


# *Opening the Eye of the Dreamer*

(Excerpt from *A Cthulhian Grimoire of Dream Work*)

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reams are the experience of inner realities, infinite in their possibilities and vast in their depth. To bring forth knowledge and wisdom from a dream and manifest it in the world of light is the mark of a Priest of the Old Ways.

## *Preparing the Sleeping Chamber*

Foul not one's place of sleep with the mundane. Let it serve as a sanctuary - a refuge from the forces which demand one's constant attention. Treat the bed as the sanctum sanctorum of this Temple of Dream Work, making all acts of love and rest a sacrament of Initiation.

While preparing for this working keep lights in the sleeping chamber dimmed or use candlelight if they will not require supervision which would distract one from the work at hand.

Burn a small amount of mugwort and peganum harmala upon hot coals. Powdered white sandalwood or any aromatic herb of a lunar nature may be added or used as a substitute.

Place some leaves of mugwort beneath your pillow. Its fumes will open the Eye of the Dreamer, that through which we perceive our dreams.

## *Preparing Oneself*

A tea of mugwort\*, alone or mixed with peganum harmala, is most conducive to dreaming. Sip slowly while warm, not hot, as you prepare for sleep. Placed within a dark bowl this brew may also be used for scrying during the time of the moon's wane. Reflect upon earlier dreams or of primordial memories of R'lyeh whilst peering into its depths.

Upon retiring anoint your forehead in the shape of an opened eye with an oil of a lunar nature or of the dreaming herb, mugwort. This represents the Eye of the Dreamer.



## *Opening of the Eye*

Turn off lights and remove all distractions so that you may drift to sleep at the close of this working. Candles and incense which cannot be left unattended should be extinguished.

Sit for a moment and inhale slowly and deeply. Exhale and release any negativity which has been accumulating throughout the day. As you exhale, make a sound such as a sigh of relief. Pause for a moment to bask in the peace of the chamber. Do this several times and then lay in bed on your back or in a position most suited for sleep.

Become aware of the Eye anointed earlier upon your forehead. Do not force this attention but simply allow your awareness to drift to, and linger on, that area. It will likely begin to tingle or feel warm.

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\* Do not take mugwort when pregnant.

As if seeing through that Eye, envision yourself floating on the calm dark waters of an unknown sea. It is night but the stars shine brightly upon you, illuminating the anointed Eye on your forehead as if the light is being absorbed by it and radiating back out.

Feel warm gentle waves caress your body starting from the feet and moving their way slowly to your head. As each part of the body relaxes allow it to sink into the murky water. There is no fear of drowning. Allow the water to consume you willingly.

Feel the subtle pull downwards and allow your relaxed body to sink ever deeper into the abysmal depths. You are consumed by darkness as the last remnants of light from above can pierce no further.

Eventually you arrive at the sunken ruins of R'lyeh. You stand in a great courtyard surrounded by glistening cyclopean towers with non-Euclidean angles barely visible in a faint green glow that permeates the blackness of the ocean depths. This glow originates from the Eye of the Dreamer upon your forehead.

There is movement in the shadows, a dark shapeless mass is aware of your presence as you are aware of it. Slowly it creeps toward you, conscious but not alive. Allow it to envelope you from the feet upward to take you within the bowels of the city. Relax each part of your body as it is enveloped and give in to the embrace of sleep.

Upon awaking record your dreams in a journal kept for this purpose. Note details and feelings. Concern yourself not with meaning until the dream is fully recorded. Only then may additional notes be made of possible meanings.

Perform the *Opening of the Eye of the Dreamer* whenever one wishes to focus on one's dream work.

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