

## Prologue

Most self-help books don't have a plot, but this one does. The search for lucidity is a mystery that unfolds as we search for clues. Unlike a novel, our plot does not conclude. Or, you might say, it concludes in the way Moby Dick concludes: we find the White Whale but cannot contain it.

Finding lucidity is the first step, just a doorway. Once you gain lucidity, the real question is what are you now lucid of? Like the White Whale, once we obtain lucidity, we must leave behind the skills that got us there in order to go further.

The quest for lucidity is a journey across a desert of awareness. We learn to track, navigate, and commit ourselves. We develop our skills with the exercises in this book and travel to the limits of our self-control and self-awareness. When we finally become lucid – whatever that means to each of us – we reach the eye of a needle. At that point the path takes a 90-degree turn... up!

If you've been searching for lucidity, this will not be news to you. It takes a good deal of work and study to reach that point where work and study no longer serve us; a point where every answer you get multiplies your questions in ever greater numbers. We aim to go as far as we can on the path to lucidity, and then to learn the nature of what lies beyond. Let's see if we can get there!

Lincoln Stoller, 2018