



**Shiro Ishii Dream Experiment**  
Kaiser Institute of Secular Sacristy

## Instructions

- I: This experiment must take place Sunday, Nov. 28, 2010; between 11 PM and 3 AM -US Mountain Time regardless of location.
- II: Draw the provided symbol on your arm or hand.
- III: Leave an alarm clock to wake you up an hour or two before the period ends.
- IV: Go to sleep.
- V: After the alarm clock wakes you up, stay awake for 15-45 mins. Take this time to concentrate and contemplate the symbol that you have clearly drawn on your arm or hand.
- VI: Go back to sleep, leaving an alarm clock to wake you up again 30 mins to an hour later.
- VII: If you are able to induce a lucid dream, take a look at the symbol on your arm then look into the sky or see yourself in a mirror.
- VIII: Wake up (either naturally or by the alarm clock).
- IX: Immediately write/draw your experience, there is no right or wrong answer. It is very important to do this right away as you will lose a great deal of detail the longer you wait. Have a pen and paper available prior to the experiment.
- X: Send us an email with the Release form, your experience and drawings (if any) to [experiments@kiss-international.org](mailto:experiments@kiss-international.org)

## Release Form

I voluntarily agree to participate in the Shiro Ishii dream experiment. An evaluation being conducted by Adam Wheeler, program director of Depth Psychology to improve the understanding of symbols and their effects in lucid dreaming.

I grant permission for my documentation and drawings to be used only by Adam Wheeler for analysis of data. I grant permission for the evaluation data generated from the above methods to be published in an evaluation report to the funder, The Kaiser Institute, and in the dissertation and future publication(s).

I understand that any identifiable information in regard to my name and/or agency name may be listed *only* in the above-mentioned evaluation report to the funder, that is, this information will *not* be listed in the dissertation or any future publication(s).

I understand that side effects of this experiment are minimal but a very small percentage may experience insomnia, mental breakdown, and suicidal thoughts among others. The Kaiser Institute of Secular Sacristy is not responsible for any harmful side effects, damages, loses, injuries in any way related to this voluntary experiment.

You agree that we will not be responsible or liable for any loss, injury, side effects, or damage of any sort incurred as the result of this experiment.

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Research Participant Name

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Signature

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Date

