

Lucid Dreaming Leads to Dream Novel

By Judy Thomas

"I was dreaming when I wrote this, forgive me if it goes astray."

This opening line to one of Prince's most popular songs could easily be a disclaimer for Ken Eagle Feather's latest book, *The Dream of Vixen Tor*.

He was dreaming when he wrote it. But he wasn't sleeping.

He was conducting a seminar on lucid dreaming in Devon, England, when he simultaneously entered a dreaming-awake state, flooded with ideas for his new book.

Written live from within a dream and based on personal experiences in lucid dreaming, it is not surprising he says it also reads like a dream.

Lucid and waking dreamers, he emphasized, are not to be confused with daydreamers. They have complete command of their bodies but dwell in a state of heightened awareness, in a surrounding that has become dream-like.

The rock formation and seminar site, Vixen Tor, apparently evoked this in many of his pupils. "The workshop we were doing and the

energy of the land put everybody into a dreaming-awake frame of mind," he explained.

Harriet Coleman, 12, whose mother was in attendance at the seminar, composed the poetry that is found in the piece.

Although others including Florinda Donner and Carlos Castaneda have explored the concept of lucid dreaming, Eagle Feather stresses that the unique format of his latest read, a compilation of how-to-exercises, illustration, myth and poetry, sets it apart from anything else presently on the shelves.

Differing from his other three books, *Toltec Path*, *Traveling with Power* and *Tracking Freedom*, published by Hampton Roads Publishing Company, where he is a marketing director, it is the first to be self-published by Tracker One Studios, Inc. Containing extensive autobiographical material and 112 pages in total, it's described by Eagle Feather as the most personal and shortest of his works to date.

First visited by the "muse" at 19 when serving as a petty officer in the U.S. Navy, Eagle Feather said his decision to write was cemented years later, in his thirties, when he met

Don Juan Matus.

Don Juan became his mentor and met with him many times in person, and even appeared to him in his dreams. He encouraged him to write books about Carlos Castaneda's writings, that are based on the teachings of Don Juan.

"He was a very powerful person," he said of Don Juan. Their meeting clearly had a dramatic impact on his life, culminating in a name and career change.

Following Don Juan's proposition, he opted to study journalism at the University of Southern Florida. A military bill of rights and a janitorial position afforded him the funds to go back to school.

He changed his identity around the same time. Declining to give his original surname, he said the name Eagle Feather, given to him by his teacher, means to "serve with detachment."

Despite his instruction in journalism school and from Don Juan, Eagle Feather said getting his first book published was a challenge. *Traveling with Power* was rejected 13 times.

"Journalism school gives you a great foundation," he stressed, but writers can be "prepared for a shock" when they enter the writing market.

He advises aspiring writers to tough it out and to "make wallpaper out of (their) rejection letters," stressing they will cherish them one day. "Rejection is the fire that forges the metal," he said.

His military experience, he said, taught him about discipline and perseverance. They are "not always successful in any given operation," he stressed. "If your current battle isn't going the way you want it, you reassess and go at it again."

He emphasized that finding a publisher is not the only difficulty a writer can encounter. "It's a hard road," he said, explaining that the writing process can also be a struggle. "Most of the time you just plod through it, he said, "trying to express what you feel."

His ideas, he explained, sometimes occur in the form of an image, a word or a whole paragraph written out.

Or, as we've established, in a dream.

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cally, mentally or spiritually.

Paulette Berner sensed she was lurking around a home her and her husband were looking to buy. "I just didn't have a good feeling about this home," she said. Her eyebrows furrowed and her head tightly shook. "It was a beautiful place," she said, "there was really nothing wrong with it, but I just had a bad feeling." Berner and her husband later found out that there had been a tragic fire in that very home.

The feelings homeowners get when they walk into a room always play a large role in the decisions to implement Feng Shui. Like Berner, Supple is continually changing the set-up of her home. "Whenever I notice that something does not feel right somewhere in the house, I put it in the back of my mind and think about it when I'm doing something else."

As Supple explained, the source of many problems may lie in the clutter within the home. "Because much of the theory is about keeping the energy moving evenly throughout the house," she said, "clutter is considered to be a hindrance to the movement." That is why a process called decluttering is so important in the home. "It (decluttering) is an ongoing part of mindful placing of objects," Supple explained. "It allows us to get rid of everything that is not necessary or appreciated."

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