

# **Dream Scripting for Emotional Wellness**

**Helping yourself finding a happier space**

**(First Edition)**

**Authored by : Santanu Karmakar**

**Copyright 2024 - Santanu Karmakar**

# Dedication



***Shero - My Trusted Dream Companion***

***Shero, As long as I am alive, there will not be a day when I do not remember  
you.***

# **About this Book**

# My Story

My journey with dream scripting started just a few months ago, but my connection to dreams, especially lucid dreaming, goes back much further. I'm 61 now, but I first started exploring lucid dreams when I was in my 40s. I've always been quite introverted, keeping a close-knit circle of friends. However, the need to explore my own inner world became more urgent after losing my dearest companion, Shero, the dog who had been by my side for 15 years. His passing hit me hard, and it felt like I had lost more than just a pet—I had lost a constant, quiet presence in my life.

I live in Kalyani, West Bengal, with my wife, Mita. Our daughter is pursuing her PhD in the UK, which means it's mostly just the two of us now. Shero had been my all-time companion at home, and his absence left a significant gap. As many pet owners know, the lifespan of a dog typically ranges from 12 to 15 years, but when that inevitable day comes, it doesn't make the loss any easier. When Shero passed, it felt like I had lost a part of myself.

In my search for comfort, I found myself drawn back to lucid dreaming, a practice I had dabbled in years before. The idea of reconnecting with loved ones through dreams felt healing, almost like a bridge between the present and the past. I realized that if I could re-enter the world of lucid dreams, I might be able to find a form of peace, a creative way to process my grief. So I committed to it more seriously than before, hoping to use my imagination in a therapeutic way.

Then I started scripting my dreams that I would like to experience and every night I would read my script before going to bed. I would set an alarm at 4 AM and wake up then read my script once again. This I continued for several weeks in order to get to a lucid state during my dreams.

It didn't take long for my first lucid dream to happen. Although brief, the experience stayed with me and was surprisingly vivid. I remember it clearly even now:

After completing my usual **Wake Back to Bed (WBTB) routine** one morning, I found myself in a large building surrounded by people. It felt like a busy place — a big lounge with glass walls. The lighting had this soft, greenish-white glow, and it reminded me of a hospital. As I stood there, I noticed nurses walking by,

and it became clear that I was indeed in a hospital waiting area. But then, I asked myself, “*Why am I here?*”

I instinctively looked at a poster on the wall. The text was blurry, and some of the letters were upside down—that’s when I realized I was dreaming. It’s funny, because in dreams, reading is almost always tricky. But instead of reacting or trying to take control, I stayed calm and just watched the scene unfold. People around me were busy, but no one seemed to notice me. Some of them even appeared to walk right through me, which didn’t bother me since I knew I was in a dream.

I looked outside through the glass windows. It was dark outside, and the indoor lights reflected on the glass, so I couldn’t see anything beyond the room. Curiosity took over, and I decided to test the boundaries of my dream. I pushed my hand against one of the windows—and to my surprise, my hand went right through it. I pulled my hand back, and the glass was completely intact, as if nothing had happened.

After a while of wandering around the lounge, I felt the urge to leave. I wanted to explore more, so I decided to fly out of the building. Yes—fly! In the dream, it felt completely natural to just swim through the air, using my arms and legs like I was floating in water. I pushed off the ground and flew through the same window I’d touched earlier, heading outside.

Once outside, I hovered above the hospital building. The night sky was clear but dark, and I could still see people moving around inside the brightly lit rooms below. I flew around for a while and noticed a large playground next to a pond. Curious, I drifted over the pond and looked down. The water wasn’t very deep, and the surface was covered with aquatic plants and weeds.

Suddenly – without warning – I plunged into the water. It was as if something had pulled me down. There was a huge splash, and I found myself standing waist-deep in the pond. I could feel the water soaking my clothes, and I could even smell the earthy scent of the water and plants around me. It was so vivid, almost like I was awake. But even then, I knew I was still dreaming.

At that point, I decided it was time to wake up, and just like that, I opened my eyes and found myself back in bed. The whole experience was surreal, yet controlled in a way that made me feel in charge of what was happening. But it all depended on how I reacted during the dream. Early on, I would often wake up

immediately after realizing I was dreaming because the unfamiliarity would overwhelm me. That still happens sometimes even now, but with regular practice, you learn to stay calm and let the experience unfold.

But as you may have guessed, the dream wasn't exactly what I had hoped to experience. One of the challenges with lucid dreaming is that, even when you're aware, your subconscious often takes the reins. You might find yourself in situations or scenes that don't align with what you want. That's where dream scripting comes in—it's a way to guide your mind toward what you hope to experience in your dreams. It might not be an exact match, but it brings you closer to the dream you desire. Over time, with practice, you can become more skilled at not just recognizing that you're dreaming, but also shaping your dreams into vivid, colorful experiences that truly resonate with you.

## Who should read this book

This book is ideal for readers curious about the functioning of the mind and those seeking to explore the world of dreams as a path to emotional wellness and self-discovery. While it provides insights and tools for guiding dreams through scripting, this journey is gradual and often requires patience and practice.

***A Note on Expectations: Dream scripting is a skill that deepens over time, helping you unlock and explore the hidden layers of your subconscious mind. This book does not promise instant results or “magic” solutions but instead invites you to engage in a personal journey of introspection, healing, and growth. Dream scripting is less about controlling every aspect of your dreams and more about building a bridge between your conscious and subconscious minds. With regular practice and open-mindedness, this process can foster a deeper understanding of yourself and gently guide you toward emotional clarity and balance.***

If you're interested in using dreams as a tool for self-reflection, emotional release, or even personal empowerment, then this book is for you.

### **What this book is about:**

- It provides insight into how our mind works.
- It explains how dreams are formed and why they occur during sleep.
- It describes the stages of sleep and at which stage vivid dreams occur.
- It outlines the benefits that dream scripting can offer.
- The book explains the technique of scripting with 10 different examples.
- It also details what to expect when you use the scripts correctly.
- Lastly, the book discusses advanced practices like Lucid Dreaming and Out of Body Experiences (OBE).

### **What this book is not about:**

- It is not a comprehensive manual on Lucid Dreaming.
- It does not provide detailed techniques for Mindfulness meditation.
- This is not a book about spirituality or mind control.

- It does not involve magic or sorcery.
- This book does not offer methods for controlling dreams.

## How This Book Is Organized

This book is structured to guide readers on a journey into the dream world, explore its significance, and understand how it can be used for self-discovery and healing. The organization follows a logical progression, starting with foundational concepts and gradually moving towards more advanced practices like dream scripting and lucid dreaming.

- **Introduction** : The book begins with personal insights in the "My Story" section, followed by an explanation of "Who this book is for." This sets the stage by sharing the author's experience and outlining the intended audience.

- **Understanding Dreams and the Mind**: The next chapters lay the groundwork for understanding dreams, starting with "Exploring the dream world" and "Understanding function of mind." These sections introduce key concepts about the mind and how it behaves in both waking and sleeping states, establishing the importance of dreams in our lives.

- **Uncovering the Significance of Dreams**: As the book progresses, it delves deeper into the importance of dreams with topics such as "Why dreams are important for us" and "How Dreams Uncover Our Past." It also explores the therapeutic aspect of dreams in "Dreams Can Help Heal Our Past Traumas" and presents the idea of allowing dreams to guide us naturally.

- **Guiding and Interpreting Dreams**: Once readers are familiar with the basics, the book explores the more nuanced topic of guiding dreams in "Should we guide our dreams?" and introduces dream interpretation as a way to gain insights and solve problems.

- **Dream Scripting and Lucid Dreaming**: The latter part of the book focuses on the practice of dream scripting with sections like "Dream Scripting Can Help You in Lucid Dreaming" and "What Makes a Dream Script Effective and Powerful." These chapters are followed by examples of "Dream scripts that worked for me," where the author shares personal dream scripts that readers can use as models.

- **Advanced Practices**: The book concludes with suggestions for further exploration, including "Dream scripts to experience lucidity" and the "Way

forward to more advanced practices," helping readers continue their journey into more profound dream experiences.

This organization ensures that readers first gain a solid understanding of the dream world and its purpose before learning practical techniques to enhance their dream experiences and practice lucid dreaming.

A FAQ section would be well-placed toward the end of the introductory sections, perhaps just after **\*\*“How This Book is Organized.”\*\*** This location ensures readers have foundational knowledge before diving into practical questions, and it sets up clarity before they start applying techniques.

# **Exploring the Dream World**

# Understanding the Function of our Mind

The mind is like the operating system of our lives, constantly working behind the scenes to process our experiences, emotions, and thoughts. To truly understand how it functions, it's essential to explore its structure and how its different parts - *conscious*, *subconscious*, and *unconscious* - interact. In addition, our *instincts* and *will* play powerful roles in guiding many of the actions we take, often without us even realizing it.

## **The Conscious Mind: The Thinker and Interpreter**

The *conscious mind* is the part of our mind that handles everyday thinking, decision-making, and sensory interpretation. It's the part we actively use to interact with the world—whether it's deciding what to eat for lunch or solving a puzzle, your conscious mind is at work. It's closely linked with our *senses* — sight, sound, smell, touch, and taste. Every moment, the conscious mind is processing these sensory inputs and making judgments based on what we experience.

This is also where *rational thinking* and *willpower* come into play. The conscious mind helps us navigate through decisions by weighing pros and cons, using logic, and exercising self-control. For example, when you resist the urge to hit snooze and instead decide to get out of bed, it's your conscious will that takes charge. However, as powerful as the conscious mind seems, it is heavily influenced by deeper layers of the mind.

## **The Subconscious Mind: The Emotional Reservoir**

The *subconscious mind* operates below the surface of our awareness, storing *memories*, *emotions*, and *learned habits*. It's like a vast reservoir that influences our behavior based on past experiences. You may not consciously recall every event from your life, but your subconscious does—and it uses this information to steer your actions and responses, especially when emotions are involved.

For example, if you have a fear of public speaking, it's likely your subconscious mind that triggers the anxiety. It remembers a past experience (even if **you** don't) and sends emotional signals to protect you from what it perceives as a threat. Similarly, your subconscious is responsible for habits—like brushing your

teeth automatically in the morning—because it has stored those routines through repetition.

Our subconscious also plays a significant role in how we *interpret* situations and events. It shapes how we feel about things long before we become aware of those feelings. This is why certain experiences trigger an emotional reaction, even if you don't immediately understand why.

### **The Unconscious Mind: The Deep Storehouse**

The *unconscious mind* is the deepest and most hidden layer of our mind. *This is where we store instincts, primal desires, and deeply buried memories, often things that are unresolved or too difficult to process consciously.* The unconscious mind can have a powerful effect on our behavior, even though we are rarely aware of it.

For instance, *instincts* — which are hardwired responses that keep us safe—are housed in the unconscious mind. These instincts often bypass logical thinking. *When you touch something hot, your hand jerks away automatically—this is your unconscious mind acting to protect you. Similarly, feelings of hunger, thirst, or the need for rest come from your unconscious instincts, ensuring your survival without requiring conscious thought.*

But instincts are more than just basic survival mechanisms. They also guide more complex behavior. Think of the fight-or-flight response, which kicks in during stressful situations. This is an instinctual reaction that prepares the body for danger, often overriding the conscious mind's ability to calmly assess the situation.

### **Understanding the Function of Our Mind (with Suggested Scientific Background)**

The mind functions in complex ways, constantly working to process our experiences, emotions, and thoughts. To truly understand this, it's helpful to explore the mind's different layers—conscious, subconscious, and unconscious—and how each part influences our behavior.

### **Brainwave Patterns and Mental States**

\* \* \*

*Research has shown that our brains operate in different brainwave patterns, which vary depending on our level of alertness and mental state. Beta waves dominate when we are fully awake, engaged in problem-solving, or highly focused. This high-frequency activity reflects the conscious mind's active role in thinking, decision-making, and interacting with the world.*

*As we relax or enter meditative states, alpha waves increase, reflecting a state of calm and light mental relaxation. This is the bridge to the subconscious mind, where memories, emotions, and learned habits reside. The subconscious mind influences our actions based on past experiences and triggers many of our automatic reactions and emotional responses.*

*During sleep, theta and delta waves become prominent. Theta waves, associated with deep relaxation and light sleep, allow access to the subconscious and may play a role in dream imagery. Delta waves are the slowest brainwaves, occurring in deep sleep stages (often called restorative sleep) and linked to the unconscious mind, where deeply buried instincts and unresolved memories lie.*

Understanding these brainwave patterns can help us see why dreams often feel more abstract or emotional than waking thoughts. The **subconscious and unconscious minds** become more accessible during sleep, letting us process and release emotions, memories, and desires that are less visible in daily life.

### **Roles of the Conscious, Subconscious, and Unconscious Minds**

*The conscious mind is the active thinker and decision-maker, handling everything from logical thinking to sensory interpretation. It's our outer awareness that interacts with the world, heavily influenced by senses and rational thought.*

*The subconscious mind serves as an emotional reservoir, storing memories, learned behaviors, and emotional responses. It influences our reactions and choices, often without us realizing it, especially when strong emotions are involved. For example, if a past experience was frightening, the subconscious mind may trigger a similar feeling in response to something*

*that reminds you of it, even if you don't consciously recall the memory.*

*Lastly, the unconscious mind holds the deepest layers of instincts, primal emotions, and unresolved memories. This part of the mind, less accessible in our waking life, surfaces in dreams or deep meditative states, offering a glimpse into things we may not yet understand consciously.*

Together, these layers of the mind, along with shifting brainwave states, illustrate how our thoughts, memories, and emotions blend across different levels of awareness, helping us function and respond to life with a mix of instinct, emotion, and logic.

### **Instinct and Will: The Driving Forces**

This brings us to two fundamental forces in the mind— *instinct and will*. While *instinct* arises largely from the unconscious mind, guiding us through automatic, survival-oriented reactions, *will* comes from the conscious mind, pushing us toward deliberate actions.

*Instinct* is fast, automatic, and often driven by survival needs. It doesn't require much thought; it simply kicks in when triggered. For example, if you feel sudden fear when you're in danger, that's instinct telling you to act fast without overthinking. Instincts are hardwired through evolution and play a huge role in our behavior, often guiding us before we even realize what's happening.

On the other hand, *will* is what gives us the power to override our instincts when necessary. It's the force behind our ability to make conscious choices, even when those choices go against what our subconscious or instincts are pushing us to do. For instance, when you choose to stay calm in a tense situation instead of fleeing, you are using your *willpower* to consciously control your instinctual response.

Will is what allows us to set long-term goals and stick to them, even when it's difficult. It's the conscious effort to push through challenges, make decisions, and take action. Without will, we would simply be at the mercy of our instincts and subconscious urges.

\* \* \*

## **The Mind's Relationship with Senses, Judgment, Emotions, Memory, Instinct, and Will**

Let's tie all of this together to see how the different parts of the mind work with our senses, judgment, emotions, memory, instincts, and will.

- **Senses:** Our conscious mind processes sensory input in real-time, interpreting sights, sounds, tastes, and other sensations. However, our subconscious mind often links these sensations to past experiences, triggering emotional responses or reactions without us being fully aware of it. Instinctual responses, like feeling immediate danger or pleasure, also arise when certain sensory stimuli are detected by the unconscious mind.

- **Judgment:** While our conscious mind is responsible for logical and rational judgment, the subconscious and unconscious minds heavily influence it. Past experiences stored in the subconscious can bias our judgment, while unconscious instincts can drive us to act quickly, without thinking things through.

- **Emotions:** Our subconscious is the emotional center of the mind. While we consciously experience emotions, they often arise from deeper layers, triggered by memories or unconscious instincts. For example, a smell might evoke a feeling of comfort because it reminds your subconscious of home. Instinctual emotions, like fear or aggression, come from the unconscious and often take over in high-pressure situations.

- **Memory:** Memory exists in both the subconscious and unconscious. The conscious mind handles short-term memory, while long-term memories are stored in the subconscious, influencing how we act and feel. Some memories, especially those associated with trauma, are stored in the unconscious and can influence behavior in ways we don't fully understand.

- **Instinct:** Instinct comes from the unconscious mind and acts automatically, often to protect us or satisfy basic needs. It's not something we control; it's something that happens to us. Instinct plays a huge role in survival but can sometimes interfere with rational decision-making.

- **Will:** Will is the conscious force that allows us to act intentionally, even in the face of instinct or subconscious urges. Willpower lets us control our behavior,

make plans, and stick to them. It's what allows us to override fear, push through challenges, and achieve long-term goals.

### **The Balance Between Instinct and Will**

Understanding the function of the mind ultimately comes down to understanding how instinct and will work together. Our instincts often provide the first impulse—whether it's to flee from danger or to satisfy a craving—but it's our will that lets us decide how to act on those impulses.

It's a balancing act. Instinct helps us survive, but will allows us to thrive by making conscious decisions that go beyond mere survival. Learning to harness both instinct and will, and recognizing when to let each take the lead, is key to living a balanced and intentional life.

# **Dream Scripts that worked for me**

# Introduction

In this section, I've shared some of the dream scripts that have worked for me, along with insights into two important aspects:

- **Why I created each script.**

- **What I hoped to achieve from it.**

For each script, I've highlighted specific areas that I focused on to help you understand the intention behind it and how it was designed to serve a particular purpose.

In many cases, I've also shared the dreams that came as a result of using these scripts. You'll notice that while the dreams may not exactly match the script, there are often many common elements, as well as some surprising ones that my subconscious incorporated. Keep in mind, the subconscious doesn't follow direct commands or a specific language—it picks up on images, memories, sensory details, and symbols. The more you pack your script with rich details like these, the more likely it is to appear in your dreams.

Another key factor in influencing the subconscious is personal interpretation, deep-rooted beliefs, and emotional responses. Your scripts need to align with what you hold in your mind. If your beliefs need changing, you'll have to include evidence in your scripts that support why this change is necessary. When you're working on scripts that aim to shift beliefs, they need to be more detailed and thoughtfully crafted.

As you'll see, many of the scripts I've created are based on a dream I experienced previously and the observations or insights I gained from it. For me, dream scripting is a way to guide my subconscious toward specific goals, and it's been effective in helping me achieve them.

I hope that by sharing these scripts, you'll be inspired to create your own in a way that works for you. In the long run, this practice can help you achieve emotional wellness and support you in becoming a more compassionate and resilient person.

## **Dream Script 1 : A Night Time Meeting**

I scripted this dream a few days after my beloved dog, Shero, passed away. He had been with us for 15 wonderful years, and after his demise, I felt an overwhelming sadness. I knew I needed to find a way to keep his memory alive forever. At first, I gathered a collection of his photos and wrote prayers for him, but one day it struck me—if I made Shero a part of my dream world, a constant companion, I would never feel that emptiness again.

As you may know, I've been exploring dreams and meditation since my mid-30s. I already had a deep understanding of hypnotherapy and the power of autosuggestion. So, I reached out to a few close friends who still practice these techniques, and after reflecting on it, I decided to create the dream script below. By doing this, I hoped to preserve Shero's presence in a meaningful and lasting way.

### **The Dream Script ..**

It was almost midnight. The streetlights cast a weak yellow glow, illuminating the empty road. I walked alone, the buildings on either side mostly dark, as the city slept. A few restaurants and shops remained open, their lights flickering faintly.

As I neared the end of the lane, I came across a fenced park, its gate left ajar. The park seemed deserted, a place where people likely gathered in the evening, now silent and empty. I decided to enter. A concrete path lined the perimeter of the park, and I began walking along it.

After a few steps, I noticed a clean bench and decided to sit for a moment to rest. Just as I sat down, I felt a presence beside me. To my surprise, it was Shero. He looked at me for a moment, then transformed into a twelve-year-old boy, wearing a loose shirt and shorts. He smiled and said, "Dad, how are you? You look tired."

In that instant, I realized I was dreaming. I smiled back at him and replied, "What a surprise, Shero. You've finally come. Do you know how sad I was when

you left? I've been longing to meet you in my dreams."

Shero nodded and said, "Yes, Dad, I know. You, Mimi, and Mom were all sad after I passed, but you've been searching for a way to see me again. I was always your favorite, even though you didn't openly express it while I was alive, but I knew. That's why I've come to you now. I'll never leave you again. I'll live on as a part of you, within your psyche, and you'll see me often in your dreams from now on. I will be your constant companion."

He paused, then added, "Dad, death is inevitable for everyone, but that doesn't mean you've lost me forever. You're using your memories to bring me back to life, just like you're doing now. You'll never feel sad again because I'm free from the suffering of my old, ailing body. I'm so happy to be with you."

With that, Shero returned to his original form and rested his head on my lap. A wave of love and affection filled me. I gently placed my hand on his head as he closed his eyes, and I felt a profound sense of peace and comfort.

Moments later, I woke up in my bed, still enveloped by the feelings of warmth and tranquility from the dream.

### **Additional Notes**

*This particular dream script idea came to me during a time of deep grief, shortly after Shero's passing. When I wrote this, I was almost in a trance, able to see the dream vividly in my mind's eye. The scenes were filled with symbolism: the empty streets and deserted park reflected the emotional void I felt after losing him. However, once Shero appeared and transformed into a young boy, it felt like a turning point—not just in the dream, but in my healing journey. His words, telling me that he would always remain a part of me, offered comfort that I couldn't find in my waking life.*

*Shero's transformation was symbolic of the shift in our relationship. No longer just a memory of a beloved pet, he became a guiding presence in my subconscious, offering me reassurance and peace. The dream gave me a profound sense of closure—an understanding that, while Shero may no longer be physically with me, his essence remains, always ready to offer comfort in my dreams.*

## **The first dreams that appeared after I repeatedly meditated on the script ..**

### **Dream 1: Lost in the Crowd**

I find myself standing in a crowded place, surrounded by people talking amongst themselves, seemingly unaware of my presence. The atmosphere feels heavy, the faces around me unfamiliar. One of the men glances in my direction and, with a curious look, asks, "Why are you here?" I hesitate, feeling disoriented, and respond, "What is this place?" I scan the area, trying to understand where I am.

In the distance, I catch sight of Shero. His eyes meet mine, and instantly, I recognize the dream. I'm dreaming. Relief washes over me for a moment, but as I try to move, I feel an unsettling weight. The realization sinks in—I'm in a place where I don't belong. The space feels wrong, shadowed, and the urge to leave builds within me.

I try to run, but the crowd presses in from every direction, chaotic and stifling. My path is blocked, and panic sets in. I look around desperately for Shero, but he is gone, lost in the mass of faces. My heart races, and I feel a wave of fear as I call out for him, "Shero!" But no sound comes. My voice is trapped within me, and I realize I've become mute. The words I want to shout stay locked inside, leaving me helpless. My desperation grows, and in that moment of silence, I wake up abruptly.

### **My Notes**

This dream was unlike the ones I had scripted before. It felt disjointed, as though my subconscious was pulling me into a situation I wasn't prepared for. I wasn't sure why this dream appeared, but its intensity left me pondering the deeper meanings behind it.

Thank you for sharing your dream and its reflection. Here's a refined version of your experience, which can also include your interpretation for your book:

### **Dream 2: A Walk in the Park**

I find myself walking in a park, the air cool and crisp around me. The morning feels peaceful, with a large lake stretching out before me. Despite the pleasant weather, there's an uneasiness growing within me, a discomfort that I can't quite place.

Suddenly, Shero appears, standing beside me. His expression is urgent, and he gently tugs at my hand, leading me toward something. Without hesitation, I follow him. He brings me to a house—Dr. Sen’s house. I see Dr. Sen standing by the gate, calling me inside. I glance at Shero, but it’s clear that Dr. Sen cannot see him.

Once inside, Dr. Sen examines me. He checks my blood pressure, listens to my heart, and looks at me with concern. "You don’t seem to be sleeping well," he says. "Your blood pressure is high, and your heart rate is elevated. Are you not taking care of yourself? You might want to get checked for a lipid profile and a few other things."

The dream shifts, and I wake up, lying in bed, the weight of his words lingering in my mind. It felt like a message—one I couldn’t ignore.

### **Reflection and Interpretation**

At first, I thought this dream was just another ordinary one, lacking the lucidity and depth of some of my previous experiences. But upon waking, I began to connect it to my earlier dream of being lost in the crowd. In that previous dream, I had felt confused and trapped, unable to find Shero or make sense of my surroundings.

Now, in retrospect, I realize that both dreams were trying to tell me something more concrete—about my health. The feeling of being trapped and lost in the crowd reflected the state of my physical well-being, the stress and anxiety I had been unknowingly carrying. And this second dream, where Dr. Sen directly addresses my health, brought the message into focus.

*I checked my blood pressure, and sure enough, it was elevated. This dream was a reminder that I needed to take better care of my health, both physically and mentally. Shero, as always, was there as a guide, leading me to the help I needed.*

\* \* \*

## **Dream Script 2 : An Evening with Everyone Together**

The script I wrote in this case was actually for a purpose ..

In next few nights I saw two dreams which forced me to think otherwise. Here is what I saw ..

### **Dream 1: Floating in the Village House**

*It seemed that I was in a hill station. Shero was with me as always. I was staying at someone's house, though my host could not see Shero. I hadn't mentioned him either, but Shero was always by my side wherever I went.*

*I couldn't recognize my friend or the place I was in, but the surroundings were beautiful. From the veranda, I could see the soft gray outlines of hills, with the house surrounded by lush green trees.*

*Over the last few interactions, I noticed that Shero would quietly sit beside me whenever I talked to my friend, listening intently to everything. When we were alone, he would advise me on those matters. Whenever Shero had something to say, he would transform into a twelve-year-old boy and speak to me in a human voice.*

*Suddenly, it dawned on me that I was in Africa. The soil had a reddish tint, and I remembered my friend's name—John, of British origin. He had once been my neighbor, and we had become friends. We were meeting now after eight years, and I had come to visit his farmhouse in this country.*

*The scene shifted, and we found ourselves sitting in his drawing room, enjoying coffee. As usual, Shero sat beside me. Suddenly, a gentleman and his wife entered. I immediately recognized them—they were my father and mother. But strangely, John introduced my father as his own. My father smiled at me when John introduced us, but didn't say anything else.*

*I felt a rush of excitement as I was about to ask my father if he recognized me, but at that very moment, I woke up and returned to the waking world.*

\* \* \*

### **My interpretation to the above dream**

Upon reflection, a realization hit me. In the dream, I had placed Shero — an animal who couldn't speak but was always loyal and loving — at the center of my attention. Meanwhile, my parents, who had sacrificed so much for me during my childhood and supported me through every hardship, appeared distant, almost secondary. It struck me as a deep-seated guilt. Had I, in some way, neglected their memory? Was I making them seem less important in my subconscious?

This dream made me confront something I hadn't fully acknowledged: the guilt of unintentionally distancing myself from the memory of my parents, despite everything they did for me. It felt as though my mind was showing me that while Shero's loyalty and love were pure, my parents' care and support deserved greater recognition than I was giving them, even in my dreams.

### **Dream 2: Floating in the Village House**

I had a peculiar dream—not quite a lucid one, but vivid enough to stay with me. It began soon after I meditated and went into a WBTB (Wake-Back-to-Bed) state. As I drifted back into sleep ...

*I found myself in an unfamiliar bedroom. The setting had the feel of a traditional village house, the kind made from mud and soil, like those commonly seen in Indian villages.*

*I was preparing to go to bed, where I had already placed various items—cookies and other dry foods—on the bed itself. My father appeared and asked to sleep by my side. I agreed and told him to take the right side, close to the wall, while I stayed on the left. I explained that I might need to get up in the night to drink water or use the bathroom, so he should sleep in a spot where he wouldn't be disturbed.*

*After a while, I found myself unable to sleep, so I got out of bed and wandered outside into an open space. The house was larger than I had first realized, a sprawling village home. As I explored, I reached another corner of the house where a door to a room was closed. I tried to peer inside, remembering in that moment that this room was where Bijoy dada used to stay. Yet, despite my memory, the bed inside was empty, and Bijoy dada was nowhere to be seen.*

*For reasons I can't recall, I suddenly felt the urge to fly. I lifted off the ground effortlessly and began gliding back towards my own room. As I floated horizontally into the bedroom, my father turned to look at me. He saw me, hovering just above the ground, and in a dismissive tone, he said, "Rubbish," before turning back over and settling down to sleep again. I returned to my bed, feeling a sense of odd detachment, and shortly after, I woke up in my real bed.*

It's important to remember that all the figures in this dream—my father, Bijoy dada—have been deceased for many years.

### **My Observations and Interpretations**

1. I have never stayed in a village house like the one in my dream. I've always lived in townships or cities.
2. As an Anthropology student, I did visit Indian villages during my studies and excursions.
3. I've also seen movies related to village life in Uttar Pradesh and West Bengal.
4. In this dream, my father appeared but rejected and dismissed my presence when I entered the room.

My visits to Indian villages during my Anthropology studies may have left a lasting impression, even if I didn't live in those environments. The dream could be drawing from those experiences, blending my observations of village life with my own subconscious thoughts and emotions.

It's possible that my exposure to village life through those movies, combined with my experiences during my Anthropology studies, influenced the creation of the village setting in this dream.

However, a recurring theme in my dreams is my father not accepting me for some reason, and I feel this unresolved tension needs to be addressed.

All these observations led me to write my new dream script, which is shared below...

### **The dream script ..**

\* \* \*

We had come to the park located in one corner of our town. It was early evening, and the air was filled with a peaceful stillness as the sun began to set. The entire family was there: my father, my mother, my wife Mita, and my daughter Mimi, along with Shero, as always. We had gathered to enjoy the evening together. Mimi, now 14 years old, was laughing and playing a game of catch with Shero, who had taken the form of a lively 12-year-old boy. They tossed the ball back and forth, their joyful energy filling the park.

As Shero chased after the ball, I noticed that in those moments of running, he would change back into his original form—a sleek, black dog, just as he had been in life. It was a seamless transformation, and neither Mimi nor Shero seemed to think anything of it, as if it was perfectly natural.

While watching them, I became aware of two more figures approaching from the other side of the park: Goldie, my beloved dog from childhood, and Bijoy dada, the man who had looked after our home during those early years. Goldie, a large, strong dog with the stature of a golden retriever, had been a loyal companion during my school days, and Bijoy dada had been a steady presence, almost like a guardian of our family.

To my surprise, Goldie transformed too, turning into a stout young man, and joined the game of catch with Mimi and Shero. I realized then that Shero referred to him as "Goldie uncle," and it made perfect sense. In a way, Goldie had been adopted by my father and Bijoy dada, making him like a brother to me. The connection felt so natural, as though this was how it had always been meant to be.

As I sat watching this wonderful scene unfold, my heart swelled with happiness. It was a gathering of everyone I had loved, from my childhood to my youth, all together in one place. The park was filled with laughter and lighthearted play, as Goldie, Shero, and Mimi continued their game, their ability to shift between human and animal forms adding a magical quality to the moment.

Then, as if in perfect harmony, Shero, Goldie, and Mimi all turned to me, smiling warmly, their eyes sparkling with affection. It was as if they were silently asking, \*How do you feel? Are you at peace?\* I could only smile back, overwhelmed with joy and a sense of completeness.

\* \* \*

At that moment, I woke up, still carrying the feeling of excitement and fulfillment with me. It was as though, in this dream, I had brought together all the fragments of my past—my family, my beloved pets, and those who had cared for me—into one harmonious whole.

# Getting Further Ahead

# Dream Scripting and Lucid Dreaming

Lucid dreaming is the fascinating experience of becoming aware that you are dreaming while still inside the dream. In this state, you can sometimes control aspects of the dream, such as its characters, setting, or even the storyline. It's a state of consciousness that blends the dream world with the awareness of waking life, offering endless possibilities for exploration, problem-solving, creativity, and even self-discovery. But achieving and sustaining lucidity in dreams can be challenging for many.

One powerful tool that can enhance your ability to lucid dream is **\*\*dream scripting\*\***. Dream scripting involves creating detailed plans or narratives for your dreams before you go to sleep, shaping the kind of dream experience you want to have. By combining the intentionality of scripting with the practice of lucid dreaming, you can more effectively achieve and maintain lucidity, as well as deepen your control over the dream itself.

Let's explore how dream scripting can enhance lucid dreaming and how you can use it to unlock more powerful, meaningful dream experiences.

## **Why Dream Scripting?**

Dream scripting is the practice of deliberately planning out what you want to dream about before you go to sleep. Much like writing a script for a play or movie, you create a mental framework for the dream, including its setting, characters, actions, and themes. The idea is to “seed” your subconscious mind with specific content that will influence your dreams.

For example, if you want to practice flying in a lucid dream, you would script a dream scenario where you find yourself in an open sky, ready to take off. By mentally rehearsing this dream before falling asleep, you prepare your mind to create the desired experience.

Dream scripting can also be combined with **reality checks** – a common technique used in lucid dreaming. Reality checks involve regularly questioning whether you're awake or dreaming during the day. Over time, this habit can carry over into your dreams, helping you recognize when you're in a dream and triggering lucidity. Scripting helps set the stage for these reality checks by

planting specific elements in your dream that can act as cues for lucidity.

## **How Dream Scripting Supports Lucid Dreaming**

Dream scripting is a natural complement to lucid dreaming because it brings intentionality to the dream state. Here are some of the ways that dream scripting can enhance your lucid dreaming practice:

### **1. Increasing Your Chances of Becoming Lucid**

One of the biggest challenges of lucid dreaming is recognizing that you're dreaming while you're still in the dream. Dream scripting helps by planting familiar symbols, settings, or scenarios that you can easily recognize as part of your pre-dream plan. When you encounter these elements in the dream, they can serve as **\*\*triggers\*\*** for lucidity.

For instance, if you script a dream where you will meet a specific person or find yourself in a certain location, seeing that person or place during the dream can act as a reminder that you're in a dream. This realization often leads to lucidity.

### **2. Enhancing Control Over the Dream**

Once you've become lucid, dream scripting can help you **\*\*take control\*\*** of the dream more effectively. Since you've already visualized the dream narrative in your waking state, you can guide the dream according to the plan you've set. This means you're less likely to lose focus or let the dream slip back into randomness once lucidity is achieved.

For example, if your goal is to practice flying in a lucid dream, your dream script might include details like taking off from a mountain or soaring through clouds. When you become lucid in the dream, the script serves as a framework for the actions you want to take. Because your subconscious has already been prepared for this, it's easier to stay on course and enjoy the full experience of dream control.

### **3. Helping You Focus on Specific Goals**

Many people enter lucid dreaming with specific goals—whether it's overcoming a fear, solving a problem, or simply exploring a new world. Dream scripting allows you to set a clear intention for what you want to achieve in the dream,

making it easier to stay focused once you're lucid.

For instance, if you want to confront a fear of public speaking in your lucid dream, you can script a scenario where you give a speech in front of a large audience. By practicing this scenario in your waking mind before sleep, you set a strong intention that carries into the dream. When you achieve lucidity, you'll already know what to do, which helps maintain focus on your goal rather than getting distracted by other dream elements.

#### **4. Strengthening the Mind's Connection to Lucidity**

Dream scripting can strengthen the **\*\*mind's connection\*\*** between waking consciousness and the dream world. By mentally rehearsing your dream before sleep, you train your brain to recognize when it's dreaming. Over time, this mental preparation can make it easier to achieve lucidity more regularly.

As you get better at scripting and achieving lucid dreams, your subconscious becomes more attuned to your conscious goals. It begins to recognize that when certain themes or symbols appear in the dream, lucidity is the desired outcome. This repetitive practice can lead to more frequent and sustained lucid dreams.

#### **5. Enhancing Dream Recall**

Dream recall—remembering your dreams clearly after waking—is a crucial part of lucid dreaming. The more vividly you can remember your dreams, the easier it becomes to identify patterns, symbols, and cues that can trigger lucidity in future dreams. Dream scripting enhances recall because you've already created a detailed scenario in your mind before falling asleep, so it's easier to remember and reflect on the dream when you wake up.

Additionally, keeping a **\*\*dream journal\*\*** where you record both your scripts and the resulting dreams can further improve recall. Over time, you may start to notice recurring themes or cues that can be used to trigger lucidity in future dreams.

### **How to Use Dream Scripting for Lucid Dreaming**

If you're ready to start using dream scripting to enhance your lucid dreaming practice, here's a simple process to follow:

\* \* \*

1. **Set a Clear Intention:** Before you go to bed, decide what you want to achieve in your lucid dream. Whether it's flying, confronting a fear, or exploring a new landscape, have a clear goal in mind.

2. **Write or Visualize the Dream Script:** Either write down or mentally rehearse the dream scenario you want to experience. Include as much detail as possible—where you'll be, what you'll do, and how you'll feel. Try to imagine the sensory details too, like the sights, sounds, and even textures of the dream environment.

3. **Focus on Reality Checks:** As part of your dream script, include cues that will help you realize you're dreaming. These could be symbols (like seeing your hands or looking at a clock), people, or situations that you know would only happen in a dream. Practice doing reality checks throughout the day so that they become a habit, and include these cues in your dream script.

4. **Relax Before Sleep:** Take some time to relax and clear your mind before bed. As you begin to drift off to sleep, gently focus on your dream script without forcing it. Trust that your subconscious will pick up on the details and carry them into your dream.

5. **Reflect on the Dream Upon Waking:** After waking, write down your dream as soon as possible. Compare it with your dream script to see how closely they align. Reflect on whether you became lucid and what contributed to that lucidity. This reflection will help you improve your scripting techniques for future lucid dreams.

### **Conclusion: A Tool for Deepening Lucidity**

Dream scripting is a powerful tool for enhancing your lucid dreaming practice. By intentionally planning your dreams, you increase your chances of becoming lucid, maintain control once you're aware of the dream, and focus on specific goals that are meaningful to you. The combination of pre-sleep intention, mental rehearsal, and a clear framework for the dream allows you to approach the dream world with greater clarity and purpose.

Lucid dreaming itself is a deeply enriching experience, offering endless possibilities for exploration, creativity, and personal growth. By incorporating

dream scripting, you can deepen your connection with the dream state and unlock even more transformative potential in your dream life. Over time, you'll find that the practice of scripting enhances not only your ability to lucid dream but also your overall understanding of the subconscious mind.

## Frequently Asked Questions (FAQ)

### **Q: What if I struggle to remember my dreams?**

Dream recall is essential for dream scripting and lucid dreaming. If remembering your dreams is difficult, try keeping a dream journal by your bed and jot down any memories or impressions immediately upon waking. With regular practice, your recall will improve. You can also set an intention each night, reminding yourself to remember your dreams.

### **Q: How do I know if I'm lucid dreaming or just aware in a dream?**

In lucid dreaming, there's a distinct moment when you become fully aware that you're in a dream. You might notice something odd (like unusual text or a shifting scene) and recognize it as a "dream sign." You can deepen your awareness by performing a "reality check," like trying to push your finger through your palm. If it goes through, it's a dream!

### **Q: What should I do if I wake up as soon as I realize I'm dreaming?**

This is common, especially for beginners. Try to stay calm and focus on your breathing when you recognize you're in a dream. Remind yourself that you are safe and can remain in the dream. With practice, you'll develop greater control and find it easier to stay immersed.

### **Q: I find it hard to visualize my dream scripts. Any tips?**

Visualization can take time to develop, especially if you're new to it. Start small by focusing on specific details, like the color or shape of an object, and build up from there. Over time, your mind will adapt, and your visualizations will become clearer.

### **Q: How often should I practice dream scripting?**

For best results, dream scripting should become a regular practice, but it doesn't need to be intense. Reading or mentally reviewing a script a few nights per week, especially before bed, can be highly effective. Experiment to find a routine that feels natural and sustainable.

\* \* \*

**Q: Can everyone experience lucid dreaming with practice?**

While results vary, most people can experience lucid dreaming with patience and consistent practice. Combining techniques like dream scripting with reality checks and setting intentions can increase your chances over time.

**Q: Are there any risks to dream scripting or lucid dreaming?**

Dream scripting and lucid dreaming are generally safe practices. However, if a dream becomes uncomfortable, remember that you have the option to wake yourself up by focusing on your body or moving your fingers and toes. Approaching dreams with a calm, curious mindset tends to make the experience positive.

## **About the Author**

Santanu Karmakar is a teacher and lifelong learner working at the intersection of technology and human communication, with a special focus on Artificial Intelligence. Alongside his technical background, he is a certified Counselling Psychologist, which allows him to explore the human mind not only through machines and logic, but also through emotions, behavior, and inner experience.

He has a deep and sustained interest in the study of dream phenomena. As a regular practitioner of lucid dreaming and mindfulness, Santanu combines personal experience with psychological understanding to explore how dreams can be consciously observed, gently guided, and meaningfully interpreted. His work reflects a balanced approach—grounded in science, enriched by self-practice, and presented in a simple, practical way for readers from all backgrounds.

*Dream Scripting for Emotional Wellness* emerges from this unique blend of technology, psychology, and mindful inner exploration, inviting readers to engage with their dream world with awareness, curiosity, and care.