

ACTIVATION

Keeping with the historic notion that a talisman is a ritualized object that is imbued with intentionality, you must activate your talisman yourself. Traditionally, activation is a three step ritual process: purification, energizing, and consecration. A talisman does not come activated—and as Claude Lecouteux warns—run away if a seller in an occult shop tries to sell you something that is already consecrated.¹

PURIFYING

The first step is purifying the object, to remove the traces of energy from all those who have touched and handled the object previously. Three cleansing agents are recommended: water, salt or smoke. You can do all three in sequence, or whichever one is appropriate given the material of your talisman. All the

Lucid Talisman varieties are safe for water immersion.

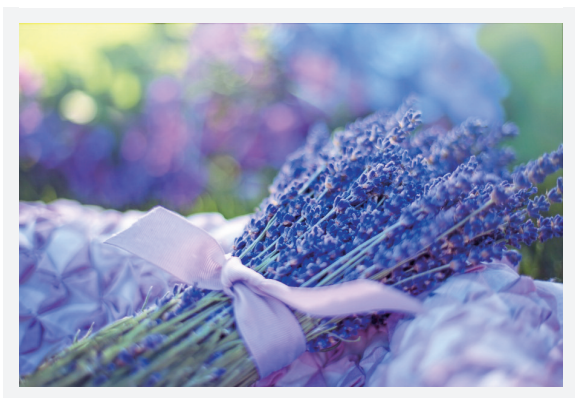
Begin with cold water. Dipping your talisman into a bowl of cold water is a good start rather than just running it under the faucet. Remember, intentionality is key here, and this process is more meditative than simply washing the dishes. While you are bathing your talisman, you can visualize energetic barbs and sticky emotional hooks being removed and washed away.

Salt is another classic cleanser that has been used for millennia in many spiritual contexts. Consecrated salt can to this day be purchased from a Catholic supply store.² Sea salt without additives can be found in most health food stores.

Dreamworker Kimberly Mascaro suggests:

“ For amulets that can get a little damp or wet, I mix a little salt, about half a teaspoon, with water in a paper cup or disposable plastic container. I gently place my amulets in the salt water, anywhere from one to eight hours. During these longer soaks, I set the intention right beforehand and again near the end, prior to a final rinse. Offering a word of thanks is suggested next. Be sure to toss out the container.³

Smoke is another classic purifying agent. A historic choice is frankincense incense, but you can go deeper into this practice by using herbs from your own cultural tradition or ancestry. If you grow your own herbs, even better. I have white sagebrush (*artemisia ludoviciana*) in my medicinal garden. Note that I can't recommend purchasing the ever-popular white sage (*salvia apiana*), as it's currently threatened by over-harvesting. Kimberly Mascaro suggests using herbs that were considered sacred in ancient times: for example, lavender and rosemary, two common European herbs that can be grown in many gardens.⁴ Some other cleansing herbs to consider: kitchen sage (*salvia officinalis*), cedar bark, and any of the mugworts (herbs in the *Artemisia* genus).



Lavender is ancient cleansing herb that grows in many climates.

CHARGING

Now that the talisman has been cleansed, the next step in activating the Lucid Talisman is charging it—which is really about strengthening your relationship to the talisman and focusing its role in your life. This is another exercise in intentionality. Sit with your talisman in your hand and visualize the Lucid Talisman as it emerges in your dream. If you have a specific dream intention, you can imagine this scenario playing out with the presence of the talisman. Or, if you are planning on using the talisman to protect you and dissolve nightmares, imagine filling the talisman up with your own power and energy.

This practice can be integrated into other aspects of ritual life. For example, you can leave your Lucid Talisman outside during the full moon while you are creating moon water. Recently, I charged my personal talisman during a ritual of Lughnasadh, the Gaelic celebration that marks the beginning of the traditional harvest season on August 1st. (In my part of the world, I always know when Lughnasadh is approaching when city street vendors start offering Fresh Jersey Corn). Besides its placement on the altar, I also made sure to pass the talisman over the smoke of our burning herb bundles as well.



Talisman with obsidian. If your talisman is chiefly for protection against nightmares, then you can cleanse and then charge your talisman during the day so it's ready to guard over you at night.

CONSECRATING

If you are no stranger to ritual life, you may choose to go a step further when activating your talisman. Consecration is a ritual that can be incorporated into your own faith tradition or cultural background. Some priests still do consecration rituals but, honestly, as talisman are so deeply personal, a focused ritual for consecration can be done at home without any other ritual specialists.

Here is a simple interfaith script for consecration adapted from Lecouteux in *The high magic of talisman and amulets*:

“ I consecrate you by air. May the breath of life awaken your power so you may be the talisman for knowing I am dreaming. Awake!

I consecrate you by fire. May the divine fire awaken your power so you may be the talisman for knowing I am dreaming. Awake!

I consecrate you by water. The purifying water awakens your power so that you may be the talisman for knowing I am dreaming. Awake!

I consecrate you by earth. May our mother earth awaken your power so that you may be the talisman for knowing I am dreaming. Awake!

Next visualize the energy of the talisman and visualize it awakening and say:

May the Spirit of Life [or choose your own term for the divine or ground of being] *give you life, so that you may serve me and fulfill your function. Now you have a life; you are the talisman for knowing I am dreaming. By the power of the Spirit of Life, you are awakened.*⁵

Lastly, close the circle and immediately begin carrying the talisman actively and using the reality check techniques described in this book.

AFTER ACTIVATION: DREAM DELAY

Keep your talisman active for at least a week. When you first get your amulet, you'll be excited and will probably spend a lot of time looking at it, touching it, showing it to friends, and doing the exercises we discussed in this book. You'll probably have some powerful dreams in the first week alone.

Use your talisman actively—only wear it when you are also planning on doing your lucid dreaming or mindfulness practices along with it.

The reason behind this is that it can take up to 10 days for waking life experiences to filter into our dreams. This process is called *dream delay*.⁶ When you keep the Lucid Talisman activated for a week or so and then take about a week off, you may still have some fresh and lucid dreams while you aren't using the talisman.

Take note of this, as it is a clue that whatever you did the week before, worked. Creating these rest periods adds clarity, as well as a chance to let the creative mind have some "underground time." This is part of the lucid

immersion strategy, and it completes the cycle.

WHEN THE NOVELTY WEARS OFF

Yes, there will be a time when the novelty wears off and you start to slip back into your old routines. You'll forget about the talisman and stop using it. It will gather dust. You may find it clanking around in the clothes dryer.

This is normal, but don't let your interest in the Lucid Talisman fade forever. Rather, anticipate that this will happen. When you decide to work with Lucid Talisman actively for at least a week or so, also decide to put it away for a week afterwards.

In other words, put the talisman away with intention. If you have the talisman necklace, take it off. If you have the keyring, switch it out to your usual key chain for a while.

Set a reminder on your calendar, and pick it back up after this fallow time. Then start using it again with your renewed lucid dreaming intention. Keep your journal active and keep note of the practices you do in the journal too, that way you will over time find your specialized gateway into lucid dreaming.

RECHARGING THE TALISMAN

When you're not actively wearing your Lucid Talisman, keep it somewhere special so it can "recharge." The blue velvet bag is perfect for this, but some people also keep the Talisman at rest near other objects or special places that have personal power for them, such as crystals, meditation stones, or near pictures of ancestors, saints, or other religious figures.

When you feel the inspiration rising again, take a fresh look at your dream journal and your most recent dreams. You may discover new recurrent images to blend into this week's new lucid dreaming intention.

Trust me, when you come back to your talisman after taking a week off, you will be excited to use it again. It will have energy and power again. New questions and intentions will naturally arise.

The cycle beings anew.



BASIC MAINTENANCE

Finally, on a purely practical note, here are some general tips for getting the most out of your Lucid Talisman.

- You can hand wash your talisman with gentle non-abrasive cleaners. Or go all natural with vinegar and lemon, or salt.
- Check your pockets. The Lucid Talisman will survive the washing machine but a tumble dryer can also scratch it over time.
- If you carry the talisman in your pocket, try to not carry other coins as well as this will increase the wear.
- Your Lucid Talisman or Lucid Amulet may change color as it ages. This is normal—it will become more unique with time.
- If the talisman is seriously dirty, soak it for about 5 minutes in 1 teaspoon of salt and a quarter cup of lemon juice. Use a toothbrush to scrub off the dirt or debris and then pat dry with a clean cloth.
- If the talisman has tarnished, say from being left to oxidize in a wet environment, soak in vinegar and baking soda for up to an hour before scrubbing off the tarnish using a soft bristled toothbrush. Do not use too much pressure or harsh abrasives as this will scratch the surface.

RESOURCES

DREAMS & ANCIENT WISDOM

- Bogzaran, Fariba, Stanley Krippner and André Pércia de Carvalho. *Extraordinary dreams and how to work with them*. SUNY Press.
- Bulkeley, Kelly (2015). *Big dreams: The science of dreaming and the origins of religion*. Oxford University Press.
- Holecsek, Andrew (2016). *Dream yoga: Illuminating your life through lucid dreaming and the Tibetan yogas of sleep*. Sounds True.
- Larsen, Stephen and Tom Verner. *The transformative power of dreaming: Discovering the wishes of the soul*. Inner Traditions.
- Janes, Sarah (2022). *Pool of Mnemosyne: An initiation in dreams*. Inner Traditions.
- Laughlin, Charles (2011). *Communing with the gods: Consciousness, culture and the dreaming brain*. Daily Grail Press.
- Mascaro, Kimberly (2021). *Dream medicine: The intersection of wellness and consciousness*. Toplight.
- Moss, Robert (2009). *The secret history of dreaming*. New World Library.
- Powell, Melinda (2022). *Lucid surrender: The alchemy of the soul and lucid dreaming*. Archive Publishing.
- Taylor, Jeremy. (1998). *The living labyrinth: Exploring universal themes in myths, dreams and the symbolism of waking life*. Paulist Press.
- Tick, Edward (2001). *The practice of dream healing: Bringing ancient Greek mysteries into modern medicine*. Quest Books.



ONLINE RESOURCES & TRAINING

Dream Studies Portal: Online magazine of consciousness studies, dream research and the imagination

<https://dreamstudies.org>

Dream Studies Academy: Online courses for dreamers

<https://dreamstudies.org/courses>

Institute for Dream Studies : Certificates for dreamwork teachers —highly recommended.

<https://institutefordreamstudies.org>

Int'l Association for the Study of Dreams: An org for academics and dream workers alike

<https://asdreams.org>

The Lucid Hive: Recommended lucid dreaming community on Facebook

<https://www.facebook.com/groups/thelucidhive>



AMULETS, POTIONS & SUPPLIES

Lucid Talisman Store: Amulets for dreaming

<https://lucidtalisman.com>

Dream Studies Press: eBooks & dream gear

<https://dreamstudies.com>

Lucid Dream Leaf: Dream supplements & journals

<https://luciddreamleaf.com>

13. ACTIVATION

1. Lecouteux, Claude (2005). *The high magic of talismans and amulets: Tradition and craft*. Rochester, VT: Inner Traditions, p. 220.
2. Mickaharic, Draja (2022). *Spiritual cleansing: A handbook of psychic protection*. Red Wheel, p. 35.
3. Mascaro, Kimberly (2021). *Dream medicine: The intersection of wellness and consciousness*. Jefferson: Toplight, p. 164.
4. Mascaro, p. 164.
5. Adapted from Lecouteux, pp. 222-223.
6. Nielsen, Tore A et al. (2004). Immediate and delayed incorporations of events into dreams: further replication and implications for dream function. *Journal of Sleep Research*, 13(4):327-36.

14. INTEGRATION

1. Paulson, T and Parker, A. (2006). The effects of a two-week reflection-intention training program on lucid dream recall. *Dreaming* 16 (1): 22-35; Stumbrys, T., Erlacher, D., Schädlich, M., and Schredl, M. (2012). Induction of lucid dreams: A systematic review of evidence. *Consciousness and Cognition* (21): 1456-1475.

ABOUT THE AUTHOR

Ryan Dungan Hurd

(he/him) is an educator and dream researcher. His work has been featured on NPR, CNN, Coast to Coast, TedMed, Psychology Today, Daily



Beast and many more. Ryan is a member of the International Association for the Study of Dreams and abides by their ethical guidelines. He currently lives in Philadelphia, PA, just a few miles from where his Irish ancestor Rev. Thomas Dungan settled on the Pennypack Creek in the 17th century.

Lucid Talisman: Forgotten Lore

© Ryan D. Hurd 2022

All rights reserved.

No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without written permission from the author, except for the use of brief quotations in a book review. Contact: dreamstudiespress@gmail.com

Published in the United States by Dream Studies Press.

Version 1.1 (Cold Moon)

Cover Design: Laura Atkinson photo | design. <http://camerawilltravel.com>

Image rights:

Fire bowl by Anke Sundermeier, 2020. Pixabay.

Mandala by Gordon Johnson, 2017. Pixabay.

Oeschinen Lake by Luka Bieri, 2018. Pixabay.

Bedroom by Victoria_rt, 2019. Pixabay.

Blue door by Rudy and Peter Skitterians, 2017. Pixabay.

Princess and the Trolls by John Baeur, 1913. Public domain.

Incantation bowl demon Met L1999.83.3.jpg by Marie-Lan Nguyen, 2011. Creative Commons 2.5.

Flammarion-color.png by Raven, 2015. Creative Commons 4.0.

Lavender bundle by Jill Wellington, 2021. Pixabay.

All other images are owned by author or are in the public domain.