

Unidentified Anomalous Phenomena in Lucid Dreaming

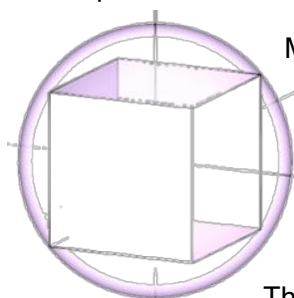
By Melinda Powell © 2023

Picture an aerial object with no evident propulsion that can move at speeds faster than any known aircraft, hover without visible lift thrust, change direction instantaneously, and appear seemingly out of nowhere. What might such an object be? This description fits the characteristics of unidentified anomalous phenomena (UAPs), currently under investigation by the US Congress.

When watching the video recordings released by the United States' Pentagon in September 2021 and listening recently to the testimony of government and military professional during the July 2023 Congressional Select Committee investigation on UAPs¹, I noticed that these accounts bore an uncanny resemblance to the phenomena I had previously encountered in my lucid dreams, in particular, polyhedrons involving cubic, rectangular, and pyramidal forms.

In my book *Lucid Surrender: The Alchemy of the Soul in Lucid Dreaming* (Archive Publishing, 2020), I share about my experiences of what I call “wormholes” in the lucid void. Until now, however, I haven't shared much about what can be regarded as UAP encounters in dream lucidity. Given the recent revelations of “credible” evidence disclosed by the Pentagon and the witnesses testifying before the Congressional UAP Select Committee², it is perhaps timely to open a discussion on what UAPs in lucid dreaming could be and why they should appear when and as they do.

In this brief article, I explore three first-hand accounts of my own. I will start with a polyhedral form of the kind that has been reported by both a commercial and navy pilot when flying at 30,000 to 35,000 feet: a translucent sphere, about 15-feet in diameter, containing a black cube.³



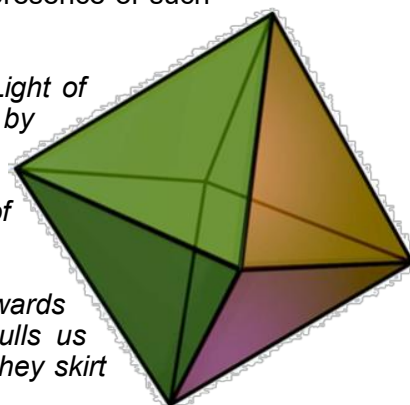
Many years prior to these UAP reports, a geometrically similar structure appeared in one of my lucid dreams from 2010. In this instance, an outline of white light traced the sphere's three-foot wide circumference and purple light infused the cube. The cube contained a pulsing red ball of light which hovered in its central point. Rather than perceiving the structure as a UAP, I experienced it as a Being of light, more specifically, an abstract representation of my mother, whose voice emitted from the innermost red sphere.⁴

The spherical UAPs described by pilots raise the possibility, if not the likelihood, of advanced, non-human technology. Similarly, their appearance in my lucid dreams suggests to me the presence of a cosmic intelligence, materializing to human perception as a complex mathematical structure.

Some UAP sightings have described pyramidal or triangular shapes. These accounts remind me of a lucid dream I had in 2018, by which time I had learned to be less fearful in the presence of such otherworldly forms:

In dream lucidity, a curious shape emerges on the shimmering Black Light of the Lucid Void—a massive tetrahedron pointing upward, mirrored by another pointing downwards. Together the two tetrahedrons create an octahedron with a narrow slit between the two halves. Their otherwise smooth surfaces have carved channels and layers within them out of which pinpricks of light shine.

More octahedrons seem to move towards me as my being is drawn towards them on the invisible black winds. I wonder if our mutual “gravity” pulls us together, and I fear I might hit one and set it spinning off course. Then they skirt



Unidentified Anomalous Phenomena in Lucid Dreaming

by me at great speed, curving off to the right in an infinite progression, while turning towards me at right angle, as if to acknowledge my presence.

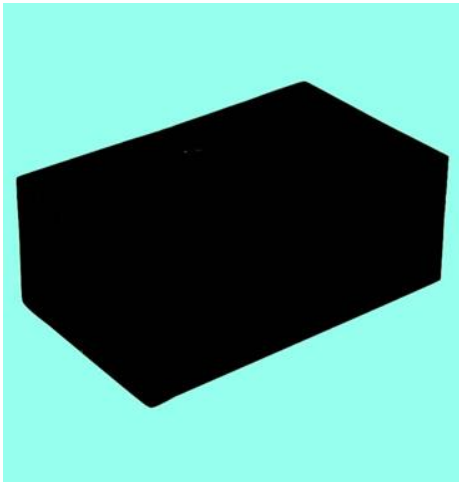
The octahedrons have a blue-grey hue and hold a powerful “magnetism”. Their surfaces look polished, unnaturally smooth as if prepared by a profound intelligence. They hang before me, suspended on the Black Light, like crystals of light, awe-inspiring in their majesty, vastness, and profusion. I continue to gaze on these parading forms until I break through into waking consciousness.

Here, I must add that although I have sometimes felt afraid at the approach of such mysterious presences, they have never actually threatened or harmed me in any way, not even when I have been directly engaged by a UAP or found myself taken inside one of them.

Another UAP, this one rectangular in shape, appeared strikingly in a lucid dream of mine in 2019:

Before falling asleep, I had been reciting the “Jesus Prayer”—“Jesus, Savior, Son of God, have mercy on us.” In the dream, I find myself in a pub with lots of people happily socializing. I realize I am dreaming and say to myself, “This is a dream!” and immediately become lucid.

I become curious as to what might happen if I were to say to someone in the pub, “Do you know this is a dream?” At this moment, a man comes up to me, turns me toward him and presses his right forefinger against my 3rd eye.



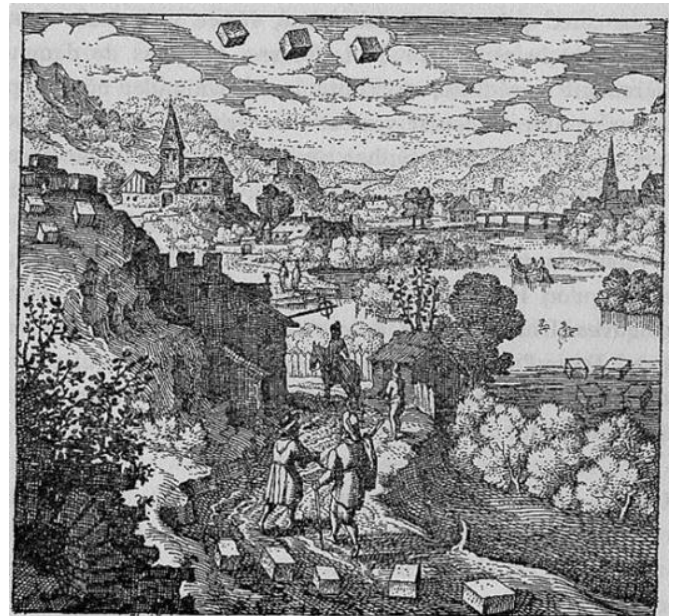
With this, I realize that I must surrender to the experience and do so. We lift off! It feels as if the man carries me, but I cannot see him any longer. We descend vertically down a seemingly endless wormhole ringed with light and glowing ridges. Popping out into an azure blue space, I find I am alone. To calm myself, I breathe deeply and return to singing a sacred song.

Then I wonder, “What am I to ‘see’?” As I look up, far off in the distance and against the field of blue light, a massive, black cuboidal form is approaching, spinning clockwise incredibly fast, looming larger and larger as it moves towards me.

The spinning slows as the form nears me. The immense structure is smooth, without windows, and made of an impenetrable black material with a grey oval on its underside. It feels completely self-contained and intelligent.

For a moment, I wonder if it might be a spaceship and, if so, what beings might be in it? The form comes to a stop with the oval just above me. I reach up with my left and right palms extended flat to touch it. Then, everything implodes, dissolving in a burst of energy, and I wake up.

Having had many such lucid experiences, I now understand the following seventeenth-century alchemical emblem as having both literal and anagogical meanings. At first glance, we see a countryside scene, representing our everyday waking state. However, as the text explains, the presence of cubes in the air and on the ground represents the Philosopher’s Stone, intimating a greater consciousness. Viewing this emblem through the lens of my encounters with UAPs in dream lucidity, I can see this alchemical emblem may well be portraying an encounter with an ensemble of intelligent UAPs!



Unidentified Anomalous Phenomena in Lucid Dreaming

This brief article marks the beginning of a deeper investigation on my part of the meaning of dream UAPs, one that I hope will involve other lucid dreamers, along with the support of the Lucid Dreaming Foundation, and that may lead to a future issue of the *Lucid Dreaming Experience* magazine on this topic.

Meantime, if you have had a lucid dream that you would describe as a close encounter with a UAP, please do share it with me at: Melinda@melindapowelldreams.com . ▲

Author Bio: Melinda Powell, née Ziemer, co-founded the Dream Research Institute at the Centre for Counselling and Psychotherapy Education, UK. She is the author of *Lucid Surrender: The Alchemy of the Soul in Lucid Dreaming* (2021) and *The Hidden Lives of Dreams* (2020). melindapowelldreams.com & www.driccpe.org.uk

References:

¹ For a full recording of the Congressional hearing entitled “Unidentified Anomalous Phenomena: Implications on National Security, Public Safety, and Government Transparency”, see <https://www.youtube.com/watch?v=Glw76YKuWCY>. The hearing was hosted by the House Subcommittee on National Security, the Border, and Foreign Affairs.

² The three witnesses who testified before the Select Committee under oath included Commander David Fravor (Ret.), Former Commanding Officer, Black Aces Squadron, United States Navy, Ryan Graves, a former lieutenant US Navy, F/A-18F pilot and the Executive Director of Americans for Safe Aerospace, and David Grusch, former US Department of Defense Reconnaissance Officer. Grusch came forward to testify under the protection of the Unidentified Anomalous Phenomena Disclosure Act of 2023, passed by the US Congress to encourage disclosure of UAPs by government personnel. See <https://www.congress.gov/amendment/118th-congress/senate-amendment/797/text>

³ Regarding unconfirmed evidence related by an Airbus 320 commercial pilot on February, 2020, over Medellin, Columbia, see “The Proof is Out There: Cube-shaped UFO Shocks Pilot”, The HISTORY Channel, 05 March, 2022, <https://www.youtube.com/watch?v=-CHMQDqxFRY> . See the testimony of Ryan Graves given during the Congressional Select Committee regarding this account which he was given by another navy pilot and during his interview with Lex Fridman in 2022, <https://www.youtube.com/watch?v=hT6av8ZFCks>

⁴ This dream features in full in my new book *Dreams My Mother Taught Me: Lessons in Love, Light and Lucid Dreaming from Beyond the Grave*, pending publication.

⁵ From Michael Maier’s *Atalanta Fugiens: Sources of an Alchemical Book of Emblems*, originally published in 1617, ed. H. M. E. De Jong (York Beach, ME: Nicolas- Hays Inc., 2002), Emblem 36.