Nations, restrictions on American corporations, and terrorist acts against American citizens and property starkly testified. When radical Islamic students stormed the American embassy in Tehran, Iran, in 1979, one of the attackers snarled to a blindfolded captive: The clique of Southern leaders routinely jailed critics, fixed elections, refused land reform, and, as nationalists, ignored or rejected American advice. The American-assisted plot in 1963 to oust Diem in order to improve the chances for reform only produced more instability. By 1968, George Ball concluded. South Vietnam had only an army, not a government. The United States struggled with a dilemma: Doing so would undermine the very objective of building a strong, independent government that could command popular support. In the end, American officials abandoned reform, and the weak South Vietnamese regime continued to hinder victory. Many Vietnamese refused to fight and die for this corrupt, American-backed government and its self-serving leaders. Nor would they sacrifice for the Americans, who seemed increasingly willing to take on the responsibilities of fighting and bleeding. Marine officer Robert Muller remembered: Not most of the time, every time! ARVN forces were afflicted with the same problems that troubled their government: The United States had no reliable, internal instrument for the implementation of containment and no chances of building one in the midst of a major war. Under such conditions the Vietcong supposedly would have withered away. In military terms, sealing off a mile frontier against a determined and versatile enemy demonstrably adept at infiltration would have been extremely difficult at best, requiring great numbers of troops. Even if such a blocking operation had worked, the fact of tortured politics and popular discontent with the Saigon coterie would have remained to ensure disarray and insurgency in the South and handicap the war effort. A different military strategy would not have altered political realities. From the postwar works of military officers and others, it seems evident that victory never could have come without a reformation of the American military establishment. They kept calling for more men and more bombs. The enemy was never beaten down to the point of surrender: Their war of attrition also presumed incredible patience on the part of the American people, who eventually sensed what postwar analysts have since emphasized: American strategy was not working, and more of the same would not deliver success. The military brass, too, sent soldiers into a war of insurgency after having trained them for combat in Europe or for an encounter similar to the Korean War. The United States largely fought a conventional war, stressing massive fire-power and technology rather than light infantry. Burdened with these and other factors, the United States enjoyed tactical victory but endured strategic defeat. The American military also engaged in deceit that made it difficult for officials in Washington to assess accurately the course of the war. Examples are legion, but a few will suffice. For twenty months, military authorities suppressed reports of the massacre of Vietnamese women, children, and elderly men at My Lai in March 1968. They played games with data, too. In jest, but illustrating the point, one former policymaker created a fictional encounter in which a military officer informed a White House meeting on the effectiveness of the air war: It was on paper: Keeley, who commanded an infantry battalion in the Mekong Delta in 1968, provided an example: Another battalion was doing the same thing and killed two VC. We sent the number four and the number two to brigade for its body count report. There, the numbers were put side by side to make 42, not the six we actually killed. Racial tensions and drugs were rife. In the period 1971-1972 roughly one thousand cases of fragging were registered—assaults on officers with the intent to kill, harm, or intimidate. In the years 1971-1972 some The

American people and their doubts also must figure into any discussion of why victory eluded the United States. How could their ardent support have been aroused and maintained over a long period? Summers and others have argued that a declaration of war would have mattered.

Chapter 2 : What is Lucid Dreaming? - Wake Up In Your Dreams.

Books Advanced Search New Releases Amazon Charts Best Sellers & More The New York Times® Best Sellers Children's Books Textbooks Textbook Rentals Sell Us Your Books Best Books of the Month Kindle eBooks Audible Audiobooks.

Optical[edit] An optical illusion. Square A is exactly the same shade of grey as Square B. See Checker shadow illusion. Optical illusion An optical illusion is characterised by visually perceived images that are deceptive or misleading. Therefore, the information gathered by the eye is processed by the brain to give, on the face of it, a percept that does not tally with a physical measurement of the stimulus source. A conventional assumption is that there are physiological illusions that occur naturally and cognitive illusions that can be demonstrated by specific visual tricks that say something more basic about how human perceptual systems work. The human brain constructs a world inside our head based on what it samples from the surrounding environment. However, sometimes it tries to organise this information it thinks best while other times it fills in the gaps. Auditory illusion An auditory illusion is an illusion of hearing , the auditory equivalent of an optical illusion: In short, audio illusions highlight areas where the human ear and brain, as organic, makeshift tools, differ from perfect audio receptors for better or for worse. One example of an auditory illusion is a Shepard tone. Tactile illusion Examples of tactile illusions include phantom limb , the thermal grill illusion , the cutaneous rabbit illusion and a curious illusion that occurs when the crossed index and middle fingers are run along the bridge of the nose with one finger on each side, resulting in the perception of two separate noses. The brain areas activated during illusory tactile perception are similar to those activated during actual tactile stimulation. In such cases, a person may momentarily perceive time as slowing down, stopping, speeding up, or running backwards. Other senses[edit] Illusions can occur with the other senses including those involved in food perception. Both sound [8] and touch [9] have been shown to modulate the perceived staleness and crispness of food products. It was also discovered that even if some portion of the taste receptor on the tongue became damaged that illusory taste could be produced by tactile stimulation. An illusion occurs when the auditory component of one sound is paired with the visual component of another sound, leading to the perception of a third sound. This is a multisensory, auditory-visual illusion. While these types of illusions are not shared with everyone, they are typical of each condition. For example, migraine sufferers often report fortification illusions. Neuroscience[edit] Perception is linked to specific brain activity and so can be elicited by brain stimulation. The illusory percepts that can be evoked range from simple phosphenes detections of lights in the visual field to high-level percepts.

Chapter 3 : Elusive Quotations (61 in collection) | QuoteTab

Peter Ulisse is the author of Memory is an Illusive State (avg rating, 0 ratings, 0 reviews, published) and Vietnam Voices (avg rating, 0 ra.

Knowing whether a story is real or false can make the difference between notifying authorities, making false accusations, referring the client, or pursuing other treatment options. I had two clients such clients. Client A told me a story of witnessing child abuse done by a neighbor with bizarre details so I interrupted her story to ask a specific question. She lost her train of thought for a moment, became agitated, and quickly answered the question but then had a difficult time returning back to her story. She repeated a previous statement to regain her storyline and then proceeded to finish. I let the story rest and then in the middle of a discussion unrelated to the story, I asked another random question about the abuse. She looked troubled and then contradicted a previous statement. Yet there was something familiar about the story she told me. So I searched the internet and found an almost identical story in a newspaper that happened only a few months, not years ago. I concluded that this client was not being honest during our session. Client B told me a story of her sexual childhood abuse with minimal details. I interrupted her story to ask a specific question. She thought about it for a moment, answered the question, and easily returned back without any indication that she was frustrated by the questioning. We let the story rest for a while and discussed something else. Randomly, I returned to the abuse to ask another question. She was unable to answer it but was willing to think about it and get back to me later. I then asked her to complete an abuse assessment which specifies the seven different ways a person can be abused. She completed the list with multiple examples of abuse, not just the sexual abuse she reported. I concluded that this client was being honest in our session. Here are a few things to keep in mind when trying to discern if a memory is real or false: One job of a therapist is to provide an environment where a client feels safe enough to disclose the thoughts, feeling or memories that maybe troubling them. With that in mind, it is best to come from a perspective of belief rather than unbelief. Certain personality disorders like to create an atmosphere of chaos even when it is unnecessary because they function better in that environment. The therapist needs to keep their emotional responses in check so as not to encourage further dysfunction. Just because a client is saying a story passionately, does not mean it is true. Interrupting the flow of a story is one good way to see if it has been rehearsed. Look for body language signs, changes in voice tone or quality, increased agitation or anxiety, or other hand gestures that may indicate an untruthful story. Make sure any significant changes are double checked with other control stories to see this is their normal behavioral response or an indication of dishonesty. Returning back to the story at a later time can catch a client off guard so that a more accurate portrait can be revealed. A person being truthful will willingly readdress, clarify, or assess additional comments. A person being insincere will become frustrated. However, if the client has been traumatized by numerous people not believing them, they might become frustrated even if they are telling the truth. So addressing their emotional response is as important as obtaining any additional information. After several sessions, Client A was diagnosed with a personality disorder that is known for deceptive behavior as part of a manifestation of the disorder. Whereas Client B was honest about multiple forms of abuse. She works primarily with exhausted women and their families in conflict situations to ensure peaceful resolutions at home and in the workplace. She has blogs, articles, and newsletters designed to assist in meeting your needs. You can connect with her at her website [Grow with Christine](http://www.growwithchristine.com) at www.growwithchristine.com.

Chapter 4 : The Elusive Thread of Memory: The Displaced World of Mavis Gallant - The Millions

Memory is an Illusive State Tennis Zen Septuagenarian Drivers July Fifth Nurse and Window Age Crossing Enlightened Macho Grounded Remembering Love Lost Oceans and.

Open Gaming Space Have more ideas? Watch us turn horse apples into applesauce. Some of the Rewards: Not quite final art. The Illusive shirt with our new Femme Logo. Design not quite final. What could we do for you then? Want more Perry Giggling? Want more Anna Emotions? Want more Steve Sincerity? You want more Gaz! So what if you triple that, which is totally a thing you could do? Right now, Steve and Perry have more than enough to do in a day. But with a little encouragement, we can free up some of their time to be recorded and podcasted. The internet will never be the same, thanks to you! Risks and challenges This is an expensive proposition, and nothing in life is certain. Know how we know all this? This is not our first rodeo. In we opened a new game shop, Isle of Gamers, and ran a successful Kickstarter to help with the remodel and decoration of that shop. We do this through hard work, a lot of hope, and some luck. Construction should run through mid-August. We used the same contractor on Isle of Gamers; we know they keep true to their word. We plan to fulfill all rewards following our move to the new location. Go watch the video again. Watch when Anna says the store is a piece of her heart. That lady will not let you down. Our challenges are many. Our solution is her. Questions about this project? This one-of-a-kind exclusive book with photos of the moving and construction project will have a home in our new comic store location.

Chapter 5 : Building The New Illusive Comics & Games by Illusive Comics & Games â€™ Kickstarter

Books Advanced Search Today's Deals New Releases Best Sellers The Globe & Mail Best Sellers New York Times Best Sellers Best Books of the Month Children's Books Textbooks Kindle Books Livres en franÃ§ais.

Human memory is a complex, brain-wide process that is essential to who we are. Learn about encoding, the brain, and short- and long-term memory. See more brain pictures. These are memories that make up the ongoing experience of your life -- they provide you with a sense of self. In a profound way, it is our collective set of memories -- our "memory" as a whole -- that makes us who we are. Most people talk about memory as if it were a thing they have, like bad eyes or a good head of hair. In the past, many experts were fond of describing memory as a sort of tiny filing cabinet full of individual memory folders in which information is stored away. Others likened memory to a neural supercomputer wedged under the human scalp. But today, experts believe that memory is far more complex and elusive than that -- and that it is located not in one particular place in the brain but is instead a brain-wide process. Do you remember what you had for breakfast this morning? Instead, that memory was the result of an incredibly complex constructive power -- one that each of us possesses -- that reassembled disparate memory impressions from a web-like pattern of cells scattered throughout the brain. Your "memory" is really made up of a group of systems that each play a different role in creating, storing, and recalling your memories. When the brain processes information normally, all of these different systems work together perfectly to provide cohesive thought. What seems to be a single memory is actually a complex construction. Each part of the memory of what a "pen" is comes from a different region of the brain. The entire image of "pen" is actively reconstructed by the brain from many different areas. Neurologists are only beginning to understand how the parts are reassembled into a coherent whole. In fact, experts tell us there is no firm distinction between how you remember and how you think. The search for how the brain organizes memories and where those memories are acquired and stored has been a never-ending quest among brain researchers for decades. Still, there is enough information to make some educated guesses. The process of memory begins with encoding, then proceeds to storage and, eventually, retrieval.

Chapter 6 : How to Be Elusive: 10 Steps (with Pictures) - wikiHow

Define elusive. elusive synonyms, elusive pronunciation, elusive translation, English dictionary definition of elusive. adj. 1. Tending to elude capture, perception, comprehension, or memory: "an invisible cabal of conspirators, each more elusive than the archterrorist".

Andrew Saikali February 19, 3 books mentioned 3 6 min read Related Books: Jean-Paul Sartre visited Montreal in the s for a speaking engagement. In marked contrast to the socially progressive nature of much of Quebec today, Quebec then cowed under the unyielding hand of the Church. They succeeded, and he left, but not before encountering a young journalist and budding writer of fiction who asked Sartre how much of himself was in his latest protagonist. Sartre, courteous and well-mannered, replied to the young Canadian woman then writing fiction in secret: In *From The Fifteenth District*, an anthology of stories which were originally published in *The New Yorker* in the mid- to late s, some characters are tethered by the thread of memory to people from the past, or simply to another time or another place. Other characters have managed to sweep the ghosts away. Netta soldiers on as the impending war drives away those around her. Still later, long after the war has ended, Jack returns. Jack, closed to ghosts, deaf to their voices, was spared thisâ€¦ She envied him his imperviousness, his true, unhysterical laughterâ€¦ I was always jealous. Of his short memory, his comfortable imaginationâ€¦ I have a dark, an accurate, a deadly memoryâ€¦ Memory should at least keep you from saying yes twice to the same person. The Second World War casts its shadow over many of the stories in this collection. The Unwins and their fellow Britons living nearby remain naively convinced that neither Mussolini nor Hitler want war. For the Unwins, life in southern Europe is business as usual. A grandmother, living in Budapest, her son having long ago transplanted to Glasgow, receives frequent letters from her son, with photos of his new Scottish family. Points to the mother of the son who has immigrated to the most idealized locale. Points for frequency of letters, for quantity and quality of the stamps. In the final hours of a Paris getaway vacation, Germans Christine, her friend Herbert, and his young son little Bert have been summarily evicted from their lodgings at the crack of dawn. The story is essentially the train journey home, but this is a journey like no other. Christine is the central character, and we read not only her thoughts, but due to her ability to channel the thoughts of those around her, we hear their thoughts, we read their lives. She had gone into captivity believing in virtue and learned she could steal. Went in loving the poor, came out afraid of them; went in for the hounded, came out a racist; went in generous, came out grudging; went in with God, came out alone. Ernst and Willi are old friends. Ernst, part Austrian, part German, former soldier turned Legionnaire, is staying with Willi in Paris but is on the verge of being deported, trapped as he is in a bureaucratic cul-de-sac. And his memory is broken: Ernst will let Willi pay the bill, and, with some iridescent memory of something once read, he will believe that Willi had free gas â€” and, who knows, perhaps free rent and light! When Ernst believes an idea suitable for the moment, it becomes true. For a third of the collection *Across The Bridge*, ex-pat Gallant looks back to mid-century Montreal, to the social-climbing Carette family. The Carettes are trying to marry off Marie. Though Marie is hopelessly in love with a Greek young man, the Carettes have other ideas: In the life of a penniless unmarried young woman, there was no room for a man merely in love. He ought to have presented himself as something: So they orchestrate the arrival of Louis Driscoll: Berthe and her mother exchanged a look. He wanted three sons. The remaining two Carette stories bring us up to date with Marie in middle age, then Marie as a grandmother â€” her son transplanted to Florida. One such writer, Adam Tremski, has just died, and was to be buried in the one good suit that he owned: He had never owned another, had shambled around Paris looking as though he slept under restaurant tables, on a bed of cigarette ashes and crumbs. You can listen to by going here. Scroll down, and then follow the instructions for audio. And a interview for the *Aurora* journal can be read here. In both, she discusses the craft of the short story; in the audio interview she peppers the conversation with anecdotes about her childhood in Montreal, her exchange with Sartre, and her dealings, early in her career, with an evil, thieving agent who pocketed her payments from *The New Yorker*, telling the magazine that she had moved to Capri! Maybe some things are indeed best left forgotten. In the end it was always a poem that ran through the mind â€” not a string

of dates. He spends his moments of leisure listening to music, reading, watching films and prowling the streets of Toronto, and he feels that he is long-overdue for a vacation so that he can do more of those things. At any given time, he is probably pining for distant shores and really should do more traveling and less pining.

Chapter 7 : How to Tell If a Memory is Real or False | The Exhausted Woman

Christine Hammond, MS, LMHC. Christine is a Licensed Mental Health Counselor by the State of Florida with over fifteen years of experience in counseling, teaching and ministry.

History[edit] Hermann Ebbinghaus

Flashbacks are the "personal experiences that pop into your awareness, without any conscious, premeditated attempt to search and retrieve this memory". Flashbacks to those suffering posttraumatic stress disorder can seriously disrupt everyday life. It enables one to remember what happened two days ago at noon, or who called last night. However, theorists agree that this phenomenon is in part due to the manner in which memories of specific events are initially encoded or entered into memory, the way in which the memory is organized, and also the way in which the individual later recalls the event. The special mechanism view is clinically oriented in that it holds that involuntary memories are due to traumatic events, and the memories for these events can be attributed to a special memory mechanism. On the other hand, the basic mechanism view is more experimentally oriented in that it is based on memory research. This view holds that traumatic memories are bound by the same parameters as all other every-day memories. Both viewpoints agree that involuntary recurrent memories result from rare events that would not normally occur. These rare events elicit strong emotional reactions from the individual since it violates normal expectations. On the other hand, involuntary recurrent memories are likely to become more available, and these are more likely to be triggered by external cues. In contrast to this, the basic mechanism view holds that the traumatic event would lead to enhanced and cohesive encoding of the event in memory, and this would make both voluntary and involuntary memories more available for subsequent recall. Up until recently, researchers believed that involuntary memories were a result of traumatic incidents that the individual experienced at a specific time and place, but the temporal and spatial features of the event are lost during an involuntary recollection episode. In other words, people who suffer from flashbacks lose all sense of time and place, and they feel as if they are re-experiencing the event instead of just recalling a memory. Furthermore, the initial emotions experienced at the time of encoding are also re-experienced during a flashback episode, and this can be especially distressing when the memory is of a traumatic event. It has also been demonstrated that the nature of the flashbacks experienced by an individual are static in that they retain an identical form upon each intrusion. This has been termed the warning signal hypothesis. For example, a man experiences a flashback upon seeing sun spots on his lawn. This happens because he associates the sun spots with the headlights of the vehicle that he collided with, causing a horrific car accident. According to Ehlers and Clark, traumatic memories are more apt to induce flashbacks simply because of faulty encoding in that the individual fails to take contextual information into account, as well as time and place information that would usually be associated with every-day memories. These triggers may have elicited an adaptive response during the time of the traumatic experience, but they soon become maladaptive if the person continues to respond in the same way in situations in which no danger may be present. The recall of memories for stressful events do not differ under involuntary and voluntary recall. Instead, it is the retrieval mechanism that is different for each type of recall. In involuntary recall, the external trigger creates an uncontrolled spreading of activation in memory, whereas in voluntary recall, this activation is strictly controlled and is goal-oriented.

Chapter 8 : Peter Ulisse (Author of Memory is an Illusive State)

The quality of being elusive can be elusive in and of itself. To remain outside the net of capture, perception, comprehension, or memory -- that is the goal of the elusive individual! Depending on your covert aims, there are many ways for you to go about creating an elusive atmosphere about yourself.

What is Lucid Dreaming? Today we understand the science behind this phenomenon and thankfully with the right kind of training can be learned by practically anyone: There is an entire world to explore with complete conscious awareness, you can touch, taste, think like you do in the real world with one exception you know this is a non-physical reality you are exploring so there are no rules – you can fly, meet anyone, go anywhere, pretty much do anything. Best of all it feels real, just as real as you reading this so an apple, for example, will feel and look like an apple unless you want it to taste like a strawberry or turn into a butterfly and watch it fly away which, with proper training, you can achieve. We are standing at the edge of human evolution witnessing a revolution in our understanding of our own reality. Neuroscience and molecular biology are the pillars bridging our understanding of the brain-mind paradigm; we are on the cusp of a conscious revolution. Lucid dreaming is an elusive state of consciousness that allows us the freedom to roam around inside our own imaginations to experience events of impossible fantasy. Forbidden fruits can be tasted, fantasies lived out, dreams literally fulfilled. Sounds too good to be true? The Out of Body Conscious Simulation OBCS technique method engineered by Dr Rory Mac Sweeney relies on training yourself to be able to become lucid in the dream at will and then using the techniques taught to help you interact with the environment you create. It requires mental focus to train but anyone who puts the work in can expect to have some profound results. There are many sites teaching lucid dream techniques but most really lack the deeper science of how to achieve the state predictably and consistently. OBCS has been engineered specifically to give you a real understanding of the science of lucid dreaming, allowing you to take yourself as deep as you like into the dream experience. Few systems offer the level of insight OBCS pursues giving you the opportunity to develop your own personal understanding of the lucid dream experience. Want to Lucid Dream Tonight? While we have laid out 26 Lessons that will enable you to better understand what lucid dreaming is as well as being able to enter it more consistently, we can give you a quick and easy way to experience lucid dreaming right now. This method is commonly known as mnemonic induced lucid dreams or, the MILD technique. The first two steps of this plan you can take action on right now. The subsequent steps can be practiced tonight, as you go to sleep. Recall Some Recent Dreams – Your ability to enable lucid dreaming depends on your dream recall rate. If you have a high recall rate, then lucid dreaming will happen more readily for you. Keep a dream journal each morning and write down your dreams. This will help strengthen your dream recall. Create a Mantra – These are called lucid affirmations. There are alternative ways to achieving lucidity, but this is the most straightforward. This is a phrase that you repeat to yourself over and over. You are programming an affirmation that you can recall when you in a dreaming state. Some of the most popular mantras are: Just repeat it to yourself over and over again. The most important thing is to put real feeling into each affirmation as you say it. This should take anywhere from minutes. Find a quiet place where you want to enter the dream state. The most popular is, of course, your own bedroom. But it needs to a place where you can lay down comfortably and not be disturbed. Visualize Your Lucid Dream – Remember that last dream you could recall? The setting, what you were doing, every detail you can imagine. It should be something fantastic: Now, say your lucid affirmation! When you first start out, the goal is to create these small moments of lucidity before you go to sleep. This will increase the chances of you having spontaneous lucidity in the future. The next morning you should capture anything you remember about your dreams in your dream journal. Quick Tips For Lucidity: Different supplements can increase the likelihood of these dreams. Also, they can affect the nature of those dreams. Check out our guide to lucid dreaming supplements here. Clear your mind before you attempt lucidity. Focus on your senses as you start out: These textures will help and may even enhance the vividness of your dreams!

Chapter 9 : Echoes on Behance

With a bound he cleared the intervening bush--there was a splash as the water closed about him--and then, with powerful strokes, he swam out into the impenetrable night with no guide save the memory of an illusive cry, and for company the hideous denizens of an equatorial river.