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Subject: Exercise to aid Dream Recall
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The skullfuck An Exercise in Dream Recall

Purpose: This is an exercise to aid in the recollection of dreams through the use of visualization and tactile imagery. It is best performed at the times that one begins to fall asleep.

1. Relax; take a few deep breaths, and concentrate on the present sensation of the extremities.
2. Allow yourself to feel the gradual decrease in sensitivity of the limbs as you drop off to sleep.
3. Switch your attention rapidly from limb to limb, but block out extraneous thoughts as completely as possible.
4. When nearly all sensation is lost in the extremities, switch your attention to the spine; localize your attention to the sensation at each vertebra. Send a current of energy up from the base very slowly to the top.
5. When the current reaches the top, visualize the entire spine as a penis, and the point where it enters the skull as the sexually-oriented orifice of your choice.
6. Concentrate now on the sensation of the spine-penis entering the foramen magnum-orifice. When bringing the sensation to the conscious level, recall that it is your penis and/or your orifice; a great deal of sensation is being generated.

7. Hold the images and sensations in mind until you do, in fact, fall asleep. Attempt immediately to hold up your dream-hands in front of your eyes.

By practicing this daily, near total dream recall is achieved in a relatively short time.

I've sent this out because I've found that better access to one's dreams often equates to finding a lot of excellent raw material for personalized magickal work, insofar as many of the archetypes to be worked with can be found there. It took about 30 days of work before I actually got this functioning correctly, but my own dream recollection is approximately 90% now, and I often remember several dreams from the same night. Also, my lucidity is at around 10% of total.

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