



The Morning Linger (for hypnopompia)

1. When you first become conscious, as your mind comes back online from sleep, stay relaxed with your mind calm and unfocused.
2. Keep your eyes closed and try to not move. Let your mind drift. You haven't yet woken up all the way but your rational mind is starting to get into gear. This produces a hypnopompic dream space, where the border between thought, imagination, and dream is extremely permeable.
3. Lie in the midst of hypnopompia and experiment with shifting between thought and dream. With practice, you may find yourself able to spend more time in a mind space balanced between the two.