

# MPAILD

## Memory Palace Assisted Induction of Lucid Dreaming

Use a familiar mental route, stocked with your own recent dream material, to rehearse a lucid-like state during the day, then reactivate the same route briefly during a short wake-back-to-bed.

### Why Try MPAILD?



#### Daytime friendly.

Most of the practice happens while you are awake, not while you are trying to fall asleep.



#### Low arousal.

Brief, feather-light runs that protect your sleep.



#### Trains a state.

MILD trains an intention. VILD trains a scene. MPAILD trains the state itself.



#### Stocked from your own dreams.

Fresh material from your journal each week, so the content changes while the route stays the same.



#### Already rehearsed by 4am.

No phrase, no count, no drill. Just a route you have already run during the day.

### The Whole Thing In Eight Steps

#### 1 Choose a place and build a route.



Pick one familiar place and choose 5 to 7 distinct spots inside it, in walking order. Run the route until the order is automatic.

#### 2 Log your dreams for a week.



Keep a dream journal every morning for a week. No night practice yet.

#### 3 Stock each locus.



Take one object from last week's dreams. Put it somewhere it does not belong. Interact with it when you arrive.

#### 4 Practice daytime runs.



Fast runs: the whole route, a second or two per stop, under five minutes. Detail passes: about ten minutes, arriving properly at each stop.

#### 5 Do a short WBTB and reactivate.



After 4.5 to 6 hours of sleep, get up for 5 to 15 minutes. If you already know a timing that works for you, use it. Then return to bed and reactivate the route lightly.

#### 6 Flow, settle, or exit.



Drowsy: move through the route lightly. Alert: stay at the first locus. Wired: stop, breathe, feel your body, and sleep. Falling asleep matters more than finishing.

#### 7 Restock weekly.



Restock the route each week from the week just past. Keep it neutral or interesting. Thin week? Reuse last week's placements.

#### 8 Keep logging.



Keep a dream journal every night. Count your lucid nights. Compare month to month to see whether it's working for you.

### What Happens at Each Locus?

1



#### Arrive.

Be at the location rather than picturing it from outside.

2



#### Notice.

Take in whatever the spot gives you. Use any senses that come easily.

3



#### Act.

One small interaction. Touch it, lift it, turn it. Keep it embodied.

4



#### Continue.

Move on. No verdict, no evaluation.

### Build the Route (Quick Tips)



- A memory palace is a place you know well, like your house or a park. Each locus is a spot in it.
- Keep loci small and specific: the kitchen sink, not the kitchen.
- Choose 5 to 7 spots you can walk between in order, without teleporting.
- Walk the route until the order is automatic.

### The Quality of Attention You Are Training



#### Calm observation without forcing.

Notice details as they come, without straining.



#### Gentle agency.

Interact and make small changes, calm and quietly in charge.



#### Grounded awareness.

Be present and aware that you are aware, without narrating.



#### This is a lucid-like state.

You are not preparing for lucidity. You are practicing it.

