

FractalU Presents

A Coherent Compression Field - The Science & Practice of Lucid Dreaming with Groups



WITH
Dr. Jenefer Bell

April 14, 2024

2:00pm New York / 8:00pm Paris

Zoom link at:

www.fractalU.com

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MODELS.ORG

- ❖ A short history of Dreaming Lucidly.
- ❖ Updates to the science of Lucid Dreaming: how DO we become shareable?
- ❖ The practice of Lucid Dreaming in groups: updates
- ❖ Followed by questions.



Part 1: A short history

We are all descended from dreaming peoples. Every civilization has cosmologies of their ancestors who came from the stars and dreamed new cultures into being.

Since the dawn of human-time on this planet, lucid dreaming has been an essential part of healthy, functioning individuals & societies.

Societies rely on Dreamers who can see beyond the limitations of physical reality, hear the collective wisdom of the ancestors and translate that knowledge in daily life. Those who can hold and tell the stories, sing the songs and dance the dances that bring the dream of living on this Earth to life are the generators of culture.



Disclaimer: The type of 'Lucid Dreaming' generally described as a hypnagogic state, is only the beginning of a journey to awaken yourself while both 'sleeping' and 'daydreaming'.

This superconscious state, whereby you are utilizing FAR more than the typical 4% of your brain, where your natural latent capacities emerge and your 'dreaming' becomes your life, is the type of lucid dreaming described in this presentation.



Image: Triskelion, New Grange. Éire

Imagineering:

In the ancient past, 'lucid dreamers' were those who were able to access past/present/future knowledge through their night and day dreaming.

They recorded information on the local seasons, the lunar and solar cycles, when to sow and harvest crops, hunting seasons and migration tracks, times of catastrophe and lack, and times of increase and bounty.

They remembered the times of eclipse and lunar standstill and the Long Count of the precessional cycles, recording them in the stonescapes of chambers and henges and in petroglyphs and other rock art.



Calanais astronomical observatory, Isle of Lewis, Alba (Scotland)

My ancestors of Éire and Alba (Ireland and Scotland), dreamed the extensive megalithic sites that connected them to the cosmos, through lunar, solar and galactic cycles.

The sophisticated sacred geometry and mathematical calculations used in both the construction of the monuments and the recorded information, reveal minds attuned to the measured rhythms of the cosmic matrix.

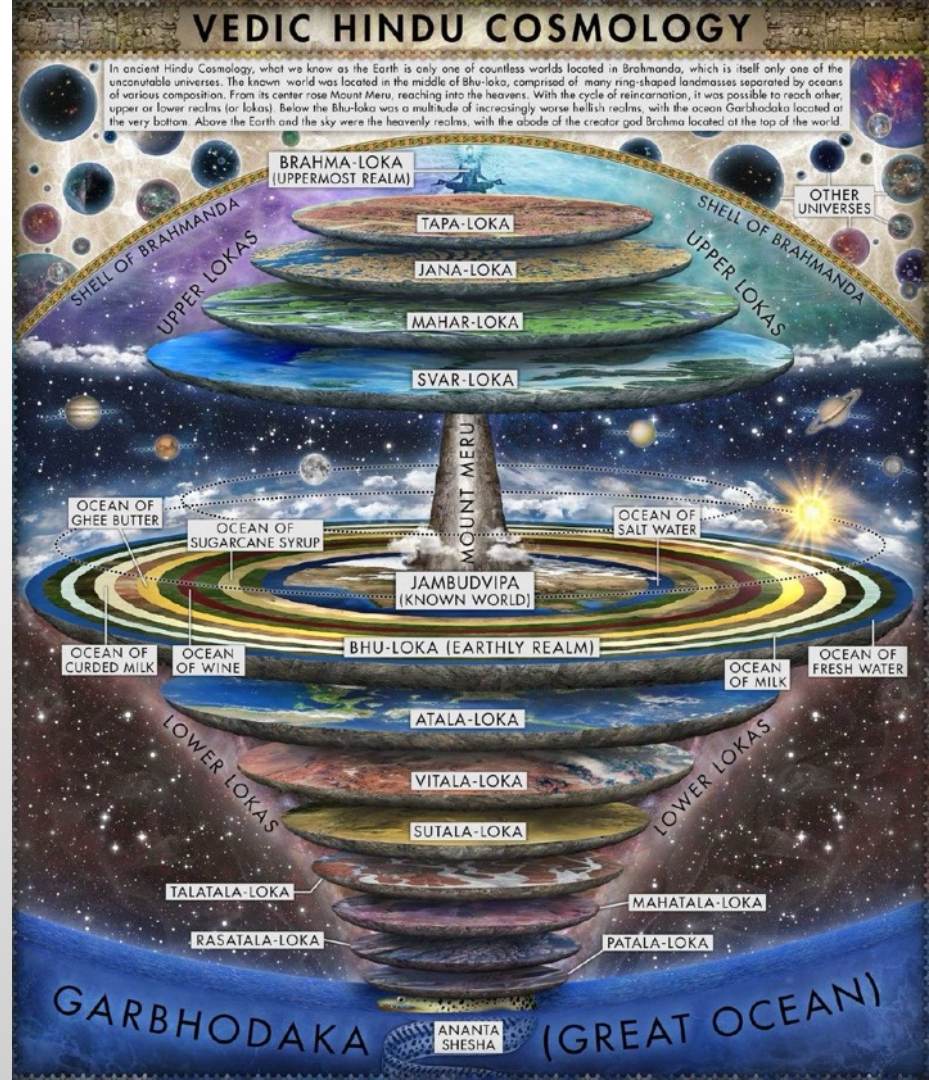
The common myth of primitive Neolithic 'tribal' societies is obviously incorrect. They possessed many skills and capacities that modern society has lost.





Other examples of dreaming cosmologies include the Slavonic-Aryan knowledge recording the nine worlds of Norse mythology wrapped within Yggdrasil, the sacred world tree. The realms are connected by the Bifrost (star lanes) and the roots are portals (wells) that connect to other locations out in the cosmic matrix.

Vedic Hindu cosmology records multiple worlds suspended in the causal medium of the Great Ocean amongst countless other universes.

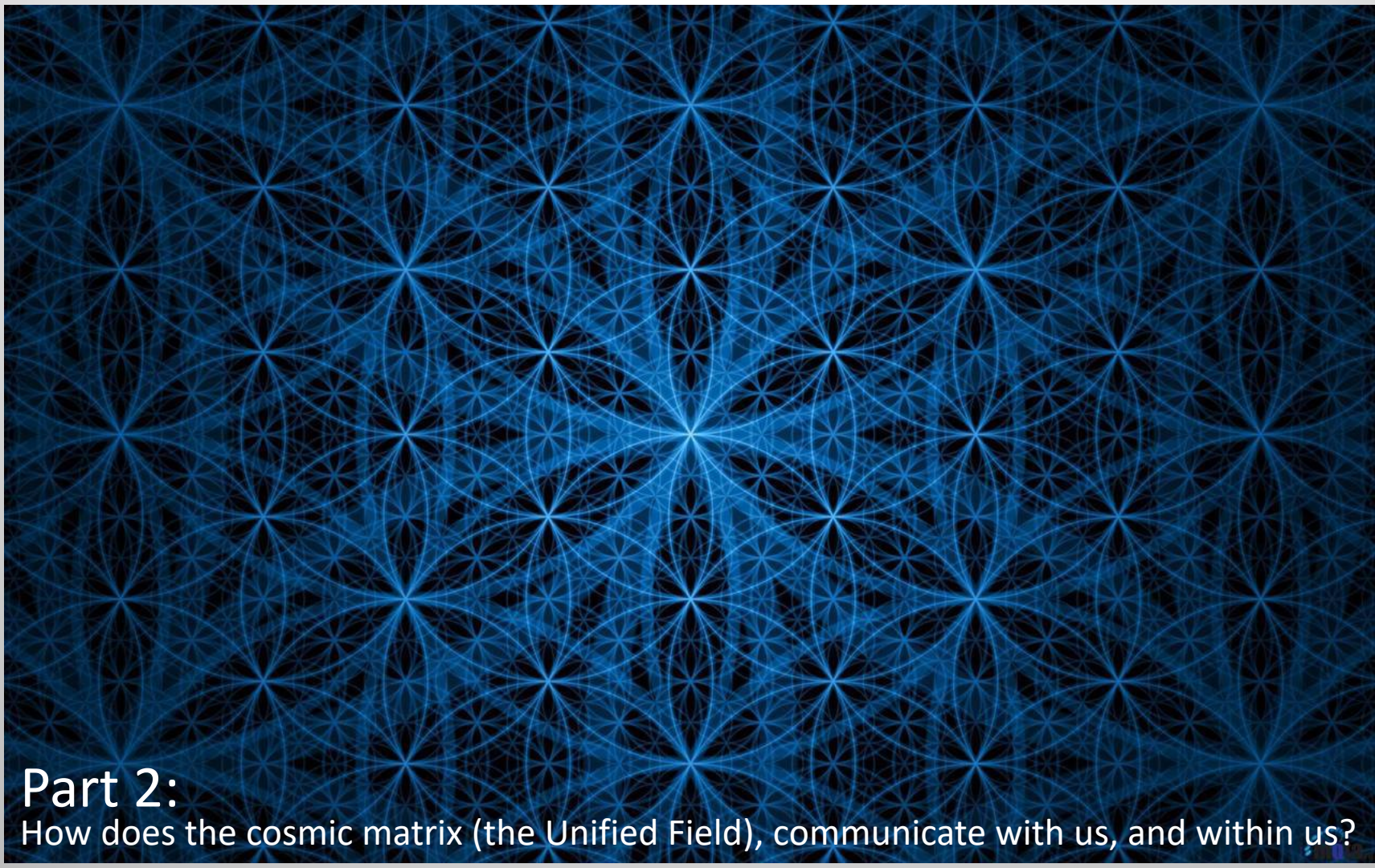


First Nation Peoples of Australia : The Original Dreamers

The fractal lands, waters and skies of *Ngarabal/Gidabul* Country at the most easterly point of Australia. The rising sun infuses *Wollumbiny* (the remnant peak of a 20 million year ancient supervolcanic caldera), charging the dreaming tracks across the longest stretch of 'songlines' in the Country.



We pay our respects to the senior law-women of the *Ngaragal/Gidabul* clans, whose sovereignty has never been ceded.



Part 2:

How does the cosmic matrix (the Unified Field), communicate with us, and within us?

Qualities of the Universal Energy

(‘Aether’, Plasma or Charge)

- Compressible
- Behaves like a fluid
- Stores inertia when it rotates
- In certain geometries (fractal, conjugate etc.) it appears to self organize and become intelligent and ‘alive’

Dan Winter,
Fractal Conjugate Space & Time:
Cause of Negentropy, Gravity and Perception

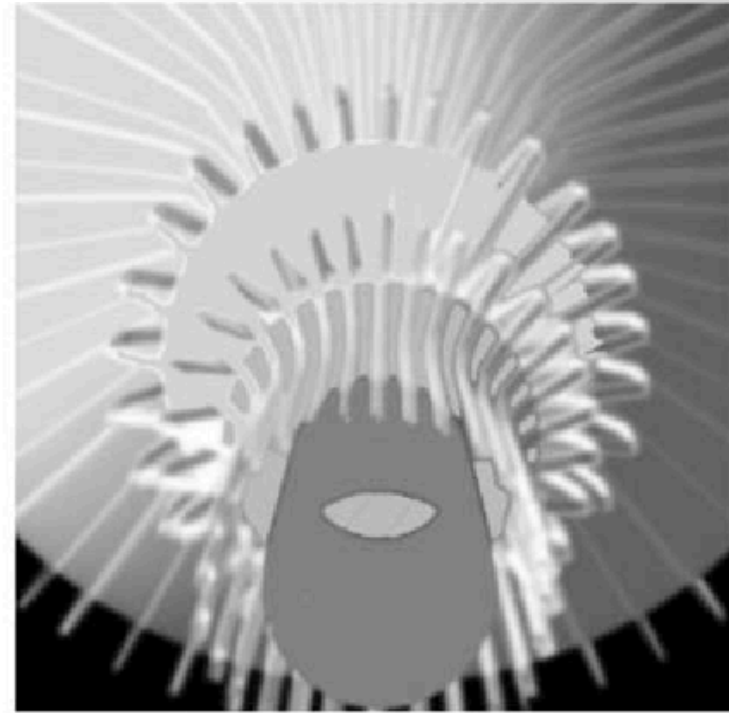
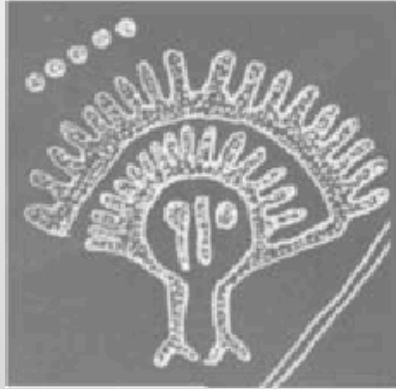
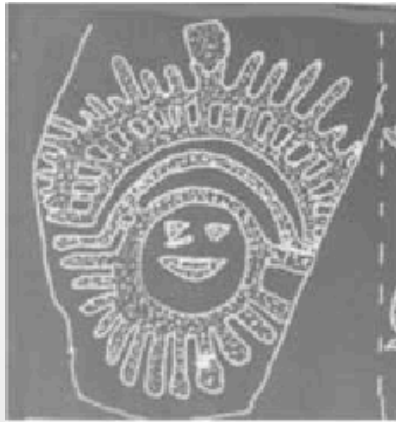
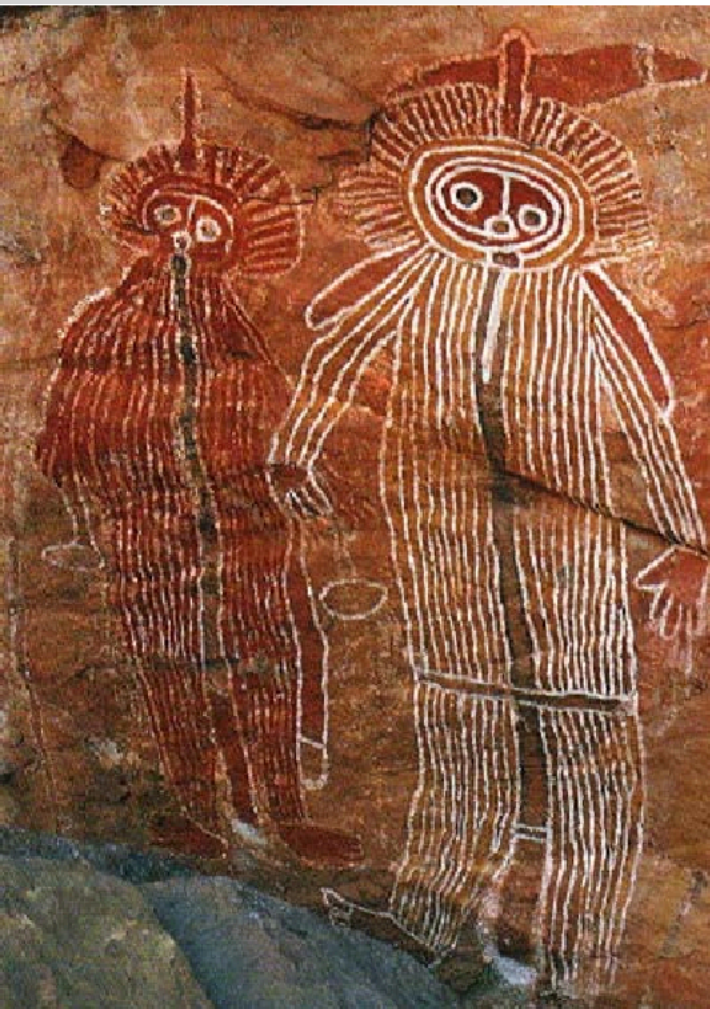




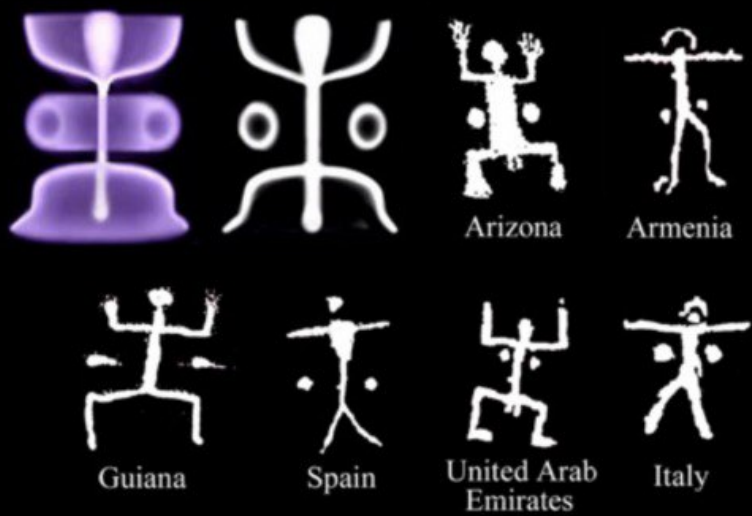
The Macrocosm:
Lightning Brothers (*Durrawoin*).
Ancestors walking the lands and
waters.

Australian First Nation Aboriginal
peoples recorded the passage of
plasma superstorms (sentient plasmoid
Ancestor beings), and other
phenomena in their petroglyphs and
rock art.

Our ancestors recorded images of
external phenomena and events, and
they also laid down images in our
consciousness in order to navigate the
evolution of our human bodies.



Left: 'Wandjina' creator spirits of the *Mowanjum*, NW Kimberley region, Australia.
Right: Plasma crown formations (after Tony Peratt)



Plasmoids (plasma formations), recorded in the 'Squatting Man' petroglyphs (rock art) and the material culture of numerous First Nation societies globally.



Arizona



Armenia



Guiana



Spain



United Arab
Emirates



Italy



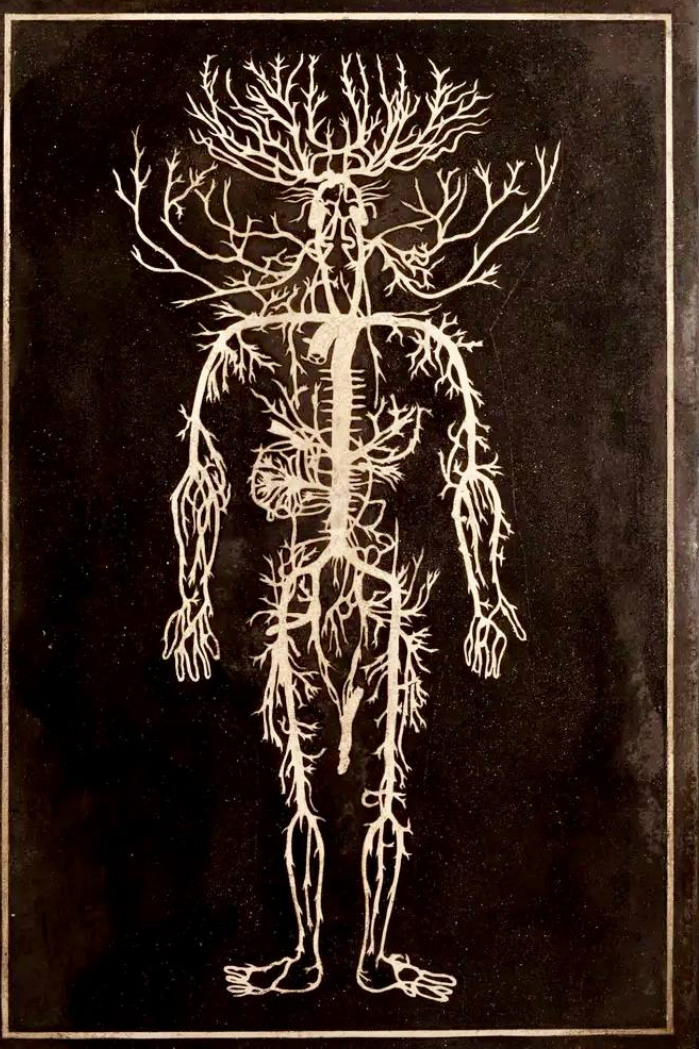
Terminus

Plasma Column
(Birkeland Currents)

Diocotron Instability

torus (plasmoid)

Reference: A. L. Peratt, J. McGovern, A. H. Qoyawayma, M. A. Van der Sluijs and M. G. Peratt, "Characteristics for the Occurrence of a High-Current Z-Pinch Aurora as Recorded in Antiquity Part II: Directionality and Source,"



The Microcosm:
Connecting the
electrical human self
to the cosmos:

Left: Dissection of the
nervous system of the
human body show
dendritic style
branching of nerve
bundles and fibres.

Right: Image:
'Spiritual Energy
System' (1981)
by Alex Grey

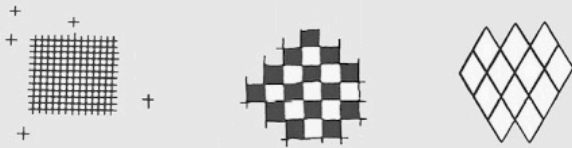




Small circles, clusters, amorphous blobs



Central radiation, radial symmetry, kaleidoscope



Grids, fretwork



Geometric lines: straight, angular, circular



Scintillation, extrusion

Iteration

Movement

Rotation, spiraling

Heinrich Klüver extrapolated four groups of entoptic visual phenomena, 'seen' behind closed eyes in a sequence during altered states of consciousness. He called these 'Form Constants': lattices, cobwebs, tunnels, and spirals.

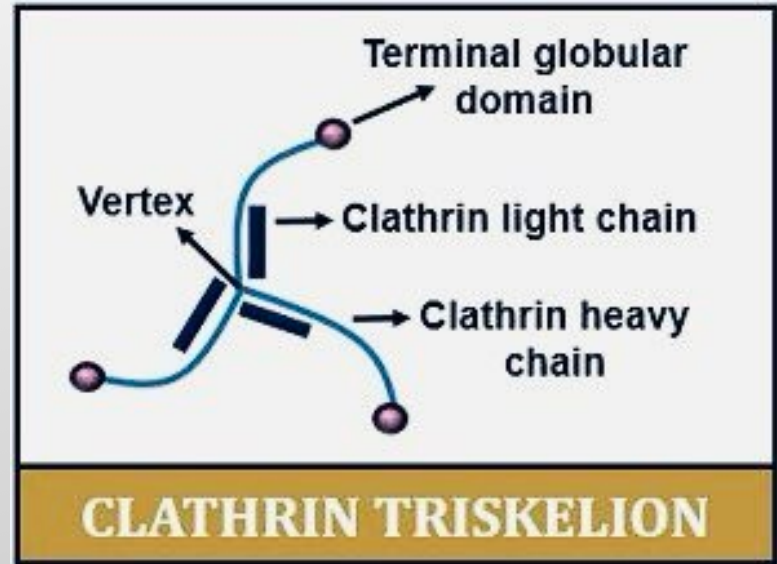
Form constants are markers in human neurobiological make-up, hardwired into our brains, that both lead us through each successive stage of altered consciousness enabling path integration on our dreaming journeys (like a trail of breadcrumbs through the deep dark forest).

Universal symbolism evolved from these visual phenomena witnessed in the 'dreaming' or recorded from physical events. I would also argue that iconographic and symbolic 'art' acts as mnemonic technology to reflect and trigger the remembrance of past events (as we see with petroglyphs).

Ref: Froese, Tom., Woodward, Alexander. and Ikegami, Takashi., (2013). *Turing instabilities in biology, culture, and consciousness? On the enactive origins of symbolic material culture.* The Journal of Adaptive Behaviour 21(3) 199–214

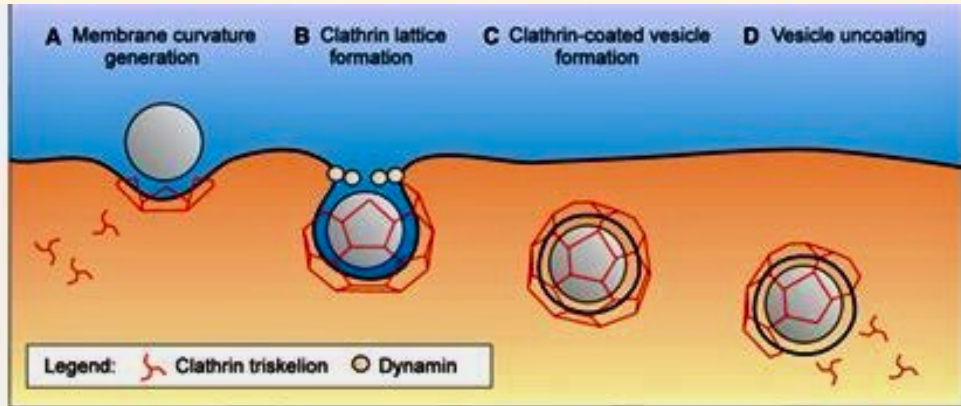
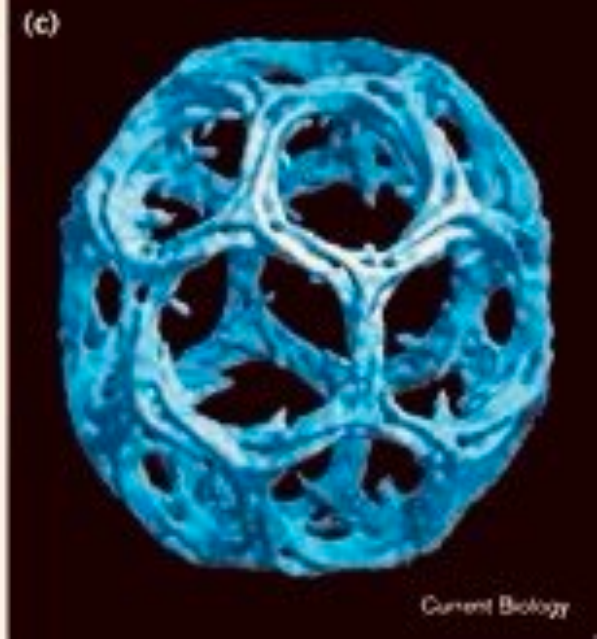
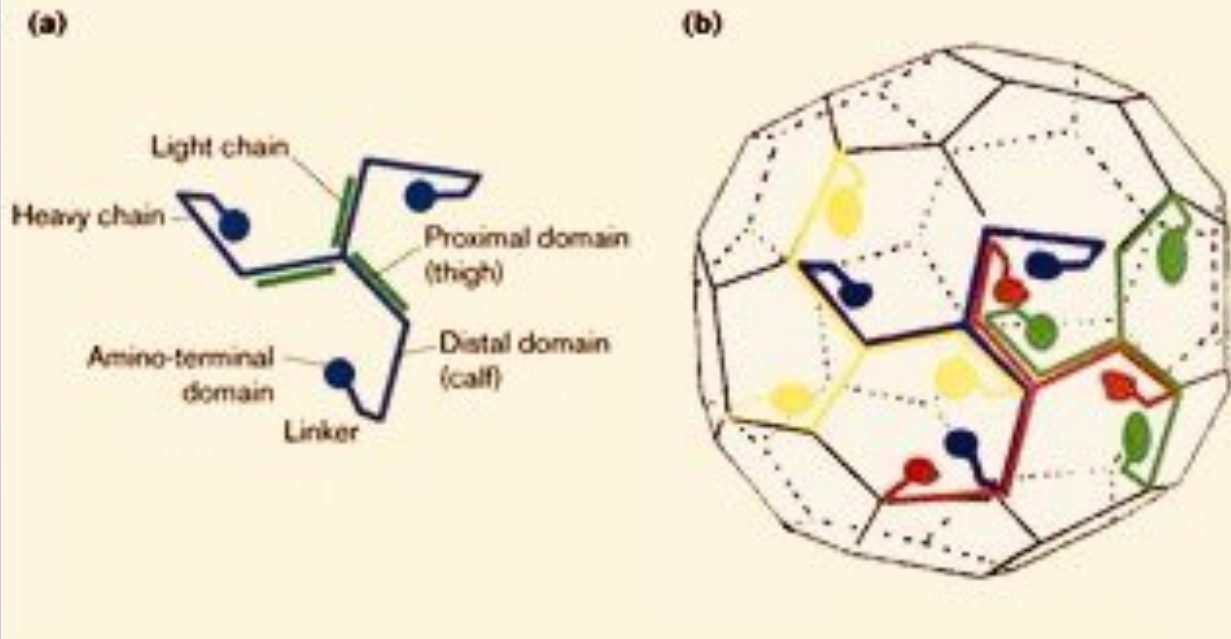


The petroglyphs and other rock art of our dreaming ancestors also record natural processes of our physical and energetic interconnections with the Universal Field.



VARIATIONS OF THE TRISKELION





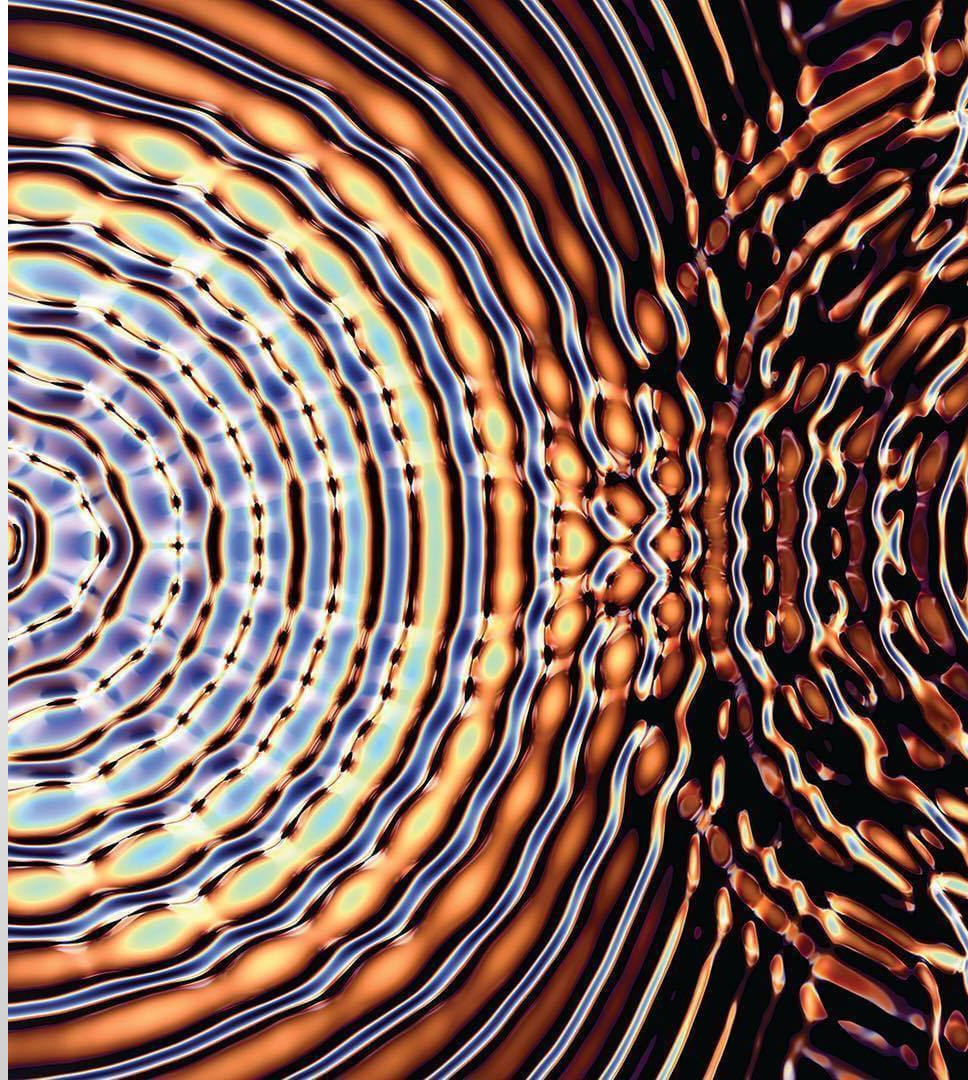
Clathrins are proteins that enable the transportation and delivery of information into the cells of the body. While current debate rages about microtubules and consciousness, our ancestors had already dreamed about and recorded the mechanics of inter-connectivity at the cellular interface.

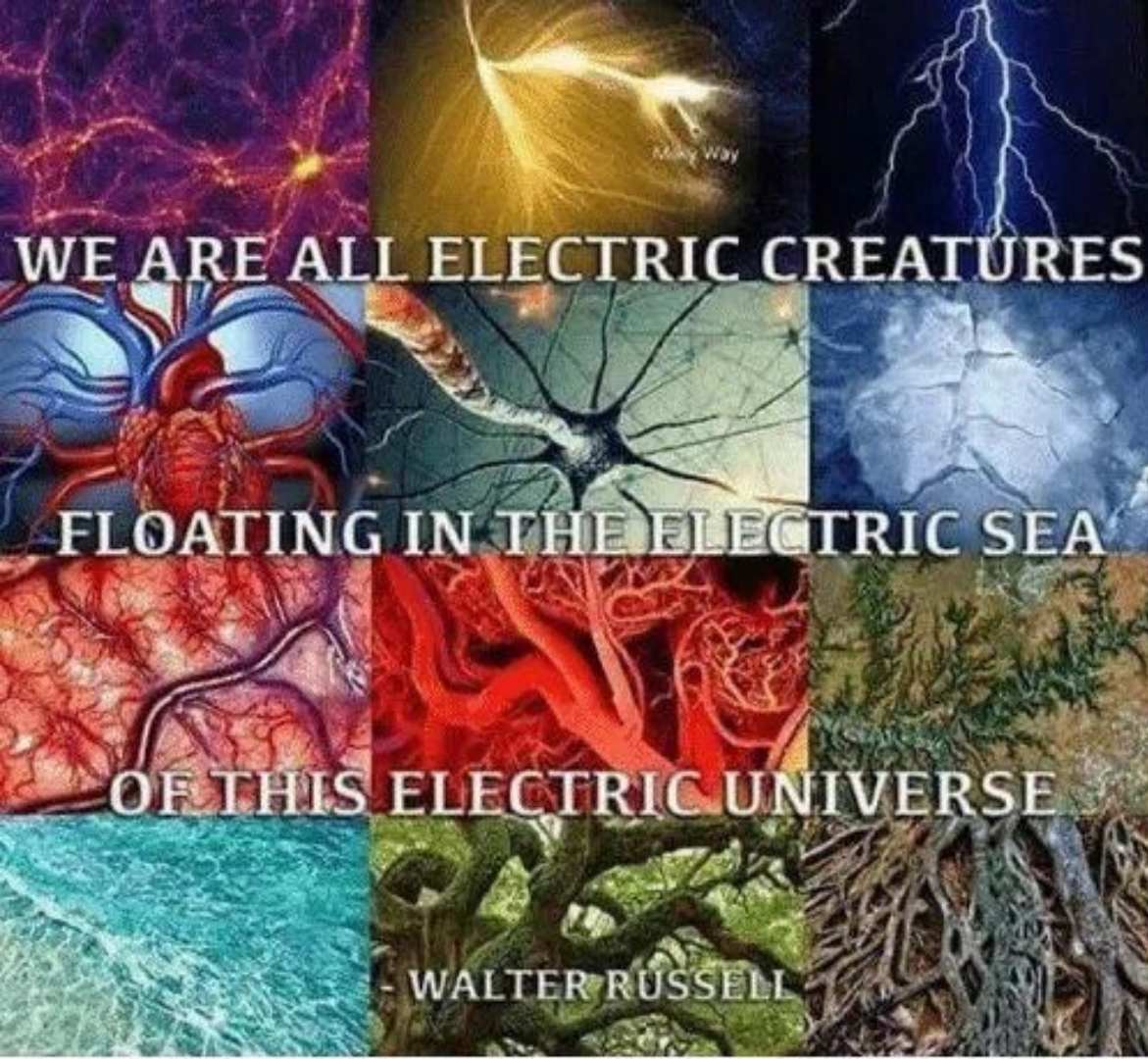
I hypothesize that the emergent form constants now being triggered within the neurobiology of humankind, are of the torus and toroidal fields, as we cross the Planck threshold and **'remember'** who we are in the wider array.



Part 3:

What does it mean, practically speaking, to be a 'shareable wave' as a Lucid Dreamer?






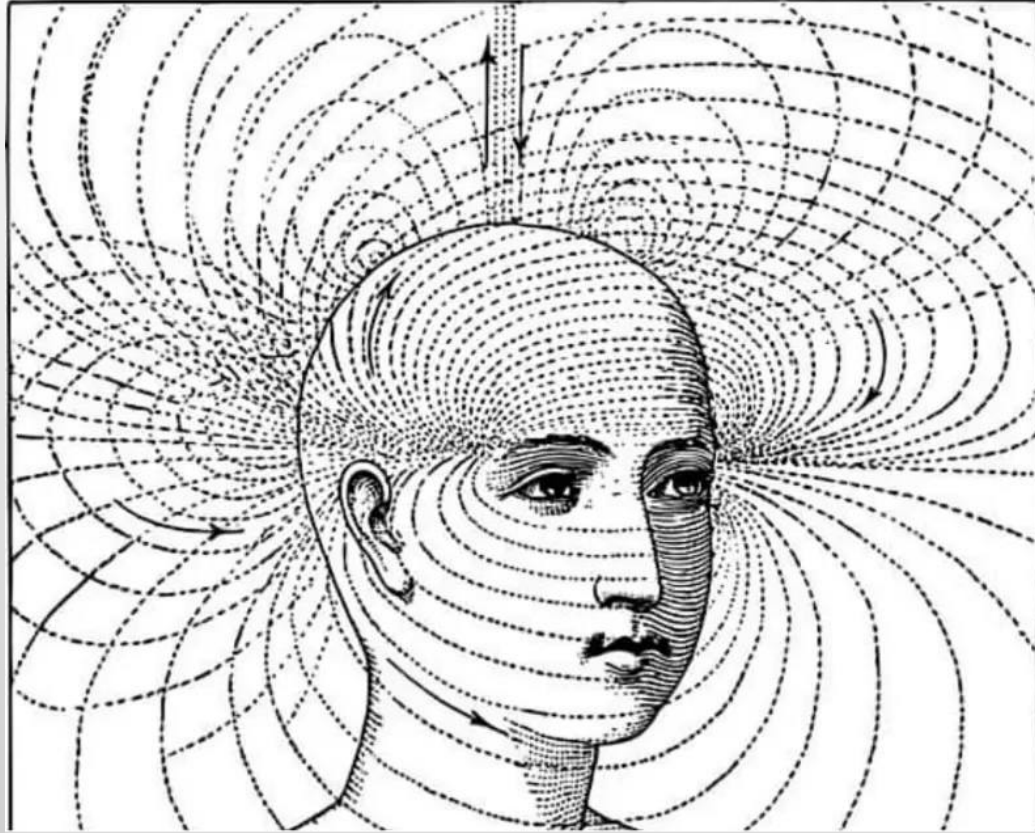
A tentative definition:

‘Lucid Dreamers’ are those who are able to tap into and transduce the ‘knowledge’ of the universal field, stepping down those forces to energies that are recognizable within human perception and that are in phase with the natural dreaming stories of the planetary being.

And finally, lucid dreamers tell those stories through ‘Culture’ - the arts and sciences - perpetuating Life.

Gathering, generating & holding charge:

**THINK
OUTSIDE**
NO BOX REQUIRED.



Learning to be shareable waves: Development of qualities, skills, gifts & talents:

- ❖ The will and courage to 'see' and 'dream' (the 'yearning' is the waveguide).
- ❖ Ability to focus and hold attention.
- ❖ Ability to generate, gather and hold charge (being generators not parasites).
- ❖ Freeing ourselves from fear programmes and patterns.
- ❖ Developing intentionality: Integrity, good energetic 'hygiene', self-responsibility.
- ❖ Being willing to suspend beliefs about what is 'real' and 'unreal'.
- ❖ Balance, coherence, centredness, groundedness (self-management).
- ❖ Gaining self-understanding & compassion for self and collectively.

- ❖ Mindful, co-operative, interdependent.
- ❖ Being prepared to be vulnerable, permeable and open to others.
- ❖ Practicing what we practice preparing to become ultimately shareable in the wider array, in every aspect of our lives.





First, it's
an Intention



Then an
Action



Then a
Practice



Then a
Consistency



Then a
Habit



Then It's Simply
Who you are

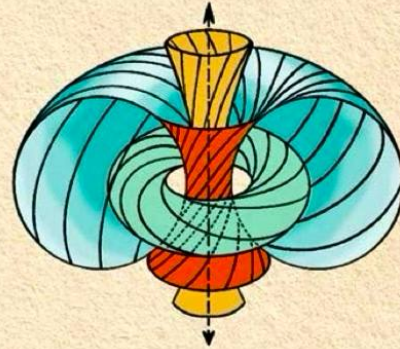
When you finally escape the matrix only to discover a deeper, more mysterious matrix



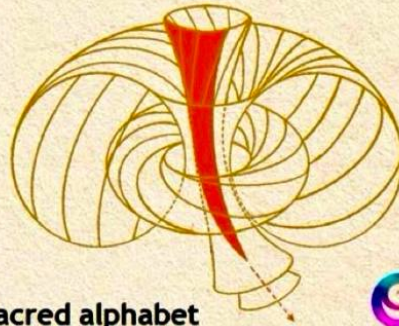
NAVIGATING THE PLASMA FIELD



Steering the centripetal force



Perfect embedding / scale invariance



Sacred alphabet



GoldenMean.info/DNAring
GoldenMean.info/Ophanim
GeometricModels.org/torus-poster

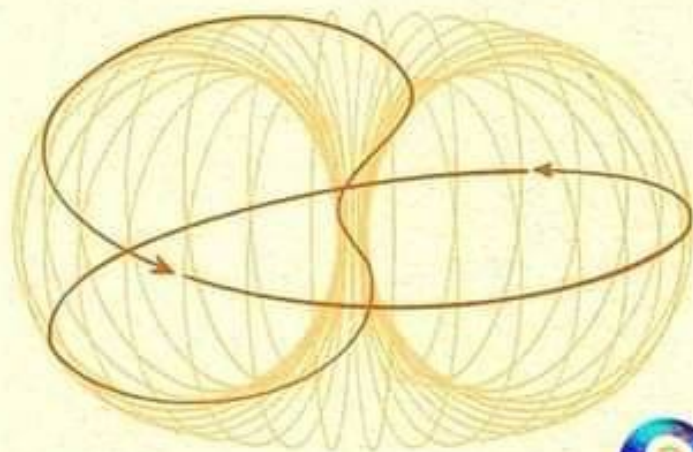
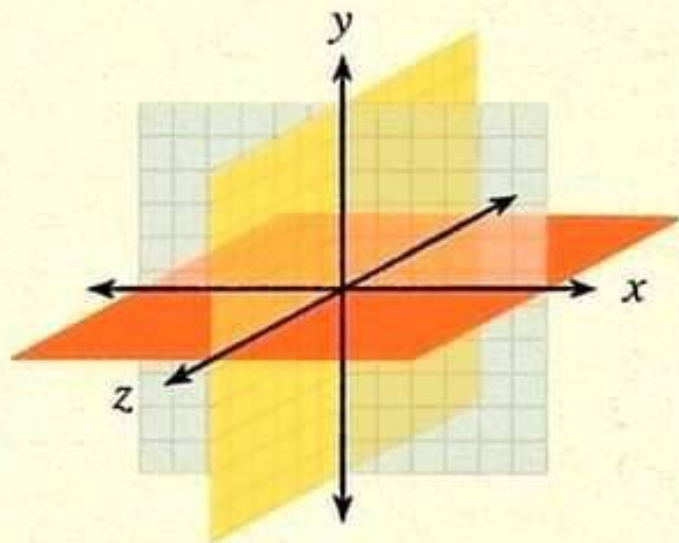
We are spatial beings:

Effective navigation in wider fields requires us to build up a cognitive map of what we are engaging in, who we are engaging with, the mechanics of voyaging AND most importantly how to self-reference well enough to return to our physical bodies intact in mind, body & soul (path navigation).



SELF RE-ENTRY IN SPACE & TIME

3 AXES OF ROTATIONAL SPIN FOR SELF SUSTAINING PLASMA INTELLIGENCE,
GRAVITY, PERCEPTION, CONSCIOUSNESS.



More details at: GoldenMean.info/DNAring
Poster available at: GeometricModels.org



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What works: some basics

- Providing our biology with a reason to evolve.
- We study the mechanics of ensoulment.
- We hone our focus on pure principle (biophysics).
- Prepared to prevail on every level.
- Respond to the responsibility for the whole pod.
- Prepared to become ever more shareable.
- Doing it naturally: no enhancements.

6 Typical Energy Problems

www.healingtech.org

Rips in the Aura

Often found over areas where extended emotional strain or physical trauma has been stored. Creates significant energy loss and enables negative attachments (psychic vulnerability), which exacerbates energy loss. You may experience emotional and physical pains that are not your own.

Self-Help: Salt water bath and/or thoroughly sweep the aura with a clear quartz crystal.

Cords of Attachment

Energetic cords between you and another person, place or object create an energy leak, depleting energy cords from your aura, chakras, and/or meridians.

Self-Help: Do the "cord cutting" exercise.

Energetic Debris

Often felt or sensed as "static" or gritty dirt in the aura or along the body. Can feel as if energy is scattered and ungrounded or hampered and stagnant.

Self-Help: Using your hands, wipe the energy off your body. Flick your hands at the end of each swipe to rid yourself of the energy.

Holes in the Aura

Similar to rips in the aura, except the energy loss and vulnerability to negative influences tends to be much greater. Sensed as a pocket or vortex of energy pouring out.

Self-Help: Sense where the hole is and visualize filling it in with pure source love & light, see it being patched and sewn, then smooth over with divine white light.

Stagnant Energy

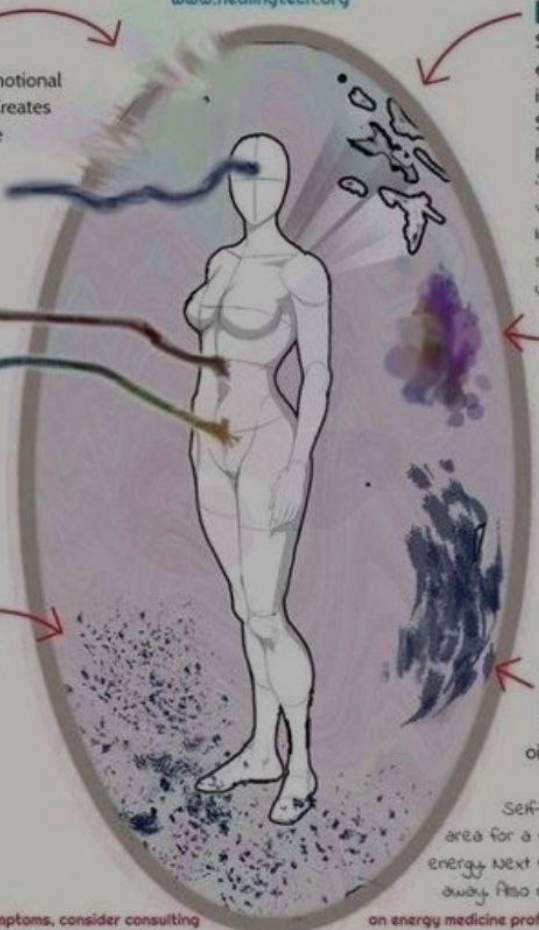
Energy has backed up and become heavy and dense, slows down or blocks energy flow. Sensed as thick, dense or heavy pockets of energy.

Self-Help: visualize the pocket of dense energy being sucked up and out to Divine Light or imagine the ocean flooding into the area dissipating it until it's completely dissolved. Finish by sealing it in love. Be love.

Energy Sludge

This feels like thick and sticky black oil or sludge. The energy feels heavy, dense and extremely sluggish.

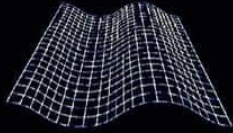
Self-Help: Shake a sacred rattle over the area for a few minutes to break up the goopy energy. Next use a feather to sweep the energy away. Also do a full Chakra cleansing meditation.



* If the Self-Help exercises do not alleviate the symptoms, consider consulting healingtech.org to easily cleanse your aura and improve your wellbeing.

on energy medicine professional or use frequency device from

9 TYPES OF NONVERBAL COMMUNICATION



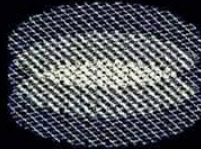
KINESICS

*how we move
our body*



HAPTICS

*how we physically
touch others*



PROXEMICS

*how we take
up space*



TERRITORY

*how we display
power or lack thereof*



ENVIRONMENT

*how we present our
space & ourselves*



VOCALICS

*how we speak
(volume, rhythm, tone)*



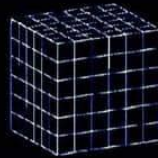
CHRONEMICS

*how we use
our time*



ATTRACTION

*how we draw
attention to ourselves*



OLFACTICS

*how we use our
sense of smell*

Learning to question our dreaming selves AND communicate our responses is a vital part of biofeedback, stimulating our bodies to transform and evolve into Dreamweavers. where our dreams themselves become self-aware.

This work is dedicated to those who have
gone on before us.

Deep gratitude to the 'veterans' and SoulPod
1 & 2 who voyage with me into infinity and
beyond.

And to Dan Winter, who brings us so
elegantly to the threshold.



Gratitude

Worldwidewave.earth

Launching Soon ✨ Onboarding course ✨

Sign up for details & invite link ✨

LEARN MORE

Subscribe

Coming soon: An 'onboarding' course for those interested in dreaming and voyaging with us or those who are content to be 'Ground Crew' with a general interest!

Heartfelt thanks to those who came on board last year and have been patiently holding the space for this group to emerge.

