There is another world where you are in complete control. You can create and shape your environment, you see beyond the normal spectrum of light into dimensions unthinkable. In short, you are God. More importantly anyone can get there – it's a dream, but not as you currently know it. Be prepared to be catapulted directly into the world of lucid dreaming, a gateway to another world.

TV LISTING
Self proclaimed 'IT girl' Sarah Brown embarks on an intense course in Lucid Dreaming, where she hopes to combat her recurring nightmare.

SYNOPSIS
22 year old self-proclaimed 'IT girl' Sarah Brown lives a perfect existence – apart from the fact she experiences a terrifying recurring nightmare so severe it has induced chronic insomnia. We take her to Dr. Steven LaBerge’s Dreaming and Awakening training course in Hawaii to train her in the art of lucid dreaming, in the hope that she will be able to consciously confront the fears of her subconscious mind.

EXPOSITORY INFORMATION
The phenomenon of lucid dreaming is largely unknown or misunderstood by the general public. It is defined by simply becoming aware that you are dreaming – an action which opens up a gateway to another world. Contrary to the regular dream - an uncontrollable hazy filmstrip produced as our brain unravels the day’s events - a lucid dream catapults you into the 'spiritual planes'. Dreamers experience an 'eye opening' effect, and suddenly enter a new dimension where they have absolute control over their dreams – you can travel exactly where you intend, you can do exactly what you want to do, you cant even control and change the environment you reside in. No longer a pawn in a fateful and predestined story, you are now the creator and a free spirit in your own world. In this blissful state you are at your most awake whilst still being asleep. Your spirit is sleepless, your body is Wakeless.

Everyone is capable of lucid dreaming, and as with any skill some are better at it than others. Research from the Lucidity Institute run by Stephen LaBerge, author of 'The World of Lucid Dreaming' has led to many established practices on how to induce Lucidity – from meditative techniques such as M.I.L.D (Mnemonic Induction of Lucid Dreams) to lucidity induced by machines (The NovaDreamer).

Lucid dreams have been described as the best experience a human can imagine. The ecstasy brought on by this phenomenon surpasses the pleasure of any recreational drug on the market. Upon the 'eye-opening' effect, you are propelled into a spiritual plane where you are no longer confined to the restraints of your physical body – all your senses are heightened to extremes, you see beyond the normal light spectrum, and you can potentially control everything from your environment to yourself. But Lucid dreams are desirable for other reasons than enjoyment – they can be used to explore your spiritual side, to learn skills in an environment where it is safe to do so, or to overcome a deep rooted problem that cannot be resolved on a conscious level.

Sarah Brown is 22 year old 'IT girl' from a rich family. Residing in the huge Manor at Charney Bassett in the heart of Oxfordshire's countryside, she dedicates most of her time to London on the club scene. She has no money issues to worry about, and she has a first class honours degree in English Literature to fall back on when the party ends. Someone you would have thought would have no problems. Apart from every night she suffers from a terrifying recurring nightmare. This nightmare has cost her thousands in counsellor’s fees,
cognitive therapists, psychiatrists and hypnotists, but to no avail. I’m inviting her to confront her worst fear, and join in a ten day intense training program at the Lucidity Institute.

The Lucidity Institute offers several dreaming and awakening lucid dreaming programs, in which under the supervision of Dr. LaBerge a group of people convene and learn how to lucid dream using the tried and tested methods created by the institute. These residential retreats are held on the Stanford University campus. Attendees live, eat, dream, and meet together, practice exercises, discuss experiences, and follow a specially designed sleep schedule. The intense focus, group support and schedule combine to ensure that participants experience lucid dreams during the program (more than 80% did so in 1998) and are then able to share and obtain advice to guide future lucid dreams. The intention is that Sarah learns to become aware that she is dreaming during this recurring nightmare, become Lucid and consciously confront her subconscious mind.

**STRUCTURE**

**SEQUENCE 1 – NIGHTMARE**

The beginning sequence is essential to the audience’s involvement. The visual style will be inspired be video art, creating a highly unnatural feel to separate the spiritual world from the natural world. This will involve an extensive use of unnatural colours, rapid cut rate, jump cuts and discontinuous imagery. Video art is still a genre of the visual medium that has not been properly accepted and integrated into the mainstream televisual format, and this documentary provides a perfect window to use it for a meaningful and effective purpose. Sarah will be recalling her nightmare over the imagery.

**SEQUENCE 2 – BACKGROUND INFO**

Sudden ‘awakening’ from Sarah’s nightmare, into actuality footage using handheld cam to show Sarah in her day to day life. Voice over introducing us to Sarah and her lifestyle, and the problem she has with recurring nightmares. Lead into a light explanation of what dreams are.

**SEQUENCE 3 – LABERGE**

Stephen LaBerge explaining dreams and lucid dreams. Introduce his lucidity institute

**SEQUENCE 4 – ACTUALITY**

Sarah visiting the residential dreaming program at Stanford University. Follows her training to lucid dream, focusing on some methods used to induce dreams

**SEQUENCE 5 – OVERCOMING ENEMY**

Sarah is given intense dream induction therapy, using all her techniques learnt over the week, and using high tech equipment used to aid the induction of lucid dreams. Hopefully she will achieve lucidity and explain how she confronted her nightmare. This section will flash between the actuality of the sleep control room (Sarah hooked up to electronic devices in a controlled sleep cell) and video art of her lucid dream with her narrative of what is happening.

**SEQUENCE 6 – CONCLUSION**

Sarah speaks to us in an interview and summarises her experience, what she has learnt and how it will affect her life.