
NICREADH

PUBLIC RESEARCH ARCHIVE / RETROSPECTIVE RECORD

OBE & Dream Research Archive

1999-2018

A historical archive of lucid dreams, sleep-transition phenomena and apparent out-of-body experiences, preserved from contemporaneous personal journals and retrospectively classified in 2026.

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49 dated historical entries | Source span: 11 September 1999 - 17 June 2018

About this archive

This document presents a retrospective historical record of dream, lucid-dream, sleep-transition and apparent out-of-body experience (OBE) material recorded between 1999 and 2018. The archive is not presented as proof of objectively external out-of-body events. Its purpose is to preserve the historical record and make its phenomenology available for transparent longitudinal analysis.

Editorial and methodological rules

- Original dates and source wording are preserved as the primary historical record.
- Identifiable personal names have been reduced to a single initial for the public edition. Place names and other contextual details are retained.
- The author's historical labels are kept separate from the 2026 retrospective classification.
- Explicit lucid-dream awareness, apparent separation/OBE phenomenology, false awakenings and ordinary flying dreams are distinguished rather than collapsed into one category.
- Verification attempts, discrepancies and negative results are retained alongside apparent correspondences.
- External variables such as lunar phase were added only after phenomenological classification, reducing the risk of changing classifications to fit an external pattern.
- Because historical practice frequency was not systematically recorded, this archive cannot provide a success rate for 1999-2018. The prospective journal begun in 2026 is intended to supply that missing denominator.

Editorial note: line wrapping has been normalised for readability. Apart from the privacy substitutions described above, spelling, uncertainty and interpretation in the historical entries are intentionally retained.

2026 phenomenological classification

The OBE-candidate score measures the richness and testability of OBE-like phenomenology. It does not measure whether an objectively external OBE occurred.

Score	Meaning	Operational definition
0	Dream material	No meaningful explicit OBE phenomenology.
1	Dream / OBE-themed dream	Lucid, semi-lucid, flying, entity or OBE-themed material without a clear sustained separation.
2	Transitional / partial	Sleep-transition sensations, OBE attempt, or ambiguous/partial separation phenomenology.
3	Clear apparent separation	Sustained perceived separation or comparable OBE-like episode.
4	Strong apparent OBE	Clear separation plus multiple features such as body observation, familiar environment, transition sensations or deliberate testing.
5	Verification-grade candidate	Strong apparent OBE plus a deliberate reality/verification observation capable of producing a correspondence or discrepancy. This does not mean verified.

Score distribution

Score	Entries
0	2
1	25
2	11
3	4
4	4
5	3

Highest-priority case files

25/9/01 - Score 5: Strong apparent OBE with reality testing. Dream-to-blackout/spinning transition, strong exit sensations, body observation, dual physical awareness, clock attempt and wall test.

24/7/02 - Score 5: Apparent OBE with negative time check. First Hemi-Sync use, repeated projection sensations, sustained floating, clock observation later inconsistent with physical time.

17/6/18 - Score 5: Strong apparent OBE → false awakening. Prospective projection intention, sleep-transition onset, two perceived exits, body observation and reality check; clear environmental mismatches and later false awakening.

These cases are prioritised because they contain deliberate tests or observations that can be evaluated for correspondence or discrepancy. The 24/7/02 time check is explicitly inconsistent with waking time and is therefore retained as a useful negative result.

Initial findings

- The archive is heterogeneous: ordinary flying dreams, explicit lucid dreams, false awakenings, sleep-transition sensations, OBE-themed dreams and a smaller subset of sustained apparent-separation experiences all occur.
- Phenomenological richness and evidential strength are not the same thing. A vivid or convincing apparent OBE is not automatically strong evidence of external perception.
- Spinning/rotation appears both as an attempted separation technique and as a lucid-dream stabilisation or transition technique.
- Physical-environment mismatches recur in several apparent OBE-like episodes and are coded alongside apparent matches rather than being discarded.
- Reality and verification attempts produce mixed outcomes, including explicit discrepancies in clock/time observations and looser retrospective correspondences.
- The 17/6/18 entry moves from apparent OBE phenomenology into a false awakening, making instability at the boundary between state categories a central research question.

Lunar enrichment: exploratory only

Across all 49 entries, mean lunar illumination at the noon date proxy is 54.8%. Across the seven score-4/5 cases it is 63.5%. Three of those seven high-score cases fall in the Full Moon sector, two in First Quarter, one in Last Quarter and one in Waxing Crescent. These values are descriptive only and no lunar correlation is claimed.

Historical entries usually do not contain exact event times. Lunar values therefore use 12:00 local time in Australia/Sydney on the recorded date (30 October at noon for the 29-30/10/00 entry). The prospective 2026-onward journal is the appropriate dataset for testing any future hypothesis because complete non-events can also be recorded.

Retrospective archive

Original historical journal material follows. Each entry is accompanied by its locked 2026 classification and later lunar annotation.

11/9/99

ENTRY 01 / SCORE 2 / TRANSITIONAL / OBE-THEMED DREAM

LUNAR CONTEXT: New Moon / 1.5% illumination / 14.1° Moon-Sun elongation

Hazy recollection but many astral travel attempts were made. I was lifting out of the physical and hearing voices calling my name. I was trying to lift out. I was spinning in the room (no vision I think). I had several flying dreams and a dream I was ascending a staircase.

16/9/99

ENTRY 02 / SCORE 2 / TRANSITIONAL / PARTIAL SEPARATION

LUNAR CONTEXT: First Quarter / 33.6% illumination / 70.9° Moon-Sun elongation

I dreamt I was in my house (although it looked different in the dream) and I started lifting out of my physical body. I tried to fully lift out but I heard my lungs expel air in a relaxed state and the dream ended.

28/9/99

ENTRY 03 / SCORE 0 / FLYING DREAM

LUNAR CONTEXT: Waning Gibbous / 90.8% illumination / 215.3° Moon-Sun elongation

I dreamt I was flying in a city. I tried to fly higher but the effort caused me to crash into my 'dream bed'.

30/9/99

ENTRY 04 / SCORE 1 / OBE-THEMED FLYING DREAM

LUNAR CONTEXT: Waning Gibbous / 73.2% illumination / 242.4° Moon-Sun elongation

I dreamt that I was astral travelling or flying through a hotel.

24/10/99

ENTRY 05 / SCORE 1 / SEMI-LUCID FLYING DREAM

LUNAR CONTEXT: Full Moon / 99.1% illumination / 169.1° Moon-Sun elongation

I dreamt that I was flying through a strange city. I was telling myself that I had full awareness and I did have a strange level of awareness that I was dreaming. I was flying in a standing position holding my arms like I was standing on a swing. The string felt like the type used to tie lucern bales together. I looked at a point in the distance and flew towards it. During my flight a strange uncomfortable entity followed me, taking the shape of my old woodwork teacher Mr. T.. He was telling me things I did not want to hear. I put a bubble of light around

me and told/forced him lower to the ground. He then got friendlier. I headed for a manmade lake and went through a woman (she couldn't see me but exclaimed "My goodness!" to a weird feeling she got). I flew towards two escalators coming out of the water. I flew through the water then up the escalators. Reaching the top I saw a moon and then tumbled into blackness and woke up.

26/10/99

ENTRY 06 / SCORE 4 / APPARENT OBE FROM DREAM STATE

LUNAR CONTEXT: Full Moon / 97.9% illumination / 196.8° Moon-Sun elongation

I dreamt I was in my house but it was different. I attempted an OBE and I pulled myself out of my physical body and there was great resistance like a rubber band. I got free and looked around the room. I could see my physical body asleep on the bed. I tried to push through the wall but could not. I wanted to stay 'local' as it was my first OBE. Next I went back into my body. Later I tried again and separated easily by rotating my astral body rapidly like a log. I flew down a street and saw some elderly people leaving a building. I saw an old man or old version of myself. I performed isometric breathing. I then flew down the street jumping onto car bonnets, much to an old man's annoyance. I did several back flips and disappeared. I noted I had the same dimmed level of awareness to previous lucid dreams.

1/11/99

ENTRY 07 / SCORE 1 / FALSE AWAKENING

HISTORICAL LABEL: False awakening

LUNAR CONTEXT: Last Quarter / 44.1% illumination / 276.8° Moon-Sun elongation

I dreamt I woke up and went to the bathroom in my house (very real). The only difference was that the shower head was gigantic. I then wrote my dreams down.

2/11/99

ENTRY 08 / SCORE 3 / APPARENT OBE / FLYING DREAM

LUNAR CONTEXT: Last Quarter / 33.6% illumination / 289.1° Moon-Sun elongation

I experienced flying in my dreams again. The feeling is so vivid. I am floating weightlessly (similar in feeling to previous OBEs). I rose out of my body and briefly saw my body. I was flying around the room very fast again. This time I dove into the ground (near the fireplace) into another locale. Vague memory of someone chasing me down the street and my footsteps got longer and longer until I was flying.

7/11/99

ENTRY 09 / SCORE 1 / PARALYSIS / PRESENCE DREAM

LUNAR CONTEXT: New Moon / 1.2% illumination / 347.5° Moon-Sun elongation

A lady introduced herself as S.'s Spiritual mentor/guide. She sat on my chest until I was paralysed. I mentally willed her to go away and she vanished.

15/11/99

ENTRY 10 / SCORE 4 / APPARENT OBE FROM DREAM STATE

LUNAR CONTEXT: First Quarter / 37.0% illumination / 74.9° Moon-Sun elongation

I dreamt that I was lying in bed and felt myself enter my astral body (the floating/sinking feeling). I put up a psychic barrier and willed myself out of the physical. I once again used the 'rolling log' method to gain the momentum to pull out. I left my physical body and looked about my room. It was the same as in physical reality. I could see my body lying on the bed. I moved into the

lounge room and attempted to move through the door. I started merging through the closed door. I saw B. of (B. and B.) and a guy with long hair. They were asking for a lighter. They could not see me.

16/11/99

ENTRY 11 / SCORE 2 / TECHNIQUE NOTE

LUNAR CONTEXT: First Quarter / 46.7% illumination / 86.2° Moon-Sun elongation

I comment on the success of the 'rolling log' method in my dreams. The aim is to spin faster and faster and lift away from your physical body.

13/2/00

ENTRY 12 / SCORE 1 / LUCID DREAM

LUNAR CONTEXT: First Quarter / 50.8% illumination / 90.9° Moon-Sun elongation

I was walking on top of a building with E. I suddenly realised I was dreaming and told E. To prove it I jumped off the roof and lazily flew around. I saw my parents and told them I was having a lucid dream with E. We compared our watches. Mine said 11.30pm and the moon was full and at its zenith, but theirs showed a different time.

20/2/00

ENTRY 13 / SCORE 2 / VAGUE APPARENT OBE

LUNAR CONTEXT: Full Moon / 99.8% illumination / 184.7° Moon-Sun elongation

I had the vague memory of leaving my body and flying around. I was keeping a positive light around me.

7/4/00

ENTRY 14 / SCORE 2 / APPARENT OBE-THEMED DREAM

LUNAR CONTEXT: Waxing Crescent / 6.9% illumination / 30.5° Moon-Sun elongation

I dreamt I had a strange astral experience where I left my body and there was a strange man looking at me. I can't clearly remember if I felt paralysed but I recall pointing at him.

10/4/00

ENTRY 15 / SCORE 1 / VAGUE OBE-STATE / PRESENCE

LUNAR CONTEXT: First Quarter / 33.3% illumination / 70.5° Moon-Sun elongation

Vague memory of being in my room in my astral body and sensed a strange presence there.

14/4/00

ENTRY 16 / SCORE 1 / LUCID FLYING DREAM

LUNAR CONTEXT: Waxing Gibbous / 76.9% illumination / 122.5° Moon-Sun elongation

I dreamt I knew I was dreaming and I was flying over a country landscape at sunrise/sunset.

22/4/00

ENTRY 17 / SCORE 1 / SEMI-LUCID FLYING DREAM

LUNAR CONTEXT: Waning Gibbous / 89.2% illumination / 218.4° Moon-Sun elongation

I dreamt I was flying across a town at night being chased by someone. I thought I knew I was dreaming. I evaded him by melting into the ground. He said he could still see my head so I melted further into the ground.

21/5/00

ENTRY 18 / SCORE 0 / FLYING DREAM / SKILL PRACTICE

LUNAR CONTEXT: Waning Gibbous / 93.0% illumination / 210.7° Moon-Sun elongation

I dreamt I was honing my flying skills. I was concentrating on a point in the distance and I would fly there.

18/6/00

ENTRY 19 / SCORE 2 / OBE ATTEMPT → SEMI-LUCID DREAMS

LUNAR CONTEXT: Full Moon / 98.8% illumination / 192.5° Moon-Sun elongation

This afternoon I attempted an OBE. I fell asleep and had strange, semi lucid dreams about leaving my body and floating around my house.

18/7/00

ENTRY 20 / SCORE 4 / SLEEP-TRANSITION APPARENT OBE → LUCID DREAM

LUNAR CONTEXT: Full Moon / 98.0% illumination / 196.4° Moon-Sun elongation

I dreamt that I was half-asleep, half-awake. I started getting heavy falling/exit sensations. (I think I woke up in the night in the half sleep state and became aware of the falling vibrations. They were long and continual). I left my body and developed astral vision. I flew around and into other people's houses. It then changed to a lucid dream and I was jumping around off trees with full dreaming awareness. I remember repeating "I know I am

dreaming!"

20/7/00

ENTRY 21 / SCORE 1 / LUCID DREAM

LUNAR CONTEXT: Waning Gibbous / 89.1% illumination / 218.5° Moon-Sun elongation

I was walking to TAFE with another locksmith apprentice. We were walking through Central tunnel at the end near the trains. I was aware that it was a dream and I was making doors open and close with my mind. I was woken up right at this point.

22/7/00

ENTRY 22 / SCORE 3 / APPARENT OBE-THEMED DREAM

LUNAR CONTEXT: Waning Gibbous / 73.9% illumination / 241.4° Moon-Sun elongation

I dreamt I lifted out of my body and was floating around my house (it looked different however). I looked for my physical body and could see a faint transparent physical body lying on the ground.

29/7/00

ENTRY 23 / SCORE 1 / LUCID DREAM WITH VERIFICATION-THEMED CONTENT

LUNAR CONTEXT: Waning Crescent / 6.1% illumination / 331.5° Moon-Sun elongation

I dreamt I was flying through the streets. I knew that I was dreaming and I controlled where I wanted to fly. I took note of the street number and what the houses looked like. Later in the dream I told people of the experience and my description of the street was correct.

16/8/00

ENTRY 24 / SCORE 1 / SEMI-LUCID / LUCID DREAM SEQUENCE

LUNAR CONTEXT: Full Moon / 99.3% illumination / 189.7° Moon-Sun elongation

I dreamt I was with a friend and he had the ability to astral travel? or transdimensional travel via a portal? I jumped at the chance to travel. We were in another world and I was in a semi-lucid state. I could mould metal with my mind and was creating a circling pattern of long slender gems and metal balls that were floating above my palm. The other humanoid entities in the world were doing checks on us as they suspected that we were other worldly beings. We then escaped by flying.

I dreamt I was flying around the rooftops of Wentworthville. I was practicing flying control and I was totally lucid. I remember confronting slightly hostile beings. I was strong and threw out a white aura.

26/8/00

ENTRY 25 / SCORE 2 / TRANSITION-SENSATION DREAM

LUNAR CONTEXT: Waning Crescent / 15.4% illumination / 313.8° Moon-Sun elongation

I dreamt I was sleeping in Moruya and was having lots of floating/falling sensations.

9/9/00

ENTRY 26 / SCORE 1 / LUCID DREAM

LUNAR CONTEXT: Waxing Gibbous / 79.8% illumination / 126.6° Moon-Sun elongation

I dreamt I was riding on the back of a motorcycle and I was shouting at the driver telling him that I knew I was dreaming. The dream melted into a regular dream.

24/9/00

ENTRY 27 / SCORE 1 / SEMI-LUCID FLYING/ENTITY DREAM

LUNAR CONTEXT: Waning Crescent / 18.2% illumination / 309.5° Moon-Sun elongation

I had a semi lucid dream where I was dimly aware that I was dreaming. I was flying through a city in the daytime and was seen by many people. I appeared in a crowded room with a party taking place. A man in a black suit, shirt and tie approached me. I had the feeling of negative energy so I surrounded myself with a white protective energy shell. I was told the name of his kind but can't remember after waking. It consisted of three words of Latin? origin (numbers? Alpha etc). In the dream I was certain I would remember, even in connecting dreams.

29/10/00

ENTRY 28 / SCORE 1 / LUCID FLYING DREAM

LUNAR CONTEXT: New Moon / 3.2% illumination / 20.6° Moon-Sun elongation

I dreamt I was at home and on the veranda. Below me was a walrus or sea lion of huge size. I leapt off the veranda and started flying towards the paddocks. I then realised I was dreaming and flew down across the paddocks taking in the scenery. I wanted to look at the meditation hut by the river. As I first looked at it the hut was two tree houses (like at Springwood) and when I looked again I saw a large Indian monastery. There was a tiled courtyard filled with Hindu statues. My drums were there and I was interested if I could play them in my dream. I hit the drums and they sounded like piano keys but I could still create a nice rhythm. I vaguely remember thinking to attempt an OBE but decided to enjoy the dream moment. The lucidity faded.

29-30/10/00

ENTRY 29 / SCORE 1 / SEMI-LUCID TWILIGHT DREAM

LUNAR CONTEXT: Waxing Crescent / 7.7% illumination / 32.2° Moon-Sun elongation

Semi lucid dream in the afternoon. I was in the twilight state and I found a manifested essential oil. I had the power over objects and I could move them with my mind. I was writing and making formations with pins etc.

12/11/00

ENTRY 30 / SCORE 2 / VAGUE OBE-THEMED DREAM

LUNAR CONTEXT: Full Moon / 100.0% illumination / 182.1° Moon-Sun elongation

Vague memory I was practicing an OBE. Exit sensations? I thought I had either walked or floated out into the kitchen and there was a power blackout. Later on in the dream I had checked the kitchen and there was no sign of a blackout.

27/11/00

ENTRY 31 / SCORE 1 / SEMI-LUCID FLYING DREAM

LUNAR CONTEXT: New Moon / 1.1% illumination / 12.2° Moon-Sun elongation

Semi lucid dream where I was flying around a house. I was holding onto a stone to maintain my dreaming awareness. I floated outside and saw a girl who was also out of her body. Later we met in the dream? physical (in Homebush).

10/1/01

ENTRY 32 / SCORE 1 / SEMI-LUCID FLYING DREAM

LUNAR CONTEXT: Full Moon / 99.9% illumination / 182.7° Moon-Sun elongation

I dreamt I was flying along in a semi lucid state of awareness. I was talking to a small group of people about lucid dreams. The others did not know they were dreaming but I knew I had established my dreaming awareness.

24/4/01

ENTRY 33 / SCORE 2 / LUCID DREAM WITH RETROSPECTIVE CORRESPONDENCE

LUNAR CONTEXT: New Moon / 0.2% illumination / 5.4° Moon-Sun elongation

I was flying over the paddocks at mum& dad's place and I realised that I was dreaming. I noticed that it was cloudy and raining and I woke up. I asked mum and dad about the weather at their place and they said it had been raining.

6/5/01

ENTRY 34 / SCORE 2 / OBE-INDUCTION-THEMED DREAM

LUNAR CONTEXT: Full Moon / 97.2% illumination / 160.9° Moon-Sun elongation

I dreamt I was with a group of people and in the centre was a dais. A person would stand on there and it would spin around. A hologram or spectral image of the person appeared outside the circle of people and did laps around the ring. A girl began crying as she thought it was a ghost so I comforted her. I had a go in the machine. I couldn't hold my balance for long as it spun around as I was so tall apparently. I then saw an image of myself outside the ring. I concentrated on using this as a platform for an OBE. I closed my eyes and could feel myself spinning around and around.

5/6/01

ENTRY 35 / SCORE 1 / HYPNAGOGIC/VISION-LIKE ENTITY EXPERIENCE

LUNAR CONTEXT: Full Moon / 99.0% illumination / 168.2° Moon-Sun elongation

I dozed off today thinking about people on their deadbeds and the increased possibility of seeing through the veil to other worlds. I had a vision on an entity floating through the air on an invisible current. I was thin and humanoid with flowing tendrils. As I mentioned this to dad he said it sounded like a Gandharva; an entity that dwells in the sky and are experts in musicians and teachers.

24/7/01

ENTRY 36 / SCORE 1 / SEMI-LUCID FLYING/OBE-THEMED DREAM

LUNAR CONTEXT: Waxing Crescent / 15.2% illumination / 45.9° Moon-Sun elongation

I dreamt that I was floating along and I vaguely became aware that I was dreaming. I seemed to be infiltrating a huge work area and was drifting along unseen. Later I came back in my physical body? and I was talking to the directors? They seemed to be devious characters so I had to be discreet about what I found out while out of body the night before. As I left there was a police line up and I pushed in so I could get checked out and leave.

8/9/01

ENTRY 37 / SCORE 1 / LUCID DREAM

LUNAR CONTEXT: Waning Gibbous / 76.7% illumination / 237.8° Moon-Sun elongation

I dreamt I was in a room and light was flashing behind my eyes like electricity. I looked out of the bedroom and saw a city which changed futuristic as I looked at it. I then found myself in an old fashioned warehouse/factory. I gained lucidity and I wandered around looking at my hands. I tried the spinning technique to maintain awareness. I was also talking to myself to keep lucid and remind myself that I was dreaming. I saw some people in the building and they were wearing old fashioned (Mary Poppins era) clothes.

25/9/01

ENTRY 38 / SCORE 5 / STRONG APPARENT OBE WITH REALITY TESTING

HISTORICAL LABEL: Spontaneous OBE

LUNAR CONTEXT: First Quarter / 56.8% illumination / 97.8° Moon-Sun elongation

W. was holding my hand in physical reality as we lay on our backs, dozing. I dreamt we were in a cafeteria eating lunch. My eyes were closed and I was 'sleep esting'. Everyone was laughing as I could still manage to eat. At this stage in the dream I could still feel W.'s hand holding mine. Suddenly the room began spinning and everything went black. I experienced strong OBE exit sensations. I went with it and buzzed out of my body. I was standing in our room and my hands looked silver in colour and shimmer. I could see W. cuddled up to my body. I went over for a closer look and my physical body jumped a bit. I back away, not wanting to reenter. I began walking out to the lounge room and remembered I could float. I 'space walked' into the lounge room and couldn't quite read the time on the stereo clock. I thought I should go to dad's meditation hut so I thought of the hut and started

spinning around. The room blacked out and I found myself back in bed. During the course of the OBE I could hear my physical breath in my ears (dual awareness). As an indication of the realness of the experience I tried to push my hands through the walls but did not succeed.

4/6/02

ENTRY 39 / SCORE 4 / STRONG APPARENT OBE / AMBIGUOUS DREAM ONSET

LUNAR CONTEXT: Last Quarter / 39.8% illumination / 281.8° Moon-Sun elongation

I dreamt? I slipped out of my physical body and out of the front of the bed. I stood up and turned to look at W. and my physical bodies in bed. I floated/walked out into the kitchen and floated out the balcony window. I gradually willed myself to fly along. Eventually with relaxed effort I achieved this. I practiced looking at distant objects and willing myself closer as opposed to flying there. I studied my hands to see if they melted or distorted but they stayed much the same aside from occasional wavering. I thought my alarm clock would soon go off so I'd best make the most of my time. I floated on top of a pyramid structure. There was three? pyramids and they had strange reddish brown brickwork alternating horizontally from smooth to elaborate brickwork. I remember going through a junior cricket school and I woke up in the physical.

6/7/02

ENTRY 40 / SCORE 3 / APPARENT SEPARATION EPISODE

LUNAR CONTEXT: Waning Crescent / 19.7% illumination / 307.3° Moon-Sun elongation

I was in my astral body spinning on a horizontal axis on the bed. I released my fears of where I would go if I separated and I floated down next to the door.

24/7/02

ENTRY 41 / SCORE 5 / APPARENT OBE WITH NEGATIVE TIME CHECK

HISTORICAL LABEL: FIRST TIME USING HEMI-SYNC

LUNAR CONTEXT: Full Moon / 99.9% illumination / 176.5° Moon-Sun elongation

It was my first time using Hemi-Sync. I dreamt? Or was awake and each time I breathed out I projected/leapt out of my body with every exhale and went back in with every inhale. After 2-3 breaths I floated out and into the lounge room. I looked at the stereo clock and it was about 4.02am. (Later when looking at the time in the physical it was around 2-3am). I looked at my hands and then floated out the balcony window. I concentrated the hut and mum and dad's but failed to arrive there. Later I had a semi lucid dream where I was packing away my Hemi-Sync CDs. It was my room but it was in an unfamiliar house (my room looked different). I woke up into semi awareness and I could hear what sounded like plates getting washed up in the kitchen.

13/11/02

ENTRY 42 / SCORE 3 / SLEEP-TRANSITION APPARENT OBE

LUNAR CONTEXT: First Quarter / 61.5% illumination / 103.2° Moon-Sun elongation

I felt the astral exit sensations. I concentrated and gradually began to see through my eyelids. I floated out and across a dreamy distorted bedroom. Our jewellery was on the floor. I floated out into the lounge room and flopped about like a paper cutout.

16/11/02

ENTRY 43 / SCORE 1 / LUCID-DREAM EMERGENCE

LUNAR CONTEXT: Waxing Gibbous / 86.0% illumination / 136.1° Moon-Sun elongation

I dreamt I became aware in my sleep state. I was in my bedroom in Moruya and I flew out the window out to the veranda and I skimmed through the gardens becoming more lucid as I progressed. I saw a line of buses and trucks.

9/2/03

ENTRY 44 / SCORE 2 / LUCID DREAM WITH NEGATIVE TIME CHECK

LUNAR CONTEXT: First Quarter / 46.0% illumination / 85.4° Moon-Sun elongation

Vague memory of being chased by Dr. Weir from Event Horizon. Later I was outside near a barn and I realised I was dreaming. I started to flying vertically (as if flying on strings) over a grassy area near several tallish buildings (three story living quarters). I then gazed and headed towards a city bathed in morning sun. The city looked several kilometres away and seemed familiar. The buildings appeared white or very light brown/cream in colour. I looked at my watch and it showed 5am. I thought I would confirm the time when back in the physical (they were out of sync being around 2.-3am). I floated through the streets repeating to myself that I was dreaming in order to maintain lucidity. I started to check the 'solidness' of the dimension and could float through some people but not others. I had a black hood on. The people didn't seem too worried that I was floating. A young woman saw me and we exchanged warm smiles. The city seemed familiar and I remember looking at a street sign. I was then jolted awake. At one stage in the night I woke up and had a different recollection of who I was. A different dream life or bodily vehicle.

1/8/03

ENTRY 45 / SCORE 1 / PARTIALLY LUCID FLYING DREAM

LUNAR CONTEXT: Waxing Crescent / 9.0% illumination / 35.0° Moon-Sun elongation

I dreamt I was flying in a countryside. I saw a double decker bus. I was partially lucid. I was practicing drumming in the air. I saw a fish market (in Russia?) and upon inspecting the fish I knocked several lobsters and expensive fish into the water. I was seen by a man and then ran/flew away.

4/8/03

ENTRY 46 / SCORE 1 / VAGUE LUCID FLYING DREAM

LUNAR CONTEXT: First Quarter / 36.1% illumination / 73.9° Moon-Sun elongation

Vague memory of becoming lucid. I flew out out of mum and dad's house through S.'s window and across the paddocks.

3/6/18

ENTRY 47 / SCORE 1 / SEMI-LUCID DREAM

LUNAR CONTEXT: Waning Gibbous / 82.5% illumination / 229.4° Moon-Sun elongation

I was being pursued by robots. As I flew away from them they kept chasing me again and again. I was vaguely aware that this was a dream but became annoyed at the robots insistence. After I evaded them and vaguely realised I was dreaming I recalled the first thing on my dream/obe checklist was to find Oni & Zuul who had passed away last year. I was flying through the air but could not see my boys. I thought about closing my eyes and teleporting but was worried I would lose dream lucidity. I closed my eyes and found myself in a house that belonged to mum and dad. I can't recall cuddling the boysies but had a vague memory that they were at the house. The garden had an amazing river flowing through it with radiant and luminous birds like cranes.

7/6/18

ENTRY 48 / SCORE 1 / SEMI-LUCID DREAM

LUNAR CONTEXT: Last Quarter / 46.9% illumination / 273.5° Moon-Sun elongation

We were sleeping at mum and dad's place and after waking up briefly I dozed back to sleep. I was in an office building and a man in a suit told me not to enter a room due to the 'Day Protocol'. I half jokingly asked him "What about the Night Protocol?" and he angrily said no and shut the door. The room appeared to be full of computer servers. I thought I could access the room via the roof from an adjacent room. This office was occupied by a woman sitting at a desk on the phone. Behind her was a shelf with lots of collectible cars. Suddenly a security guard of Islander heritage came to check me out. I told him that everything was fine. He used a machine like a stapler to extract and analyse blood from one of my fingers. I then became semi lucid and laughed as I knew I could escape. I then fell through the wall, dragging the guard with me. I thought I should look for Oni & Zuuly but couldn't see them in the dark cubicles so I jumped out the window to fly away. I couldn't fly and landed on the footpath below without injury. I was in a city with sandstone buildings (similar to Sydney-Martin Place?). Two dogs came running from around a corner. One was Zuuly and the other looked like a blue cattle dog but turned in Oni. I hugged and cuddled them as they licked my face happily. I was crying my eyes out telling them how much I missed them and I loved them so much. I thought my crying would wake W. and the rest of the house and I suddenly jolted awake and I was still; my physical body not crying at all.

17/6/18

ENTRY 49 / SCORE 5 / STRONG APPARENT OBE → FALSE AWAKENING

HISTORICAL LABEL: SPONTANEOUS OBE

LUNAR CONTEXT: Waxing Crescent / 15.0% illumination / 45.6° Moon-Sun elongation

A comment on the strange phenomenon of memory. Even right after the experience the memory seemed distant and foggy to recall. I have had this happen before during other lucid dreams and projections from sleep. I slept on the lounge in front of the fire until 1am and then went to bed. I focused on projection (laying on my back) but I find I

cannot stay in this position due to back pain; I cannot easily achieve a relaxed body asleep state. Instead I rolled onto my side and decided to watch my body fall asleep. I focused my attention on my 3rd eye and instantly felt a

shift in perception. I focused on previous lucid experiences and felt confident I had the ability to project. At some stage I lapsed into sleep and semi woke up with the familiar sinking/floating sensation. I let the feeling take hold and decided to sink towards the ground instead of floating upwards (my usual projection method). I sank through the bed and onto the floor. After a minor lapse in awareness and I was outside my house floating among the trees and over the road. I tried deepening exercises by rubbing my hands and carefully inspecting the leaves on the trees. I was having difficulty controlling my flying and had to really concentrate or I would sink to the road. The top task on my list was to call for a guide to train me on projection. My voice was hard to control as if my mouth was numb so my voice was all slurred and quiet. I noticed the neighbour's white & grey cat walking across the road. I was suddenly back in bed. I rolled out again and looked back to see if I was successful. I observed the shape of my body next to my wife under the blankets so I hurriedly got away from my body and opened the front door. I did a reality check to see if I was out of body and I floated and also noticed it was now daytime (not night like in the physical). I floated up the street which was now different and observed 3 people having a picnic. Music permeated the air.... I now entered a dream/false awakening in which I excitedly told my wife about my successful projection attempts. Our bedroom was different and felt like we were in a different location. I discovered a gorgeous puppy next to my bed. I heard the smacking of doggy chops and turned the light on. A Belgian Groenendael puppy (6 months old?) was next to my bed!!! He had a red? collar on and his name was Raphael? but have impression it was Zephyr...Z name. We were ringing the name on the collar to let the owner know we had him (was ringing W. number!?) and after cuddles I woke up into the physical and got up to take notes.

NICREADH

Appendix: lunar enrichment

Lunar values were added after the phenomenological classifications were locked. They are contextual variables only and should not be read as evidence of causation.

Date	Score	Phase	Illum.	Elong.
11/9/99	2	New Moon	1.5%	14.1°
16/9/99	2	First Quarter	33.6%	70.9°
28/9/99	0	Waning Gibbous	90.8%	215.3°
30/9/99	1	Waning Gibbous	73.2%	242.4°
24/10/99	1	Full Moon	99.1%	169.1°
26/10/99	4	Full Moon	97.9%	196.8°
1/11/99	1	Last Quarter	44.1%	276.8°
2/11/99	3	Last Quarter	33.6%	289.1°
7/11/99	1	New Moon	1.2%	347.5°
15/11/99	4	First Quarter	37.0%	74.9°
16/11/99	2	First Quarter	46.7%	86.2°
13/2/00	1	First Quarter	50.8%	90.9°
20/2/00	2	Full Moon	99.8%	184.7°
7/4/00	2	Waxing Crescent	6.9%	30.5°
10/4/00	1	First Quarter	33.3%	70.5°
14/4/00	1	Waxing Gibbous	76.9%	122.5°
22/4/00	1	Waning Gibbous	89.2%	218.4°
21/5/00	0	Waning Gibbous	93.0%	210.7°
18/6/00	2	Full Moon	98.8%	192.5°
18/7/00	4	Full Moon	98.0%	196.4°
20/7/00	1	Waning Gibbous	89.1%	218.5°
22/7/00	3	Waning Gibbous	73.9%	241.4°
29/7/00	1	Waning Crescent	6.1%	331.5°
16/8/00	1	Full Moon	99.3%	189.7°
26/8/00	2	Waning Crescent	15.4%	313.8°
9/9/00	1	Waxing Gibbous	79.8%	126.6°
24/9/00	1	Waning Crescent	18.2%	309.5°
29/10/00	1	New Moon	3.2%	20.6°
29-30/10/00	1	Waxing Crescent	7.7%	32.2°
12/11/00	2	Full Moon	100.0%	182.1°
27/11/00	1	New Moon	1.1%	12.2°
10/1/01	1	Full Moon	99.9%	182.7°
24/4/01	2	New Moon	0.2%	5.4°

Date	Score	Phase	Illum.	Elong.
6/5/01	2	Full Moon	97.2%	160.9°
5/6/01	1	Full Moon	99.0%	168.2°
24/7/01	1	Waxing Crescent	15.2%	45.9°
8/9/01	1	Waning Gibbous	76.7%	237.8°
25/9/01	5	First Quarter	56.8%	97.8°
4/6/02	4	Last Quarter	39.8%	281.8°
6/7/02	3	Waning Crescent	19.7%	307.3°
24/7/02	5	Full Moon	99.9%	176.5°
13/11/02	3	First Quarter	61.5%	103.2°
16/11/02	1	Waxing Gibbous	86.0%	136.1°
9/2/03	2	First Quarter	46.0%	85.4°
1/8/03	1	Waxing Crescent	9.0%	35.0°
4/8/03	1	First Quarter	36.1%	73.9°
3/6/18	1	Waning Gibbous	82.5%	229.4°
7/6/18	1	Last Quarter	46.9%	273.5°
17/6/18	5	Waxing Crescent	15.0%	45.6°

Interpretive status

No lunar correlation is claimed in this public edition. The historical archive is strongly selected because it contains memorable dream/lucid/OBE-related entries rather than every night's sleep or every historical practice attempt. The lunar layer is retained to establish a clean external-variable record for later comparison with the prospective dataset.

END OF RETROSPECTIVE ARCHIVE