



## **The Astrology of Lucid Dreaming**

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Lucid dreaming—the experience of becoming conscious within a dream—has a long history and scientific credentials, as well as experts ready to guide learners. Yet, not everyone finds classical styles of lucid dreaming easy to develop or maintain. In fact, I work with a variety of dreamwork techniques and have an active shamanic practice, and still do not dream lucidly with ease or consistency. Why do some dreamers awake easily in dreams, and some do not?

As an astrologer, I'm intrigued with what birth charts might reveal about lucid dreamers. Like dreamwork, astrology has its own deep history and contemporary awakening. No longer used to define individuals or determine outcomes, astrology today explores cosmic patterns as they relate to our lives. Like lucid dreaming, astrology aims to increase our awareness and create opportunities for lucid living.

Here, I explore characteristics of successful lucid dreamers and suggest how those characteristics might be reflected in the birth chart. Working with lucid dreamers and their birth charts, we look for patterns and see where they lead. [1]



### **What Are Lucid Dreamers Like? [2]**

First, lucid dreamers are strong dreamers with an active dream life and good recall. Dreamers have "thin boundaries," sensitive to stimuli, flexible and creative thinkers, open to experiences in a variety of states of

consciousness. In contrast, those with thick boundaries tend to be grounded in everyday reality, prefer standard and familiar ways of thinking and acting, and make firm distinctions between states of consciousness. [3]

Dreamers who begin working actively with their dreams have a strong interest in learning about themselves and their world. We are curious about our experiences and what they mean, willing to explore, question, and learn. LaBerge refers to this as having a critical-reflective attitude. [4]

Lucid dreamers also need good balance, which allows the dreamer to maintain body awareness in relation to the environment, even within dreams.

Last but not least is motivation. Some dreamers are naturally lucid, without apparent effort. For most, though, becoming a lucid dreamer involves learning effective techniques and practicing them consistently. Having the drive and determination to keep trying becomes important.

As a working list, we can say lucid dreamers are likely to have the following qualities:

- sensitivity
- flexibility of thought
- a critical-reflective attitude
- good balance, and
- strong drive and determination.

### **What Might a Lucid Dreamer's Birth Chart Look Like?**

*Sensitivity* is the ability to register what's happening in the environment. As the "thin boundaries" concept implies, highly sensitive people are often sensitive across the board: to sensory stimuli like light and sound, to food and chemicals, and to the emotions of those around them. This can include the ability to pick up on psychic and intuitive energies as well.

Being sensitive does not determine how we respond. Some highly sensitive people feel overwhelmed and withdraw; others seem more resilient and find ways to process the stimuli and figure out what can be done. *Sensitivity*, therefore, refers only to a quality of awareness.

In astrology, a high level of sensitivity would be reflected in a strong Water signature. Each sign of the zodiac is associated with an element; Cancer, Scorpio, and Pisces are the Water signs. Water is the most responsive element, associated with the emotions, psychic and intuitive abilities, and receptivity in general. A chart strong in Water might have many planets in Water signs, or a Rising Sign in Water, or planets in Water strongly connected to other planets.

The Moon, Venus, and Neptune are also associated with responsiveness. Charts with one (or more) of these planets in strong positions also indicate sensitivity. A planet is strongly placed when it falls on one of the chart angles, or makes lots of connections to other planets.

These characteristics reinforce each other. In fact, when interpreting a chart, we look for repeating patterns. When the same theme comes up again and again, we know it's important. So, a chart in which the Moon *and* Venus *and* Neptune are strongly placed, *and* with a strong Water signature, would indicate a highly sensitive individual.

*Flexibility of thought* is the ability to connect facts and concepts in novel ways, think outside the box, and find innovative solutions. Associated with creativity in the arts, in science, and in business, flexible thinking gets us out of "the ways things have always been done" and into the realm of new possibilities.



Flexibility is associated with the mutable signs. In addition to an element, each sign has a mode: cardinal, fixed, or mutable. The cardinal signs (Aries, Cancer, Libra and Capricorn) are initiators, beginning each season with drive and energy. The fixed signs (Taurus, Leo, Scorpio and

Aquarius) fall in the middle of each season. They express themselves clearly and with focus, and can be hard to move. The mutable signs (Gemini, Virgo, Sagittarius and Pisces) mark the end of each season, the transition into a new form. These are the flexible signs.

The planets Mercury and Uranus are also associated with flexibility. Mercury is mind and communication. As the messenger of the gods, Mercury traversed all the worlds with great speed and agility, and was known for his innovative, trickster qualities. Uranus is the planet of revolution, innovation, the unexpected, and thinking outside the box.

A chart with a strong presence of mutable signs, or a strong placement for Mercury or Uranus—and especially a chart that included several of these characteristics—would indicate a flexible, innovative, creative thinker.

*A critical-reflective attitude:* Critical thinkers ask questions. They don't accept information at face value, looking instead for confirmation from other sources. Critical thinkers question authority, received wisdom, and their own results. Reflective thinking is the willingness to look at our own thoughts, feelings and actions. Reflection alone can remain in the realm of theory, but combined with critical thinking, it affects practice.

In astrology, critical thinking would be reflected in the Air signs: Gemini, Libra and Aquarius, which relate to thinking, logic, and the ability to step back and consider dispassionately. The planets Mercury and Uranus also relate to critical thought, especially in Air signs or when strongly placed. Having most planets on the left side of the chart indicates someone who relies on his or her own perceptions, rather than responding to outside stimuli, and could also suggest critical thinking.

Reflective thought could relate to being introverted, seen in a chart when most planets, and especially the personal planets, are below the horizon (in the lower half of the chart). The Water

signs are also reflective. Among the Water signs, Scorpio is especially good at critical reflection, a deeply insightful and also wary energy that accepts nothing without careful examination.

A chart with enough Air, or strongly placed Mercury or Uranus, combined with enough Water, especially Scorpio, and/or planets placed predominantly in the lower half or the left half of the chart, would tend to suggest the ability to approach the world with a critical-reflective attitude.

*Good balance:* It might seem counterintuitive that physical balance helps with lucid dreaming, but research suggests this is the case. It appears that the ability to maintain a firm orientation to where one's body is in space helps maintain lucidity in dreams, in which we often find ourselves relating to the dream environment in unusual ways.

Athletic ability is reflected in birth charts in the placement of Mars, and yet, lucid dreaming does not require muscular development. Instead, we might look to Mercury, and the signs it rules, Gemini and Virgo, to indicate the kind of physical flexibility and ability associated with good balance.

Good balance is also associated with the ability to stay grounded, maintaining an awareness of the Earth. This suggests that good lucid dreamers will also have Earth in their charts, perhaps some planets in Earth, especially personal planets, or Earth signs prominently placed.

*Drive and determination* both help us reach goals, but are somewhat different. Drive is the energy to act, to move, to work, to just do it. These characteristics are associated with the Fire signs, Aries, Leo and Sagittarius, or an emphasis on Mars. Drive is also associated with the Cardinal signs, Aries, Cancer, Libra and Capricorn.

Determination comes into play once we've begun, when things don't go as expected. If Fire signs get us going, Earth signs keep on no matter what, sticking to the plan until the goal is reached. Saturn, ruler of Capricorn, is the planet associated with hard work and staying the course.

A chart with Mars in an Earth sign, or Saturn in a Fire sign, or an emphasis in Aries or Capricorn (cardinal Fire and cardinal Earth), would indicate someone with the drive and determination to begin a difficult project and see it through to the end.

### **What Do the Charts of Lucid Dreamers Reveal?**

Interpreting charts is a process of looking for patterns. Rather than counting discrete elements and adding them up, we look for themes. For example, if lucid dreamers are sensitive, we should see patterns that suggest this, although they will not be identical in all charts.

One chart with a very strong pattern of *sensitivity* is a lucid dreamer with Scorpio Rising, a Moon–Neptune conjunction, Venus and Jupiter in Cancer, and Mars in Pisces. This dreamer's chart includes all the possible markers, with the Moon, Venus and Neptune emphasized as well as three planets and the Rising Sign in Water. Another chart with the Moon, Venus and Saturn in Cancer also suggest strong sensitivity, without the intensity of the first chart.

In one chart, we see great *flexibility* in Gemini Rising, Mercury in Gemini conjunct the Ascendant, and the South Node in Gemini. This chart suggests a level of flexibility in thinking that might sometimes make focused attention a challenge, unless there were other indicators of steadiness and calm in the chart.

In another chart, we see Mercury, Uranus and Saturn in Gemini, with Mercury and Uranus conjunct. Another has Saturn, Mars and Uranus in Gemini, and a Scorpio Sun connected to the Saturn–Mars conjunction. These patterns also suggest great flexibility of thought, with the presence of Saturn creating steadiness and focus, while Uranus brings originality, innovation, and intuition.

*Drive and determination* are most clearly reflected in the chart of a lucid dreamer with six planets in Fire and five in cardinal signs. This dreamer has the most success with lucid dreaming when there is a specific goal. Another lucid dreamer has Mars (drive) and Saturn (determination) conjunct in Sagittarius in the 12th House of dreams and visions.

Other charts, however, did not show marked signs of drive and determination, although each belongs to individuals of commitment and accomplishment. Each of us have things to do in the world, and drive and determination might be more about working in harmony with our chart than having a particular signature.

*Good balance* was not reflected strongly in charts I reviewed. Each chart did have Earth present, often importantly placed (e.g., Sun in Taurus or Mars in Capricorn), to help keep the dreamer grounded. It could be that balance is more important as a practice, than as a characteristic.

The idea of a *critical-reflective* attitude did not appear consistently in the charts, at least, not in the ways I anticipated finding it. The lucid dreamers I worked with include introverts and extroverts, those with charts focused on the right side, and those on the left. Some charts had plenty of Air; some had little. In this case, either the concept, or my interpretation of it, needs to be refined or refocused.

### **Another Characteristic?**

Although only a small number of charts have been explored thus far, another quality is emerging. Sensitivity and flexibility lead to keen perceptions and an open, creative approach to solving problems. Having a critical-reflective attitude, good balance, and plenty of determination also contribute to successful lucid dreaming. None of these, however, point to an interest in dreams and dreaming.



The charts of lucid dreamers have markers that suggest an interest in dreams, or things like dreams: intuition, altered states of conscious, psychic phenomena, and so on. This might be called *intense interest in what lies beneath the surface*, for lack of a more concise term. In

astrology, it would be indicated by patterns that included Scorpio, Pluto, and the 8th House; or Neptune, Pisces, and the 12th House; or challenging aspects involving the Moon, Neptune, and any of the signs or houses indicated.

One lucid dreamer, for example, has an 8th House stellium, that is, three or more planets in the 8th House. This House, ruled by Pluto and Scorpio, is associated with deeply transformative experiences. Someone with a strong 8th House might be drawn to edgy subjects like sexuality and death, or the occult, psychic realms, or dreams.

Another lucid dreamer has a Moon anchoring a T-square with Chiron and Uranus, a challenging pattern that brings the influence of the wounded healer (Chiron) and the revolutionary trickster (Uranus) to bear on the emotional self, represented by the Moon. Since the Moon also connects to our dream life, this pattern might point to difficult or challenging dreams, which have in fact been part of this dreamer's experience.

Another dreamer has a Moon in Pisces in aspect to Jupiter in Cancer, and Neptune, Saturn and Uranus in Capricorn, connecting the personal Moon with planets of dreams, visions, intuition, innovation, expansion, and manifestation.

Perhaps this pattern reflects the idea of a critical-reflective attitude applied to the realm of dreams.

## **What Can Birth Charts Tell Us?**



If characteristics correlated with lucid dreaming can be seen in birth charts, what about those of us who lack some or all of these patterns? Astrology is about potential and opportunity, not restriction. The charts of expert lucid dreamers are a beginning point only. Understanding what strong patterns look like can guide us in developing new strengths and reaching new goals.

We each have all the planets, points and signs of the zodiac in our charts. Learning more about what we already have and where our current strengths are can focus our efforts where they are most needed. Guidelines for lucid dreaming include all the required skills, the same for everyone. If your chart suggests you are sensitive and flexible, perhaps grounding and balance are needed. If sensitivity and grounded balance are present, exercising flexibility in thinking might be the key. In this way, astrology can guide practice.

We live in amazing times, when even the ground beneath our feet is shifting. The magnitude of these changes is reflected in the sky. Lucid dreaming is one way to expand consciousness, and astrology is another, making this an intriguing time to explore these two together.

## Notes

1. My heartfelt thanks to the lucid dreamers who shared their birth data, and spent time talking with me about their charts and their dreaming.
2. I am indebted to Ryan Hurd for his blog post [5 Traits of Natural Lucid Dreamers](#) which gave me a concise starting point for my framework.
3. Hartmann, E. (2010). *Dreams and Nightmares: The Origin and Meaning of Dreams*. Basic Books.

4. LaBerge, S. (2004). *Lucid Dreaming: A Concise Guide to Awakening in Your Dreams and in Your Life*. Sounds True.

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