



THE DREAMER'S *FIELD GUIDE*

PROTOCOLS FOR THE LIMINAL STATE

Property of:

WARNING: THIS GUIDE IS FOR ENTERTAINMENT PURPOSES ONLY. NOT
PSYCHOLOGICAL ADVICE. DREAMS ARE SUBJECTIVE CONSTRUCTS. IF YOU ARE
EXPERIENCING DISTRESS, PLEASE CONSULT A PROFESSIONAL.

PROJECT DELPHI

Welcome to the Seam

If you have found this journal, you have likely noticed that your dreams are becoming... heavier. More vivid. Perhaps you wake up with the taste of salt on your lips, or the feeling that you have been somewhere physically real.

You are not imagining it.

Most of the world believes that sleep is a passive act—a reboot for the brain. But there are those of us who know the truth. Sleep is not a pause. It is a departure.

This guide is designed to help you navigate the transition. It defines the geography of the dream world, providing you with the language to map your own journeys.

*"The barrier is thinning. We do not just dream anymore.
We travel."*

— CERINE

HOW TO USE THE DAILY DREAM LOG

1. **Wake up.** Write immediately. The signal fades within seconds.
2. **Record symbols before interpretation.** Facts first, meaning second.
3. **Use the guide, not instinct, first.** Instinct is biased; the guide is a map.
4. **Revisit after 7 days.** Patterns only emerge in retrospect.

PRO TIP

Use this guide with your [Dreamwalker's Log journal](#) for long-term tracking.

DISCLAIMER: THIS DOCUMENT CONTAINS LORE FROM THE "CERINE" UNIVERSE. ALL "SCIENCE" HEREIN IS FICTIONALIZED FOR NARRATIVE IMMERSION.

THE VOCABULARY OF SLEEP

The Shore /ðə ʃɔːr/

Waking Reality. The physical world where physics is constant, time is linear, and gravity holds you down. It is safe, but it is static.

The Tide /ðə taɪd/

The Dream State. The fluid, shifting ocean of collective consciousness. Here, emotion dictates physics. If you feel heavy, you cannot run. If you feel light, you fly.

The Seam / The Liminalum /ðə siːm/

The Threshold. These terms are synonymous. The Seam is the "Liminalum"—the transition point between the Tide and the Shore. It is the borderland where you are neither fully awake nor fully asleep.

The Limineth /'lɪmɪnɛθ/

The Dreamwalkers. Individuals who can consciously navigate this cosmology.

MECHANISM

For most, the mind drifts from Shore to Tide passively. The Limineth control this passage, entering the Tide with full consciousness.

FUNCTION

They are the guardians of the Seam.

THE POWER & THE RISK

The Tide is "source code." The Limineth can create powerfully within it. The risk is **Spillover**: when a creation forged in the Tide becomes so powerful it manifests physically on the Shore.

MAPPING THE DROP

The Descent into The Tide

SURFACE (WAKE)

The Shore. Physical Reality.

ZONE 1: THE HYPNAGOGIC STATE (N1)

Science: The borderland between wakefulness and sleep. Theta waves begin.

Note: "The Kick" (Hypnic Jerk). That feeling of falling? That isn't a spasm. That's your consciousness hitting the water too hard. You entered the Tide too fast.

ZONE 2: LIGHT SLEEP (N2)

Science: Sleep spindles and K-complexes aid memory consolidation.

Note: "The Loading Screen." The world is rendering. It's boring here.

ZONE 3: THE VOID (N3 / DEEP SLEEP)

Science: Delta waves. Growth hormone release. No dreaming.

Note: "The Deep Sea." No light. No signal.

ZONE 4: R.E.M.

Science: Rapid Eye Movement. Body paralyzed (atonia).

Note: "You are aware, but not here. This is the Tide, the dream world where Cerine and other Dreamwalkers operate."

ORACLE CLASSIFICATIONS

Use the Dream Interpreter app at teenswannaknow.com/cerine.html to determine your rank.

RANK 01: SLEEPER

"Dormant Potential. Wake up."

Action: Keep a log for 7 days to break the amnesia loop.

RANK 02: STATIC RECEIVER

"You hear the noise, but not the signal."

Action: Focus on recall immediately upon waking. Do not move.

RANK 03: SIGNAL RISER

"The Seam is thinning around you. Vividness increasing."

Action: Identify your recurring 'Sign' (a specific object or color).

RANK 04: RIFTWALKER

"You walk between worlds, but do not yet lead them."

Action: Attempt a 'Reality Check' (look at your hands) while dreaming.

RANK 05: DREAMBOUND

"LEGENDARY STATUS. A hero of the Tide."

Action: You are ready to map the Liminalum. Share your findings.

THE ONE MISTAKE

DON'T READ THE TEXT. *READ THE VIBE.*

THE ERROR

Novice dreamers think: "I dreamed my teeth fell out, so I must be worried about the dentist."

Literalism is the enemy of navigation.

THE TRUTH

The Liminalum speaks in Symbols, not English. It maps internal states to external avatars.

Symbol Decryption Key

FALLING

Loss of control / Transition

LATE / MISSED TEST

Fear of failing expectations

BEING NAKED

Vulnerability / Exposure

TIDAL WAVE

Emotional Overwhelm

LOCKED DOOR

Blocked opportunity / Avoidance

SHADOW FIGURE

Disowned parts of self

TEETH FALLING OUT

Loss of Agency / Appearance

CAR OUT OF CONTROL

Life trajectory instability

GETTING LOST

Identity confusion / Missing Path

THE DEAD

Unresolved grief / Guidance

Marisol's Note:

"Stop Googling 'what does a snake mean.' Ask yourself: Did the snake feel like a threat, or did it feel like a friend? The feeling is the code."

DAILY DREAM LOG

PHOTOCOPY OR REPRINT

ONE PER NIGHT

Copy this page for every night, or use it as a template inside your [Dreamwalker's Log](#).

DATE

TIME ASLEEP

MOON PHASE

1. The Narrative

Record immediately. Ignore logic.

2. Symbol Decryption

Select the most potent object or feeling.

SKETCH ARTIFACT

KEY SYMBOL:

THE VIBE (EMOTION):

WAKING LIFE LINK:

INTERPRETATION REQUIRED?

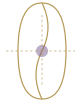
Input your narrative and symbols into the Oracle for deeper analysis:

teenswannaknow.com/cerine.html

Continue the Journey

You have learned the basics of the Tide. But to truly navigate the Seam, you must understand the history of those who walked it before you.

The Liminalum is waiting.



JOIN THE DREAMWALKERS

STEP 1
GET THE NOVEL

STEP 2
GET THE DREAMWALKER'S LOG

STEP 3
JOIN THE DISCORD

"If this guide helped you navigate the drift, send it to someone else who has wild dreams. The network must grow."