



## BULLETIN

### LUCIDITY IN WAKING LIFE

by Judith R. Malamud, Ph.D.

Minimal lucidity — that is, the mere realization, during a dream, that you are dreaming — may not be sufficient to enable you to take full advantage of the uniquely liberating conditions of your simulated world. You may still need to break through many specific delusions about the nature of the reality you are experiencing by becoming fully aware of the following implications of the fact that you are dreaming!

- 1) *Creative Source* — You are the primary creator of your dream world and dream experience.
- 2) *Alternate Realities<sup>2</sup> Within and Beyond the Dream* — You can choose among alternative ways of structuring and responding to your dream world. The dream itself is an alternative reality which offers qualitatively different possibilities and limitations from those which you experience after awakening from the dream.
- 3) *Connection Between Self and Environment* — The apparent separation between yourself and your dream environment is an illusion. In creating your dream images, you are expressing yourself and your unique perceptions of reality.

While lucidity in dreams obviously offers exciting possibilities for exploration, experimentation and self-confrontation in the imaginal realm, what excites me even more is the realization that the concept of lucid awareness can be extended to apply to waking reality as well. Implications of the concept that you are "dreaming" in waking life would be:

- 1) *Creative Source* — You are continuously contributing to the creation of your waking world and waking experience.
- 2) *Alternate Realities Within and Beyond Ordinary Waking Life* — You can choose among

continued on p. 2



photo: Sally Shure

Joe Dane, M.A.

### A LAYMAN'S LOOK AT DREAM ANALYSIS

by Skip Sargent

Hi, fellow adventurers of the night!

I hope you enjoy this Bulletin as much as I do. For me, it satisfies an old itch to be able to cut loose with some of my wild ideas without collecting TOO many blank stares! — and to benefit from the thoughts of so many of you who share in my peculiar nocturnal bent. I hope many of you will also write something for the Bulletin, even if only to joust my own obvious hobby horses!

As for me, I'm afraid I have no scholarly qualifications to come before you, no undecipherable alphabetic concatenations appended to my name. No, my soap box is supported by nothing more than a lifelong habit of dreaming at night, including about a decade of fairly frequent lucid dreaming and associated phenomena (but more about that another time), lots of reading and study, and, most importantly, my own observation of that which I and others have tried and experienced.

So I'd like to share with you a piece of my own philosophy of dreaming, in the hopes that you, too, might try it and observe for yourself.

Now, I'm sure that none of YOU would ever depend your fates upon Ouija boards, stellar configurations, the entrails of beasts, the press releases of politicians, nor, hardly need I mention them? ... dream interpretation books.

Well, okay, I'll apologize (ah, but not too sincerely) for stepping on any toes in the audience. But heck, folks, it seems as blatantly obvious to me as a belch in church that when somebody dreams of water, it's going to "mean" something different (if anything at all) for someone who nearly drowned in the bathtub at the age of two than it will for someone else who knew their first true love on a water bed! Now, I'm not talking exclusively about just books, either.

I know that, as far back as anyone can remember, people have looked to their dreams for insight, wisdom, revelation, and enlightenment. And every once in a while, someone will get some. I'll confess to my share. But it's a little like waiting for profundity from an idiot. You can grow old doing that sort of thing. Now, I suppose that if you interpreted cleverly and diligently enough, you could extrapolate the most amazing truths from even the maunderings of an idiot. But do take note that it was

continued on p. 4

### LUCID DREAM RESEARCH AT THE SLEEP AND DREAM LABORATORY, UNIVERSITY OF VIRGINIA MEDICAL CENTER

by Joe Dane

A combined study of lucid dream induction techniques and efforts to give ocular (eye movement) signals from the lucid dream state is now under way at the Sleep and Dream Laboratory of the University of Virginia Medical Center. Joe Dane, a doctoral candidate in Clinical Psychology at Georgia State University, is comparing the effects of La Berge's MILD technique (La Berge, 1980) with those of posthypnotic suggestion (PHS) for willfully inducing lucid dreams in 20 "frequent" lucid dreamers (i.e., who spontaneously experience one or more lucid dreams per month).

Only six subjects have completed the experiment so far, but the results already obtained are quite encouraging. Final results should be available in July.

The study itself involves three phases: a one week baseline monitoring period (passive monitoring of spontaneous dream life); a one week home training period (MILD or PHS); and two consecutive nights in the sleep laboratory. Ten subjects are using MILD and 10 are using PHS. Subjects are matched as closely as possible for sex, frequency of lucid dreaming, level of hypnotic susceptibility, and age.

Once in the sleep lab, subjects attempt to have and give eye movement signals from a lucid dream. However, on night one, they try to do this using only waking suggestion, while on night two, they apply the technique they have been using at home during the training period. The eye signals we are using are particularly effective since they utilize a special arrangement of electrodes which clearly distinguishes between right and left eye movements and which produces a very distinct pattern which is easily distinguished from random eye movements (see Figure 1).

For the six subjects who have completed the experiment, the rate of reported spontaneous lucid dream frequency ranges from one to two per

continued on p. 3



Figure 1. (A) Example of ocular Signal ("O.S.") during waking (B) Example of 30 seconds of normal REM sleep (C) Example of Ocular Signal ("O.S.") during unambiguous REM sleep

"*Lucidity & Beyond*" is a quarterly newsletter of **THE DREAM NETWORK BULLETIN**.

Editor

Sally A. Shute

Consulting Editors

Judith R. Malamud, Ph.D.

Joe Dane, M.A.

Keith Hearne, Ph.D.

Stephen P. LaBerge, Ph.D.

Reviewer

Margaret Salha

Photographer and Artistic Advisor

David G. Katz

Computer Services

David G. Katz

## Letters to the Editor...

### INTERVIEW WITH STEPHEN GOLDIN

Your second issue (April '82) was quite thought-provoking. I have a few questions generated by your interview with Stephen Goldin. Golden says, "(I believe) psychic phenomena can be explained in terms of electrical charges in the brain. I am a great believer that there is a supernatural." I believe that his two statements are contradictory. He says he believes in psychic phenomena. He also says he believes in the supernatural. However, if he is saying that electrical charges in the brain cause psychic phenomena, then this is certainly saying that the explanation for psychic phenomena is a *natural* one, not a supernatural one. So, if he cannot be equating psychic phenomena with the supernatural, both of which he believes in, then what is Mr. Goldin defining as "supernatural"?

Along the same line of reasoning, Mr. Goldin thinks "...it would be difficult for somebody to visualize something totally alien to their experience. All dreams seem to be collections of images from your mind that have generally already happened. A person who has a more limited life would probably have more limited dreams..." I certainly am glad Mr. Goldin said *seem to and probably* in the above. I can't prove that Mr. Goldin's assumptions here are false, but my interest in the relationship between lucid dreaming and the out-of-body experience leads me to question this. As the literature of Greene, Donahoe, and others shows, lucid dreamers often feel that they are having, or that their lucid dreaming leads them into having, a full-fledged out-of-body experience. Although it appears unprovable, if there is life after death (supernatural enough for you?) and such a life is a "permanent" out-of-body experience, which itself is a state with close relationship to a lucid dream, then why can't out-of-body travelers (whether before or after dissolution of the brain) or lucid dreamers or even regular dreamers encounter images never experienced before? (If they cannot, this actually denies the normal creativity of "discovery" — or sometimes "revelatory" — type dreams.)

I do not make these points simply to criticize what seems to be a "physical chauvinist" point of view on Stephen Goldin's part (he certainly would not be alone in the science fiction community to hold such a view) but to bring the question of the relationship between the lucid dream, the out-of-body experience, and the possible after-death state into the pages of *Lucidity & Beyond* for further discussion. This does seem to me to be the *Beyond* in the title.

Richard Rockman  
744 W. Diamond Ave.  
Hazleton, Pa. 18201

...

Your Bulletin dropped in on me like a bolt from the blue. I don't know how you folks came up with my name, but it was definitely a great way to start the week...

I had my first lucid dream about 15 years ago; one thing led to another, and I'm now moving toward a master's degree in dream psychology with my main focus on lucid dreaming. I spent a year in training and therapy at the Center for Feeling Therapy in Los Angeles... At the time, they were involved in transforming feeling/expressive processes through the use of dreams. This process moved one steadily toward increased lucidity and decreased symbolism in dream content. From this experience, I identified ten dream processes, four specifically related to lucid dreams, and created a dream work sheet to explore how these processes change as one becomes more lucid. What I would like to do is find a number of lucid dreamers willing to work on this project.

I ran a pilot study on the use of isolation chambers to train for lucid dreaming. Using a chamber in conjunction with a meditation technique I developed, I was able to increase the spontaneous lucid dreams I had. So far, I've not run across anyone else using this approach.

Gary Groesbeck  
P.O. Box 4191  
Sonora, Ca. 95370

## Waking Lucidity continued from p. 1

alternative ways of structuring and responding to your waking world. Waking reality itself is an alternative reality which offers qualitatively different possibilities and limitations from those of the reality you might experience if you "awakened" from your ordinary waking life.

3) *Connection Between Self and Environment* — The apparent separation between yourself and your waking environment is an illusion. As an interdependent co-creator of your waking experience, you are continuously expressing yourself and your unique perceptions of reality.

These concepts of lucidity can be deliberately applied in waking life whenever there is need for expanded, creative awareness. Here are some journal meditations which I devised for solving waking life problems using these principles of lucidity. Each meditation is followed by questions which you might think about before falling asleep as a way of incubating clarifying dreams.<sup>3</sup>

### Guided Meditation for Lucid Problem-Solving and Dream-Incubation\*

#### Selecting a Problem to Work On

Think of three personal problems you are facing during this period of your life. A personal problem could be a troubling feeling about yourself or your life, a situation you find hard to handle, a difficult decision, a conflict with another person, etc. *Write down just one word to represent each of your three problems.*

To solve a personal problem, you may need to think about it and yourself in a new and open-minded way. Think of your three problems. *With which one do you feel most willing to try a fresh approach? Which one tempts you with the possibility of learning something new about yourself? Which one stirs your creative energy?*

Some problems can make more of a difference to your personal fulfillment than others. *Which problem is holding you back the most? Which one seems to offer the most potential for enriching your life if you resolved it?*

\*My thanks to Valerie Meluskey for her comments and suggestions.

Now choose the one problem you feel most drawn to work on here and in your dreams tonight.

**Dream Incubation Questions:** *What personal problem do I most need to explore? Am I ready and willing to deal with... (the problem you have selected)?*



Judith R. Malamud, Ph.D.

## Formulating a Useful Description of the Problem

*Define your problem in one sentence.*

Any situation in life can be regarded from many points of view. The particular viewpoint you have just chosen in describing your situation may be either helping or hindering you. *Does your definition of the problem suggest paths to explore, alternatives to consider — or does it leave you feeling blocked and helpless?*

Now try out some other ways of describing your problem, writing one sentence for each viewpoint. *For example, if someone else is a participant in the situation, how would that person describe your difficulty? What would you have thought about this when you were a child? Suppose you were lying on your deathbed, thinking back on this situation — what thoughts might you have? What might your mother have to say? What viewpoint would your father take? Think of someone you know personally or an historical figure whom you consider very wise. What perspective might he or she offer you? Can you find any helpful ideas in these alternative descriptions of your difficulty? Now that you have broadened your perspective, would you like to write a new one-sentence definition of your problem?*

**Dream Incubation Question:** *What other viewpoints, feelings and memories do I need to recall to gain perspective on...?*

## Exploring Your Contribution to the Creation of the Problem

Do you feel frustrated or stuck because of your difficulty? *List some ways that your life might be better if only you could solve this problem. Now list some ways your life might get worse if you solved your difficulty.* If nothing occurs to you, stretch your imagination and don't be afraid to be far-fetched or "silly." As you read your two lists, can you see any motives you might have for remaining stuck or keeping things the way they are?

You can discover how you are helping to create or maintain your problem by examining your own perceptions, beliefs, assumptions and actions in relation to it. *List some perceptions you have about the situation — what have you literally seen, heard or felt? Now list some other perceptions that you are uncertain of or tend to ignore. What are some of your beliefs relevant to this situation? What assumptions do you take for granted? What are some of your doubts and questions? What alternative beliefs and assumptions could you consider? What actions have you taken as a participant in this situation? Which of your actions do you tend to minimize or ignore? What other actions might be possible for you?*

*Place an "X" next to those perceptions, beliefs,*

continued on p. 7

### LIKE A DREAM COME TRUE

by Valerie Meluskey

### U. of Va. Research

continued from p. 1

month (5 subjects) to more than one per week (1 subject). Five of these subjects have been able to give signals from a total of 9 lucid dreams. Of these signals, three occurred during unambiguous REM sleep, while six can be contested as representing a form of waking arousal from REM (e.g., hypnopompic imagery) due to the amount of alpha present in the EEG and/or slight increases in the level of muscular tension.

Signals occurred during the first and second laboratory nights, but so far no subject has signaled on both nights. No lucid dreams have been reported in which the subject did not signal. Interestingly, however, there is evidence to suggest that subjects sometimes "unconsciously" approximate the appropriate directional sequence of eye movements (i.e., left, center, left, right, left, right, left, right) as part of the ongoing dream without being consciously aware of this or intending to signal. It is as if some subjects incorporate the signal task into the dream content without consciously being aware (within the dream) of the task itself. The resulting eye signals are not nearly as crisp and clear as the consciously intended signals, however, and are easily distinguished from them.

With respect to induction techniques, it is still too early to know whether any one technique (MILD, PHS or waking suggestion) is statistically more effective than the other. So far, there appears to be no great difference.

What is clear is that five out of six subjects (over 80%) have been able to consciously signal from "lucid dreams" within a two night period in the sleep lab. This in itself is a significant achievement, particularly in view of prior laboratory efforts to obtain reliable samples of lucid dreams.

Perhaps the most significant result thus far is the observation of three clearly distinguishable, consciously emitted eye signals which occurred during unambiguous REM sleep. This provides independent replication of similar results obtained by Hearne (1978) and La Berge (1981). Our evidence once again confirms that at least some lucid dreams are true "dream" phenomena and are not simply due to hypnogogic or hypnopompic imagery or to hallucinations during micro-awakenings from the REM state. On the other hand, the heightened alpha and/or muscle tension accompanying some of the signals suggests that, as already proposed by La Berge and others, the term "lucid dreaming" actually refers to a range of dream-like phenomena, some of which occur during true "sleep" (as physiologically defined), and some of which are more clearly associated with the "twilight" zone of hypnogogic and hypnopompic states. All types of lucid dreams are equally valid from the dreamer's perspective. But the true REM lucid dream does more to legitimize the phenomenon in the eyes of traditional sleep researchers who have heretofore been reluctant to admit its validity.

An additional area of our research at the Sleep and Dream Lab involves developing a questionnaire to aid in the selection of individuals who are most likely to respond to lucid dream induction techniques. It is based on our extension of the work on personality variables and lucid dreaming done by Gackenbach (1978) and Hearne (1978). Pilot testing with the Dane-Van de Castle Attitudes and Dream Experience Survey suggests that this 64 item self-report questionnaire can distinguish between the categories of non-lucid, infrequent and frequent lucid dreamers. Further statistical analyses are under way to confirm these tentative results with a larger subject pool, and a test-retest reliability check is also under way.

Patricia Garfield, you should be flattered! On April 6th of this year, N.Y. and N.J. experienced the worst snow blizzard of the past several seasons. All airports shut down and roads and pikes were hazardous with over-turned trucks and stalled and stuck cars. None of this — seemingly insurmountable — kept Sally Shute (who drove from North Jersey), Bill Stimson, Anney Baez, and me (driving from Princeton, N.J.) from keeping our luncheon date in N.Y.C. with Patricia (here for only two days).

We all met with bubbling anticipation in the elegant dining room of the Regency Hotel. Pat said it reminded her of the movie, *My Dinner with Andre*, complete with observant and dignified silver-haired waiter.

With the two hours, we delighted in her warmth and intelligent charm. She shared her experience of the sacred dream stone (which will be presented by Pat in the next issue).

We shared our interests and work and appreciation of her contribution. It was eight years ago that I read the chapter on the Senoi in her *Creative Dreaming*, and then, that very night, confronted and subdued several dream enemies and received gifts from the two "enemies" and one victim. The next year, I began offering dream workshops and recommending her book to all of my students.

We were horrified and saddened to learn that many copies of her second book, *Pathway to Ecstasy*, were burned because they hadn't sold. She has a few cartons that she retrieved, and books can be ordered directly from her while they last. This book-burning practice is apparently common in the publishing industry because of distribution inefficiency. Patricia would like to see it reissued as a paperback. I'd like to see it reissued with her artwork in full color.

Her experience of dream lucidity evolves from her awareness of her feelings in a way that aligns her earthy self with her spiritual energy. As the title suggests, *Pathway to Ecstasy* is the personal revelation of a mystic. We're fortunate to have a combination of mystic, artist, and scientific sharer in Pat.



photo Cheng-yen Lee

Patricia Garfield, Ph.D.

Her next book is already being planned for publication with her editor,

"... a collection of dream discoveries and inventions, from musical creations to scientific discoveries. This is an extensive and new collection which involved a great deal of research."

We wanted to know more —

"It's not esoteric. The writing may have a wide appeal because no one has presented this material in quite this way before. It is important for people to understand the universality of dreams and their depth — how many creative people have lives that have been touched by dreams. Some are historical examples and some are celebrities, some everyday folk using the mythology of their dreams."

How appropriate for Patricia Garfield, who told us about the Senoi Indians, to present how people from our culture utilize dreams to manifest creativity.

Valerie Meluskey, *Movement Therapist, NLP Master Practitioner, Dream Psychologist*, is currently writing a book on her original work with creative and lucid dreaming. Write her at: The Old Great Rd., Princeton, N.J. 08540.



One further note of interest is an article entitled "REM Sleep Phenomena During Out-of-Body-Experiences" which recently appeared in the *Journal for the American Society for Psychological Research*. In this review of OBE literature, Roy Salley (1982) points out the intriguing parallels between the physical catalepsy (paralysis) and penile erections reported in certain OBE accounts and the regular occurrence of these phenomena in the REM state. He also notes that most OBEs are associated with the dream state and that OBEers typically report a remarkable degree of "lucidity" in their experience. Moreover, as Green (1968) points out, there is an as yet uncertain but well established relationship between OBEs and lucid dreams.

Further work with voluntary induction of lucid dreams at home and in the sleep laboratory may be the ideal answer to Salley's call for more investigation of the parallels between normal sleep phenomena and the remarkable but "officially" neglected OBE phenomenon. Our hope at the Sleep and Dream Lab is to establish a group of lucid dreamers who are proficient at signaling and to work with them in exploring a variety of lucid dream phenomena, including OBE and dream telepathy experiments.

### REFERENCES

Gackenbach, J. I. A personality and cognitive style analysis of lucid dreaming. Doctoral dissertation, Virginia Commonwealth University, 1978. University Microfilms, 7901560.  
Green, C. *Lucid Dreams*. London: Hamilton, 1968.  
Hearne, K. Lucid dreams: An electrophysiological study. Unpublished doctoral dissertation, University of Liverpool, 1978.  
La Berge, S. P. Lucid dreaming as a learnable skill: A case study. *Perceptual and Motor Skills*, 1980, 51, 1039-1042.  
La Berge, S. P., Nagel, L. E., Dement, W. C., and Zarcone, V. P., Jr. Evidence for lucid dreaming during REM sleep. *Sleep Research*, 1981, 10, in press.  
Salley, R. REM sleep phenomena during out-of-body-experiences. *Journal for the American Society for Psychological Research*, April, '82, 157-165.

It's not too late to respond to Mark Thurston's vision, quoted from his book, *Visions and Prophecies for a New Age*, as requested in the April issue. This will be explored in the October issue.

## SLEEP AWARENESS

by Sally A. Shute

Of the several years that I have had lucid dreams, I recall three unique experiences that appear to come from a similar state of awareness but are qualitatively different from lucid dreaming. To my knowledge, it is not mentioned in the literature, and I wonder if others have shared this interesting experience.

The identifying characteristics of these three experiences are (1) awareness that one is sleeping (not dreaming, per se), (2) inability to awaken at will (sleep paralysis?), (3) heavy perspiration, (4) during late afternoon naps, (5) sleeping position on back, (6) location of dream being in bed and bedroom where I actually sleep (realistic), and (7) sexual theme.

All three episodes occurred during my last semester at Cornell University in 1975 when I was doing an independent study in sleep and dreams. As a result, there occurred an alteration of my sleeping pattern: spending many nights awake in the lab, I napped more frequently during the day. It was during these afternoon naps that I had these "lucid dream-like" (lucid sleep?) experiences. In the most interesting of the three, my left eye was half open, allowing me to externally focus at will during the experience, and thereby to perceive two co-existing realities. For the purpose of clarification and in the limitations of space, I will describe this particular experience.

### DREAM

*"I was downstairs in 32 Elm Place in living room by piano. Record (or radio) was on and I was checking out the piano music to see if it was in the same key. Yes, it was. One song I loved. Guy on radio said he'd be right back to play that song again... I went upstairs to the bedroom. Next thing I remember, I was lying on the bed with my eye half open, seeing my blanket and door here at school (reality). I felt like I was lying on someone's arm. I was feeling sexually aroused, and so I took the hand and placed it on my breast — ah! — pleasant sensation didn't last long but felt real. Felt a body wedged under my right side. Shifted to get it out of the way. Noticed through my eye that the action of shifting wasn't real. My body was still. I forced myself to move my legs to prove to myself that I was really awake. I visualized no movement still. And nobody was with me! I believed my eyes and was shocked by the "realness" of the sensations. Tried to drag myself out of bed to awaken myself (similar to other such dreams of struggling to awaken). Could see that it wasn't really working and decided in my sleeping consciousness to give up trying to escape to wakefulness and to lie down and wait... or try an experiment! Felt a touch upon my breast. I wanted to climax, and when I touched myself, I climaxed with a throbbing sensation. Again, I could see no movement of my body. I was curious to see if even the orgasm was real but couldn't move to touch and find out. Tried to figure out what existed outside this room that I saw. Was there a staircase across from it going down?... Where was I, I wondered. Idea of "at school" crept in, but I still couldn't visualize what existed outside this room. Then I looked carefully to see if I was really seeing. Looked to my immediate right (scare!) — my nose. To my upper left was a darkness — my heavy eyelid — couldn't open eye any wider. Then I felt a pair of hands caress each side of my face and neck — got scared — wondered if they were mine or not. Was afraid of being strangled. Got the sudden fear of the possibility that the devil was in one's dreams. Then I felt the hands slide away from me. Gradually, I felt my own left hand near my face, and my*

### Layman's Analysis

continued from p. 1

YOU, awake, who supplied the awareness, applied the intelligence, evaluated the factors, and created the understanding for yourself of this phenomenon called a dream.

Let's not get too enthusiastic about abnegating our own aware selves to a portion of our being which does indeed contain some gems but which is also out of control, operates mostly without our consent, runs on automatic, and which generally exhibits all the intelligence of a cuckoo clock gone berserk.

Let's do something with it, rather than looking to it as some benevolently omniscient force over us.

You will grow in power, awareness, ability, wisdom, and understanding, not by looking to your dreams to tell you what your life is all about, but rather by YOU telling THEM who and what YOU are!

Yes, that's right. The most "you" you ever are is not when you're being punched about, one-fourth conscious and half stunned, in a state of mental amnesia as to your full identity, unaware that you



*eyes opened wakefully wide from their half open state (continuous gaze) and I knew I was awake. My body really moved — my eyes had held the truth."*

From my own personal dream experience, events such as the above differ markedly from my lucid dreams, which take place somewhere outside of my true bedroom, usually occur during nighttime sleep, have variable themes, occur in no particular sleeping position, and generally are more enjoyable (something I'm not anxious to wake up from).

If it were found to be a separate type of awareness than lucid dreaming (awareness of sleeping rather than of dreaming), perhaps we might call it "lucid sleep."

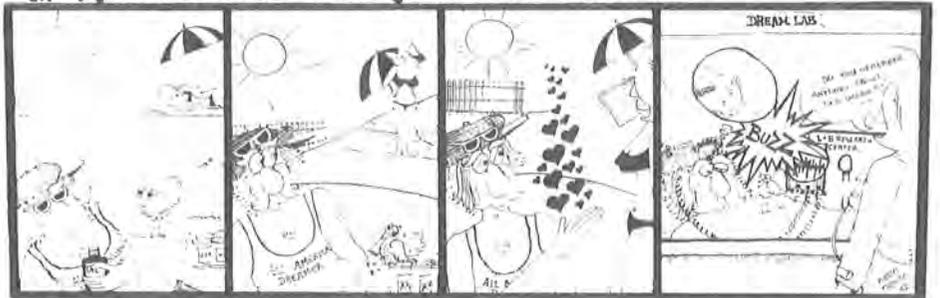
There are several implications to be made from this experience. It was a fortunate accident that my eye was spontaneously open while lucid. If one is able to signal with eye movements when one knows that one is dreaming (see articles by Dane and Hearne), suppose one were to suggest to oneself to open one's eyes when lucid. The fact that I tried to open my eye wider without success suggests that I would not be able to open a closed eye. Perhaps the lid's opening could be externally manipulated and could thereby induce a lucid awareness.

Also, as I was able to focus visually outside of myself, with what other senses is this possible? For example, when lucid, can you "tune out" hearing within the dream and "tune in" to external noises? These are interesting areas worth investigating.

*If anyone has had similar "lucid sleep" experiences, please write to me at P.O. Box 746, Maywood, N.J. 07607.*



## The Adventures of Lou Gid (or: Loose Id At The Beach...)



Created by: Sally A. Shute

Art by: Karen "Kunk" Kuhnle

Story by: Dave "Fritz" Katz, Bill Stimson, and Sally A. Shute

dream, and yielding to phantoms and shadows of your own unconscious manufacture.

No, the most "you" you'll ever be is when you're aware of being aware, have all your identities at your command, know what you're doing, and that you're doing it! (Awake, this is called, in our better moments, "awake." Asleep, they like to call it "lucid.")

Now, that can be looked upon as an ideal, and as such it is not necessarily finite. I don't know if anyone's found an ultimate limit on how awake we could get to be. I sure hope not, anyway.

But how might we enjoy the process of journeying in that direction through dreaming?

You've first got to be able to remember your dreams. The best tips I have for this are as follows. If you can get along without it, by all means get rid of your alarm clock. I haven't used one in years and have managed to awaken at whatever time I needed to, despite much or little sleep. At least get a clock radio and keep the volume low enough so it won't scare the hell out of you when it goes off. Trying to remember dreams after that is like trying to stay romantic in bed after being doused with ice water. Next, don't move. Keep your body position the same. Now go ahead and recall a dream. You can sometimes shake a piece loose that starts a chain reaction of recall by scanning over past dreams' frequent locations, personnel, events, or themes, to see if you dreamed similarly this past night. Get a cassette recorder with a microphone on a cord so you won't have to move too much, and you can mumble some key phrases into it, should you awaken in the middle of the night. Keep a diary if you like. It'll make great reading years from now when your spouse or kids stumble across it in the attic.

Dreams are just like life. And, unless you've read too many textbooks, life is lived, not interpreted.

So, you dream of getting a flat tire, and it all degenerates further into an anxiety-ridden debacle of your failing to handle it. Well, all right, you blew it in the dream. So what? What's all this waking up and introverting about how emotionally deficient this means you are? Or here's a great one: pretending that you're asleep again and "re-dreaming" it better. Or how about hypnotizing yourself into feeling better about it or thinking that it really happened otherwise?

No, no, no!

You failed by not handling things in the dream reality in which you found yourself. Now that you find yourself back in a physical reality, let's not obfuscate things further by failing to deal with IT!

How about getting up out of bed and finding something broken of yours or someone else's and doing something about fixing it or getting it fixed? Or you might take this opportunity to finally learn how to change a flat tire and go give it a dry run. At any rate, whatever that dream was "telling" you, you'll have done more to handle it than any amount

continued on p. 6

### CALENDAR OF DREAM EVENTS

#### July

- 7/3 **Leadership Training in Group Dreamwork.** 3-day workshop with Dr. Montague Ullman at his home in Ardsley, N.Y. \$225. Limited to 12. Preference given to individuals experienced in dream appreciation. (914) 693-0156.
- 7/5 **Dream Exploration.** Course in Jung's theory of dream interpretation given by Daniel Berlin at the Omega Institute, Box 571, Lebanon Springs, N.Y. 12114. (518) 794-8850.
- 7/5 **Visualization and Healing.** Workshop with Robin Casarjian at the Omega Institute, Box 571, Lebanon Springs, N.Y. 12114, (518) 794-8850.
- 7/6 **Waking Dream and Imagination Exercises.** Fran Clifton at THE DREAM COMMUNITY OF NEW YORK. 8:30 P.M. (212) 675-1213.
- 7/10 **Creative Dreamwork** with Simone Alter, co-director of THE CENTER FOR CREATIVE DREAM EXPLORATION in Cambridge, Ma. Workshop given at the beach in N.Y./N.J. area. \$6, limited to 15. (201) 487-4405.
- 7/11 **How to Get Guidance from Your Dreams.** A weeklong dream program at the A.R.E. in Va. Beach with Mark Thurston, Charles Thomas Cayce, Herbert B. Puryear, Jeff Sherwood, Stanley Krippner, Scott Sparrow, and Harmon Bro. For info., write: ARE, P.O. Box 595, Va. Beach, Va. 23451.
- 7/19 **Trance States and Healing.** A course in trance, dreams, and healing with Alberto Villoldo at the Omega Institute, Box 571, Lebanon Springs, N.Y. 11214. (518) 794-8850.
- 7/24- **Sundance Dream Quest Slumber Party** with Henry Reed in N.J. 12 noon Sat. to 12 noon Sun. Donations support N.J. Dream Community and The Dream Network Bulletin. \$70/person. (201) 487-4405.

- 8/27 **APA Symposium on Lucid Dreaming: Waking Consciousness Occurring During the Dream** featuring presentations by: La Berge, Stephen. "The Psychophysiology of Lucid Dreaming." Dane, Joe. "An Empirical Evaluation of Three Techniques for Lucid Dream Induction." Gackenbach, Jayne I. "Dream Lucidity: A Consideration of Individual Differences and Dream Content." Malamud, Judy. "Training for 'Lucid' Awareness in Fantasy, Dreams, and Waking Life." Van de Castle, Robert. Discussant. Capital Hilton, **Washington, D.C.** 1-2:50 P.M. in Senate Rm. For info., write Jayne Gackenbach, University of Northern Iowa, Dept. of Psychology, Cedar Falls, Iowa 50614.
- 8/28 **Lucid Dreaming.** A special all-day workshop with Stephen LaBerge at THE DREAM COMMUNITY OF NEW YORK. 10 A.M.-5 P.M., \$50. Limited to 20 people. (212) 675-1213.

- 8/29 **Jungian-Senoj Dreamwork Intensive.** Weeklong workshop with Dr. Strepchon Kaplan Williams. Write 1525 J Shattuck Ave., Berkeley, Ca. 94709. (415) 848-0311.
- September**
- 9/5 **Awakening the Dreamer.** A weeklong dream course with Mark Thurston in VA. Beach. For info., write: ARE, P.O. Box 595, Va. Beach, Va. 23451.

#### October

#### October

- 10/1 **Henry Reed's Art.** A month-long exhibit of the artwork Henry Reed has produced from his dreams. In Virginia Beach, Va. For info., call (804) 422-0371.

To maintain and improve the quality of THE DREAM NETWORK BULLETIN, we need your support.

Please

— SUBSCRIBE —

Name \_\_\_\_\_

Address \_\_\_\_\_

Send checks for \$13 (\$19 foreign) payable to "Sally A. Shute" to Lucidity & Beyond, P.O. Box 746, Maywood, N.J. 07607.

### DREAM GROUPS

We are still in need of regional networkers who are willing to ferret out the dream group meetings in their local area, state, or region of the country. If you are interested, call us at (212) 675-1213 or (201) 487-4405.

#### CALIFORNIA

- Anna Joyce, Introductory Jungian Study Groups, 4 Mon. eves., July and Sept., \$25/mo. Berkeley, Ca. (415) 848-0311.
- Jenny Davidow, L.A., Ca. (213) 397-9483.
- Jeremy Taylor, San Rafael, Ca. (415) 454-2793.
- Paulette Rochelle-Levy, L.A., Ca. (213) 822-1718.
- Clara Stewart Flagg, L.A., Ca. (213) 476-8243.
- Nancy K. Jungerman, Davis, Ca. 753-3771 or 758-1960.

#### FLORIDA

- Joan Medlicott, Boca Raton, Fl. (305) 395-5902.
- Jim Cook, Clarcona, Fl. (305) 886-5239.

#### MASSACHUSETTS

- Annie Young-Villers, 227 Holdenwood Rd., Concord, Ma. 01742.
- Edith Gilmore, Cambridge, Ma. (617) 492-7746.
- The Center for Creative Dream Exploration, Cambridge, Ma. (617) 661-6615.
- Dream-Space Workshops with Ann Wiseman, Cambridge, Ma. (617) 547-0339.

THE CENTER FOR CREATIVE DREAM EXPLORATION is offering summer workshops on creative ways to work with dreams. For info., contact them at 18 Amory St., Cambridge, Ma. (617) 661-6615.

#### NEW JERSEY

- Zsuzsa Simandy, Lyndhurst, N.J. (201) 438-4587.
- New Jersey Dream Community, Teaneck, N.J. (201) 487-4405.
- Ruth Ann Forbes, Lebanon, N.J. (201) 832-2531.
- Valerie Meluskey, Princeton, N.J. (609) 921-3572.
- Ruth Wolter, Ridgewood, N.J. (201) 652-2757.
- Dr. Jack Aylward, Plainfield, N.J. (201) 757-4921.

#### MANHATTAN

- Dr. Montague Ullman, (914) 693-0156.
- Rose Kammerman, (212) 580-4647.
- Zsuzsa Simandy, (201) 438-4587.
- THE DREAM COMMUNITY OF NEW YORK, (212) 675-1213.
- Barry Masel, (212) 476-1516.
- Dr. Elaine Waldman, (212) 472-9118.
- Leon van Leewen, (212) 888-0552.
- Ken Klein, (212) 255-9135.
- Lynn Schneider, (212) 586-8816.
- Dr. Laurence Sterne, (212) 749-5059.

#### QUEENS

- Dr. Roger Feldman, Regal Park, N.Y. (212) 275-9648.

#### NEW YORK STATE

- Dream Dynamics Institute, Huntington, N.Y. (516) 673-3173.

#### MARYLAND

- Kin of Ata Dream Collective, Ken Albright, (301) 366-3645.

#### NORTH CAROLINA

- Donna Musarre, Hendersonville, N.C. (704) 693-0438.

#### PENNSYLVANIA

- Ruth Dreamdigger, Philadelphia, Pa. (215) 222-0167.

#### VIRGINIA

- Henry Reed, Virginia Beach, Va. (804) 486-7223.
- Ellyn Hartzler Cowels, Lynchburg, Va. (804) 528-2816.
- Joe Dane, Beginning Sept. 1: Two new dream classes/groups forming, one oriented toward general ways of working with dreams, the other toward lucid dreaming and related phenomena. Group leader has training and experience in working with dreams, teaches a college course on dreams, and is active in lucid dream research. (804) 295-8567 (H) or (804) 924-5314 (W).
- Robert Van de Castle, Ph.D., and Joe Dane, M.A. New weekly dream group forming beginning Sept. 1. "General Approaches to Working with Dreams." Contact Joe Dane, (804) 295-8567.



Enjoy an evening of a dream incubation with friends! Politics, commiserate, favorite dreams, flipper, current life themes, find meanings in a dream. Develop a focus on a personal concern and quest for a enlightening dream!

**7/27 New Jersey Dream Community** grand re-opening celebration at new Teaneck location, 7-11 P.M. Free. Margaret Salha, 147A Port Lee Rd., Teaneck, N.J. 07666, (201) 487-4405.

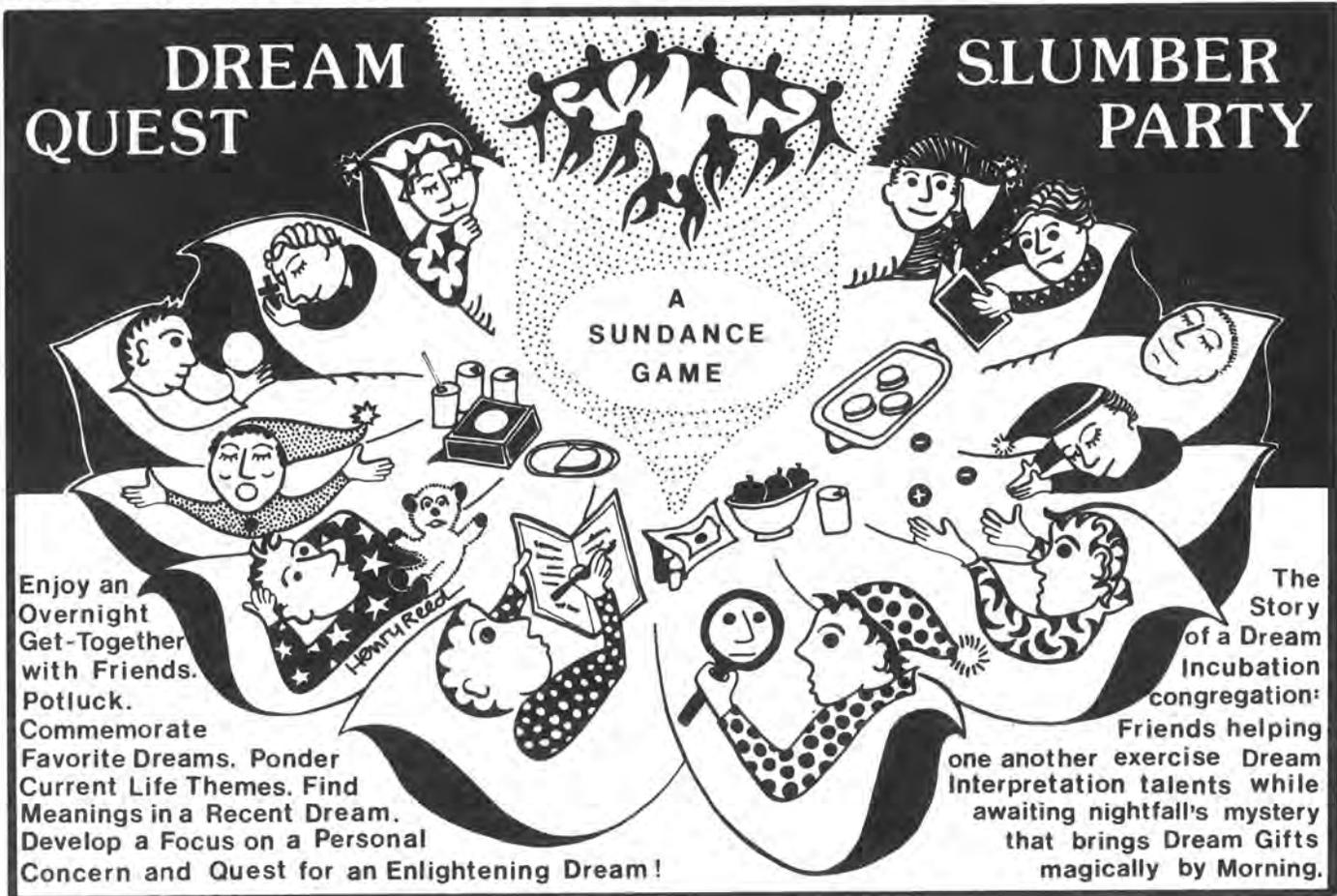
See article, page 6

**7/28 Prosperity - The Dream That You Can Visualize Fulfilled.** Laurence Sterne, Ph.D. 6:30-9:30 P.M. \$25. N.Y. (212) 749-5059.

#### August

- 8/20 **Creative Problem Solving through Dreams.** Weekend workshop with Gayle Delaney at the Westerbake Ranch, Sonoma, Ca. Thru Aug. 22. \$150, incl. room and board. (415) 668-7444.
- 8/21 **A Weekend Around Myth: Uniting Dark and Light in the Personality.** Seminar with Robert Bly and Gioio Timpanelli at the Omega Institute, Box 571, Lebanon Springs, N.Y. 12114. (518) 794-8850.
- 8/22- **Music, Imagery, and Healing** with Linda Keiser at The Center of the Light, P.O. Box 540, Great Barrington, Ma. 01230. (413) 229-2396.

TREAT YOURSELVES TO A



SUNDANCE: THE COMMUNITY DREAM JOURNAL invites you to experience the special pleasures and benefits of having a Dream Quest Slumber Party: Take a Retreat from your usual routine. Sequester yourself with your dreams and your special friends. Celebrate the archetypal, guidance-seeking ritual of Dream Incubation, casually performed overnight in good company. Here is a ceremonial party where Dream Pilgrims get help from one another in practicing dream interpretation, seek new perspectives on a personal concern, and prepare for attunement with the magical creativity of the Dreaming Self.

*Weekend Workshop with Henry Reed in N.G.  
July 24-25 (Sat. noon - Sun. noon)  
Donation of \$70/person supports the N.G. Dream  
Community & The Dream Network Bulletin.*

JOIN WITH US in this workshop led by Henry Reed, Ph.D., of Virginia Beach. Editor of Sundance: The Community Dream Journal, Henry Reed is an experimental psychologist whose research has concerned rituals of dream realization. A therapeutic initiate of the Asclepian mystery of dream incubation, Dr. Reed serves as a professional counselor to individuals and working groups.

*For further information, call (201) 487-4405.*

of mentally gumming it to death before breakfast. Where I come from, we call that "figure-figure."

You see, what's important in dreaming is not so much what it "meant" but rather what you DID and how it seemed to you. To what degree were you a winner? To what extent did you triumph or carry out an intention? Did you tear the monster limb from limb or perhaps tame it with unafraid affection? Did you kiss that beautiful stranger? Did you do something to help the other guy? Did you speak your mind? Did you put out the fire or rescue the victims, or at least escape successfully rather than get burned? Did you walk nobly and serenely through the crowd (and FEEL a bit that way) when you discovered that all your clothes had suddenly vanished?

Well, why not just get up and, now that you've got both oars back in the water, go out into the world and do some small equivalent of something you feel you would have enjoyed doing in that dream! You know, notice someone who intimidates you a bit by their appearance or manner and just covertly look at them for two seconds longer than you'd normally feel comfortable about. Dare to say "Hi!" to the next gal or guy who's a little "too good" for you. Go take that Red Cross First Aid course or martial arts class. Stand up and say a couple of words for that underdog who needs it. Take a stroll through the shopping mall until you feel a little less uncomfortable about the eyes of the crowd. Do these things in small enough sizes to guarantee that you win at them, and you'll steadily get bigger and bigger.

Every so often, too, just deliberately disregard doing anything of the sort about it at all. Don't you go the effect of your dreams in the opposite direction by feeling compelled to "do something" about every little piece of indigestion your dreams come up with. Be big enough to totally ignore them at times. After all, YOU are more important than anything in your dreams.

I absolutely swear to you that if you do this for a while, thoroughly eschewing hypnosis and similar mind-dulling efforts (ahem... pardon my soap box again) — if you do this, your dreams will rapidly and remarkably change. And, I'll wager, so too will the quality of your daily life. You will be doing more for yourself, both dreaming and waking, than all the dream analysis and therapy and cogitation that Freud, Jung, and a padded room full of psychiatrists with electric machines and drugs could dream up in a million years!

And your dreams WILL begin returning to you, magnified, more insight and wisdom, more revelation, peak experiences, and enlightenment of the

continued on p. 8

## CLASSIFIED

For any dream-related entries, the charge is 40¢ per word.

"Awakening the Dreamer" course taught by Irmine Stalzer, field instructor for the ARE. Lectures, workshop exercises, and journal methods. (212) 275-5296.

Publisher needed for new book, *Satisfy the Image*. Also, accounts of childhood nightmares needed for new book. Ann Wiseman, 284 Huron Ave., Cambridge, Ma. 02138, (617) 547-0339.

Sally Shute, Ed. of "Lucidity & Beyond," seeks apt./house to share in San Francisco area starting in Sept. Also P/T work while attending graduate school. P.O. Box 746, Maywood, N.J. 07607, (201) 487-4405.



photo Dave Katz

Margaret Salha

### RE-OPENING CELEBRATION!

The New Jersey Dream Community, located in Hackensack and directed by Sally A. Shute, will be relocating to Teaneck under the leadership of Margaret Salha, as Shute will be leaving to pursue graduate studies.

Salha, contributing reviewer and interviewer of THE DREAM NETWORK BULLETIN, brings to her new post enthusiasm as well as experience as a charter member and assistant director of the Community. In her new position, Salha will be closely affiliated with the New York Dream Community headed by Bill Stimson.

The new center will be inaugurated on Tuesday, July 27, from 7-11 P.M. at 147A Fort Lee Rd., Teaneck, N.J. 07666, (201) 487-4405. All are welcome.

Workshops will resume in August and will be listed in the next issue.

## KEITH HEARNE PLANS VISIT TO U.S.

Keith Hearne, Ph.D., is forming a dream club for the experimental use of his dream machines. Further details and October lecture schedule will appear in forthcoming issues

## STEPHEN LA BERGE RUNS LUCID DREAMERS' WORKSHOP

Stephen La Berge, Ph.D., will be running a workshop this August in N.Y. See calendar (p.5) for details.

## CONTRIBUTING DREAMWORKERS

The following professional dreamworkers have contributed \$25 to cover the cost of maintaining the quality of the newsletter.

**Jim Collins** is a therapist in private practice in Greenwich Village working with individuals and groups in Gestalt Therapy and the Gestalt Synergy Method® which is an integration of Gestalt, Feldenkrais, and the Alexander Technique developed by Liana Rubinfeld. For private consultation or information on groups: (212) 533-9016.

**Kay C. Greene, A.B.D.**, is a psychotherapist, counselor, and teacher in the area of dreams, imagery, healing and meditation who also specializes in working with nightmares and fears. Private consultations and group workshops presenting the dreamscapes® creative approach are available by appointment. Public workshops and lectures can be arranged. (212) 628-8658.

**Zsuzsa Simandy, M.S.W.**, is a psychotherapist in private practice who specializes in dreamwork. Ms. Simandy leads Dream Appreciation Workshops both in N.J. and N.Y., runs dream marathons, lectures on transforming symbols, and in cooperation with Sally Suarez, R.N., M.A., holds workshops on how to achieve serenity — through dreamwork, meditation, guided imagery, mandalas, color therapy, and holistic self-healing methods. For information, call (201) 438-4587.

## LUCIDITY AND CONTINUITY

by Edith Gilmore

On March 13, 1982, I experienced four lucid dreams that appeared to be connected and, in a sense, continuous. Between these dreams, I was sometimes awake and sometimes having an ordinary dream that seemed to have no connection with the lucid episodes.

What struck me as curious was the fact that each time I returned to lucid dreaming a "plot" had progressed. It was like walking in and out of a theater, with the obvious difference that I continued to be an actor in the play.

As an example: "I wander, lucid, through the halls of a palace. I am aware that, in a room at the end of a passage, a woman is preparing to put on a white robe. I wake, or else go into ordinary dreaming (it was difficult on final waking to recall the sequence of the interruptions to the lucidity episodes), and I meet that woman, who has (meantime) emerged from her room, clothed in the white robe, and walked down the corridor. In another lucid interval, I sit on the steps of that same palace."

The four lucid sequences were each preceded by the powerful "tingling" sensation, often mentioned in the literature, that warns me that I am lucid and hence were sharply differentiated from the waking state and the ordinary dream.

This experience seems to suggest that a portion of the psyche can split off and "carry on" the dream tale until the dreamer is ready to return to it with lucid awareness.

A correspondent experienced in meditation and lucid dreaming suggests that we all have a "two track mind." He thinks that the one part of the subconscious that is without direction can be programmed. He explains my experience, as recorded above, as being a form of accidental programming that takes place when a person falls asleep thinking of a problem and awakens with the solution.

Edith Gilmore  
3 Walker Street Place  
Cambridge, Ma. 02138

# A POSSIBLE "NEW" TECHNIQUE FOR LUCID DREAM INDUCTION

by Joe Dane

When writing the first draft of this article, I began by admitting that, despite my explorations of lucid dream induction techniques over the past four years, I had yet to experience my first lucid dream, let alone my first OBE. This was especially frustrating since, after a rather cavalier application of La Berge's MILD technique, my wife (a previously non-lucid dreamer) had two lucid dreams! (She had recently had her first lucid dream spontaneously after attending one of my subject-seeking presentations on lucid dreaming.) My sense was that I was either a classic example of trying too hard or that at some level I'd decided to remain (disgustingly and frustratingly) "detached and objective" about the experience of lucid dreaming until I'd finished my dissertation.

Now, two and one-half weeks later, I am "forced" to rewrite this introduction because, five days ago, I experienced my first lucid dream! It took place during a morning nap and was triggered by beginning to float and fly in the dream after observing a golden rocket shrouded in mist and vapors as if it were about to take off. At first, I became very excited, and the dream scene faded and went black, but I was able to keep from waking by calming myself and beginning to look for my hands. Just as I felt I had stabilized my condition and was about to look at my hands, the phone rang! The entire experience must have lasted no more than 30 seconds, but I feel certain it could have lasted longer if I'd been smart enough to take the phone off the hook before going to sleep. Non-lucid dreamers, take hope!

The induction technique itself was recently suggested by Gary Rogers, a colleague at the Sleep and Dream laboratory. He made the intriguing proposal of adapting Castaneda's technique to focusing on one's hands every 90 minutes during the day. He reasoned that, once it became automatic in waking life, this practice could carry over into the REM period at night and thus precipitate a lucid dream. Moreover, it would have the advantage of being less frustrating and demanding than the requirement to "be aware of yourself at all times" as espoused in many esoteric systems.

To facilitate the training, Gary had the idea of simply setting a wrist watch alarm for 1½ hour increments throughout the day and going to bed so that the first REM period of the night occurs in correct sequence with the 90 minute intervals used during the day. I have also added a simple mnemonic device by asking myself each time I look at my hands, "Do I have a lucid dream in hand now?" Incidentally, I had been simply setting my watch each day for 1½ hours after waking time each morning. But in order to be more consistent, I have decided to begin my interval with the time I go to bed on a given night and to maintain that interval schedule across as many days as possible, adjusting my bedtime on the second and subsequent nights so that my REM will occur at the time I should spontaneously be checking my hands.

Whether or not my lucid dream was actually the result of using this particular technique is difficult to say, given the number of ways I have been trying to induce a lucid dream. It may simply have been due to the cumulative effect of my prolonged efforts. After all, it was certainly about time! On the other hand, as soon as I began using the technique (20 days prior to my lucid dream), I immediately began noticing subtle but intriguing changes in both my waking and dream perceptions. I will not discuss these here so as not to bias the experience of those who might be willing to try the technique for themselves.

In addition, I did go to sleep for the nap such that a REM could occur at the appropriate time. However, I only remembered that I should check the time after lying down for a few minutes and was almost too lazy to even open my eyes. On doing so, I noticed with pleasure that I was right on time, focused on my hands, and asked myself, "Do I have a lucid dream in hand now?" Then I immediately fell asleep. Moreover, the ability to remember about focusing on my hands, despite my initial excitement, was probably enhanced by my daily preoccupation with the supposed effect of looking at my hands in a dream.

Gary and I are quite eager to compare our experiences with this technique with that of others who use the technique for the first time. So if you do have occasion to try it, please write and tell me what happened. Thanks.

Joe Dane, M.A.  
Sleep and Dream Laboratory  
Blue Ridge Hospital  
University of Virginia Medical Center  
Charlottesville, Virginia 22901



photo Sully Shure

This is your dream image. Write a dialogue with it, or a dream or poem about it. The most creative submission will be published in an upcoming issue. Send to "Lucidity & Beyond," P.O. Box 746, Maywood, N.J. 07607.

## Lucid Awareness continued from p. 2

assumptions and actions that tend to create or maintain your problem. Place a check next to those that tend to resolve it. Imagine making an inner shift toward the factors you have identified as tending to resolve the problem. How does that feel?

Your waking life contains elements that are more or less beyond your control. List some aspects of your situation that appear to be partially or totally determined by other people or external circumstances. Would you like to change any of these external factors? Could you? How do you feel about accepting what you cannot change? What does your attitude toward these external factors reflect about you?

Dream Incubation Questions: How am I contributing to...? What external realities are contributing to...?

### Checking Your Fears and Hopes Against Reality

Are there any aspects of your problem that

frighten you? What are your fears? Be sure to include any fears you consider irrational. What is the very worst that could actually happen? What seems most likely to happen? Have you been either overestimating or underestimating the danger? If the worst did happen, how might you handle it?

What are your hopes for this situation? If there were no limitations, if nothing were impossible, what would you wish for? What is the very best thing that could actually happen, given the apparent limitations of the situation? Have you been either overestimating or underestimating the positive potentials?

What remains unknown, uncertain, unpredictable?

Dream Incubation Questions: What do I fear? What do I hope for? What is likely to happen?

### Libertating Your Thoughts and Feelings for Creative Problem-Solving

Have you been trying to push away any of your thoughts or feelings about your problem, perhaps because you consider them ridiculous or dangerous? What have you been trying to suppress? Take a few minutes now, in the safety and privacy of your imagination, to let your outrageous and absurd ideas out for some exercise and play. Think up a way to handle your problem that you would consider "unconventional." Now imagine an "inappropriate" approach. Now imagine a solution you would consider "immoral." Remember, you won't have to act on any of these ideas, but playing with them in fantasy may stimulate your creativity. Now, think up a solution that would be completely "impossible." Most likely, you have dreamed about this problem, either literally or symbolically. Think of any dream which seems related to your difficulty. What approach or solution did you use in your dream? Is there any way you could modify or adapt these "far out" ideas to make them useful and practical?

Now, pretend this problem is a dream you are having, and you are lucid. In a moment, you will have a waking dream about your situation. Keep in mind that you are imagining everything that is happening and you can make anything happen if you want to. You can be as fanciful as you like. While you are dreaming, you might like to try out some of the unusual approaches you thought of a few moments ago. This is the time to experiment. Later, you will decide what to do in waking reality. As you are dreaming, keep in mind that the objects and characters you are creating may reflect your own thoughts and feelings. Make yourself comfortable, close your eyes, take some deep breaths, and dream...

What pleases you about your dream? What displeases you? Can you think of any ways you could have made even better use of the unlimited possibilities, complete safety and self-mirroring aspect of the lucid dream state to achieve greater satisfaction? What did you discover that might have relevance or application to your waking life?

Dream Incubation Questions: What do I need to admit to myself? How could I transform... (the problem) into a source of joy?

## REFERENCES

1. Malamud, J. R. *The Development of a Training Method for the Cultivation of "Lucid" Awareness in Fantasy, Dreams, and Waking Life* (doctoral dissertation). Ann Arbor: University Microfilms International, 1979. Order No. 8010380.
2. Le Shan, L. *Alternate Realities: The Search for the Full Human Being*. New York: Evans, 1976.
3. Delaney, G. A Proposed Dream Experiment: Phrase-Focusing Dream Incubation. *Sundance Community Dream Journal*, 1976, 1 (1), 71-83.

Dr. Malamud, a psychologist and psychotherapist, offers dream awareness training to individuals, couples and groups. Address: 2555 Bainbridge Ave., #6B, Bronx, NY 10458. (212) 933-0460.



## FORMING: LUCID DREAMERS' STUDY GROUPS

In the April issue was an article describing the purpose of lucidity study groups. There has been some response, and several people, who are listed below, have been selected to run these groups. If they are in your geographical area, you may contact them directly. If not and you wish to have more information about these groups, send your request to "Lucidity & Beyond," P.O. Box 746, Maywood, N.J. 07607. A copy of the article and a questionnaire will be mailed to you. This service is limited to subscribers. Interested potential study group leaders may write for an application.

Ann Wiseman  
284 Huron Avenue  
Cambridge, Ma. 02138  
(617) 547-0339

Gary Groesbeck  
P.O. Box 4191  
Sonora, Ca. 95370  
(209) 533-3657

Sally Pierone  
1206 S. Stevens St.  
Spokane, Wa. 99204  
(509) 747-0552

Judith R. Malamud, Ph.D.  
2555 Bainbridge Ave., #6B  
Bronx, N.Y. 10458  
(212) 933-0460

Bob Davis, Atty.  
1911 Ky Home Life Bldg.  
Louisville, Ky. 40202  
(502) 583-1069

Edith Gilmore  
3 Walker St. Pl.  
Cambridge, Ma. 02138

Robert Amadou  
15, rue Frederic-Sauton  
75005 Paris  
FRANCE

## LAYMAN'S LOOK continued from p. 6

kind I know well that you want, because you will be creating bits of these things in yourself. That's how you get them, you know. I'm sorry to have to tell you that there ain't no other way!

You really don't need nightmares or crappy little dreams of unresolved tensions. You can begin gradually to change them to things of depth, grace, lucidity, and beauty on occasion, and certainly

generally available in the near future. It won't work on everyone, but it could reveal the 'inner universe' to many people. The device also has the alternative function (which is very reliable) of waking the user from ordinary dreams — by means of an audible alarm. This greatly increases the amount of dream recall.

The dreaming state may have been greatly undervalued — at least in the West. It could in fact be an important untapped psychological resource. Lucid, controllable dreams would be a valuable tool for creative people: composers, artists, inventors, designers. Many original ideas have come from dreams — tunes of great composers, significant scientific insights. Dream creativity in the lucid state may greatly affect our civilization in the future.

Because the onset of consciousness in a lucid dream is sudden, yet there is no change in physiological state, another interesting possibility is that we may be able to get some idea of the brain activity associated with consciousness itself. A detailed study of what happens in the brain at the moment of lucidity might pinpoint the fundamental processes of our very awareness.

Copyright Dr. Keith Hearne.

*Keith Hearne (B.Sc., M.Sc., Ph.D.) is a British psychologist and an authority on sleep and dream research. He pioneered the scientific investigation of lucid dreams in the '70s. He is also a parapsychologist and has numerous publications in that field. In addition, Keith Hearne has invented several electronic devices, including a 'dream-machine.'*

creations that are personally satisfying. Perhaps not all at once but somewhat more often to begin with... and I'm sure that'd be okay, yes?

And life, both waking and sleeping, will begin to look a bit more adventurous to you.

And so will you.

Here's to adventure... and you!

Write to Skip Sargent at 519 S. Hindry Ave., Inglewood, Ca. 90301. (213) 641-1862.

## DAVE KATZ'S DREAM PUZZLE

Words can be found forward, backward, up, down, diagonally, and with letters that overlap. Answer in next issue (MAYBE '1)

A C O F V Z B F J T F M G S I Y J N R P  
P M F N L X Q M O T N F Z G O Y C D G I  
N A I D U E R F D W Q E Y T K S O Q W Y  
M K C H A K D Z R B T U L E M C A X V I  
V X U A B E W W B Y C I R C Y S P Q T S  
I D B R W A A D N I M O I G V X P B A H  
S N A C X A E M O D Z H D U S B N W Y D  
U I T H C L K I E C D R C J C N D D F V  
A G I E C H T E L M E Z X K I B V N U T  
L H O T R Y S E N A I G N U J J X V A H  
I T N Y D P U K M I R R B D H O H Z C C  
Z M B P I N R E O K N O H Y C O U L T T  
A A U E A O R E L R U G B F W P Q S F P  
T R U S W C E S T A L T E F V K K B X M  
I E E T M O A U T A T S J G D R S D I V  
O E E M B G L L F K T H W I I C W A M N  
N N H P H I J Z O V A I O C A Z D X I I  
S A L N P C S X X A C F O O D V Z Q B X  
T V Z B J A H M B E F T U X N E A W A K Z

FIND THESE HIDDEN WORDS IN THE ABOVE PUZZLE

|                |               |
|----------------|---------------|
| ANIMA          | JUNJIAN       |
| ARCHETYPES     | LUCIDITY      |
| AWAKENING      | MIND          |
| DREAMER        | NETWORK       |
| FREUDIAN       | NIGHTMARE     |
| GESTALT        | PSYCHIC       |
| HYPNOCOGIC     | REM           |
| ID             | SELF          |
| INCUBATION     | SURREALISM    |
| INTERPRETATION | VISUALIZATION |

## Lucid Signals continued from p. 9

and one-half minutes. They usually happened between 6:30 and 8:30 a.m., some 25 minutes after the start of a dream period. There were no differences between the quality of sleep on lucid-dream versus non-lucid-dream nights. In this original study, much basic information concerning was thus made available for the first time.

Another technique which was used for studying what goes on in lucid dreams is to give home lucid-dreamers specific tasks to perform on attaining lucidity. They report back to the Experimenter in isolation of one another so as not to bias each other's account.

A second method of communication from within the dream was discovered in later research. The lucid dreamer is able, voluntarily, to control respiration. Experiments were carried out in which the sleeping, dreaming, and paralysed subjects (linked to a respiration sensing device) activated scientific equipment on becoming lucid by making a number of rapid breaths. This technique is useful, say, in home studies involving the perception of external stimuli in the dream state or even dream-telepathy experiments, where the dreamer can contact the other person at a distance (via an automatic telephone-dialling unit attached to the sensor) to indicate when lucidity is present and the tests may start.

The relative inefficiency of lucid-dream research in the sleep-lab (subjects do not usually become lucid every night) led me to consider whether the state could somehow be artificially induced. In ordinary, spontaneous, lucid dreams, the state is often triggered by the dreamer noticing some glaring inconsistency. Could some form of external stimulation be incorporated into the dream so that the dreamer could not but notice that something odd was happening, and might that then cause the dreamer to realise the condition? Many forms of stimulation were tried, and eventually a unit which gave small electrical impulses to the wrist was found to be most effective. Lucidity was induced in several subjects by that means. A development of the equipment has resulted in a small battery-powered 'dream-machine' which should become

## EXPERIMENT CORNER Assist with this vital research.

by Dr. Keith Hearne

If you experience frequent lucid dreams, you can really help the scientific investigation of the state of lucidity by reporting carefully what happens in the dream when you perform one or more of the following tasks:

1. Switch on a light.
2. Switch on a different electrical appliance.
3. Cover your eyes and 'will' yourself to another place.
4. Push your hand through different materials, e.g., brick, wood, metal, glass.
5. Jump off a chair.
6. Look at yourself in a mirror. Describe the face you see. Is it exactly like yours?
7. 'Will' a particular person to appear from behind a door.
8. Look at your clothes. Are they ones you actually possess?
9. Ask a dream character what day, date and year it is.
10. Telephone someone and ask them what their news is. Check up later and see if the information given is correct or not.
11. If it is a night scene, observe carefully the stars in the sky. On waking, draw a diagram

of their positions and indicate their relative brightness. Is a moon visible?

12. If it is daytime, is the sun shining? Do you have a shadow?

It is essential that you have no particular preconceptions concerning these tasks, so don't discuss them with other lucid dreamers. Please report everything that happens — even if you think there is nothing much to report. All the information is important scientifically. Feedback will be provided in this publication. Accounts will remain confidential. Please state whether you have heard or read anything about the effects of performing any of these tasks. Send your reports to:

Dr. Keith Hearne  
c/o Lucidity & Beyond  
P.O. Box 746  
Maywood, N.J. 07607

I am studying the day-to-day pattern of occurrence of lucid dreams. If you have a (fairly) complete record of the dates on which you had lucid dreams over a continuous period of one year or more, I'd greatly appreciate receiving a copy — just list the month/day/year for each lucid dream in order — e.g., 3/15/80, 6/2/80, etc. I will report on the findings in a future issue.

Please include (at least) your age, sex, name, and address, along with anything else you consider relevant. Thanks very much. Dr. F. K. Lenherr, New Salem Research, West Main St., New Salem, Ma. 01355.

## SIGNALS FROM ANOTHER WORLD: Dr. Keith Hearne describes his early research.

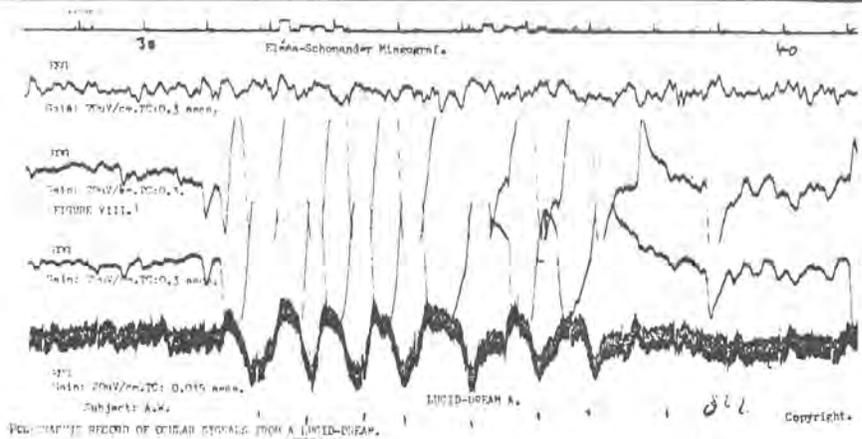
I had sat up alone all night in the sleep-laboratory monitoring the subject, waiting for the first-ever signals from a lucid dream. It was seven minutes past eight on the morning of Saturday 12th April 1975 in the Department of Psychology at Hull University in England. The subject, a male in his thirties, was an habitual 'lucid' dreamer. That is, he is one of a minority of people who frequently has dreams in which he becomes fully aware that he is dreaming. The state of lucidity in dreams is very remarkable indeed, and difficult to describe to someone who has not experienced the phenomenon. Normally, although our dreams may be vivid, our comprehension of the events at the time is severely limited, so that nonsensical situations are accepted without qualm. The dream is examined retrospectively on waking. But in lucid dreams, consciousness arises within the dream — it is like being awake, having a free will and possessing 'critical faculties' but being in a totally artificial 'other' world and, at the same time, knowing so. One very fascinating aspect of lucid dreams is that the dreamer can, to a large extent, control the content and course of action. The dreamer becomes 'super-human.'



Dr. Keith Hearne

I'd had the idea that perhaps the lucid dreamer could communicate to the outside world from within the dream — something never before accomplished in science. Such a channel could open up a completely new world in the investigation of dreams and several other psychological processes, including consciousness itself. A major problem had presented itself, though. In dreaming sleep, the body musculature is virtually paralysed, so any notion of getting the subject to make limb movements or speech, to indicate when lucidity had been attained, was out of the question. The eye-musculature, however, is not inhibited: in fact, dreaming sleep is termed Stage REM (rapid-eye-movement) sleep and is characterised by bursts of ocular movements. I had 'wired-up' the subject so as to monitor brain-waves (EEG), eye-movements (EOG) and muscle activity (EMG). The state of sleep can be objectively ascertained by these measures. In addition, a small micro-switch was taped to the subject's hand to see if a signal could be sent by that means. It needed only a slight pressure to operate.

The subject had been instructed, before sleep, to make a regular sequence of seven or eight left-right eye signals when he became aware that he was



dreaming. I was hopeful that the experiment would work, but there was no certainty, of course. The subject soon went to sleep, near midnight, and the paper-chart flowed slowly from the polygraph, providing a continuous written record of the night's proceedings. The alternating pattern of slow-wave-sleep (identifiable by large brain waves) and REM sleep displayed itself as the hours passed. People dream roughly every 90 minutes. The first REM period of the night is short, only a very few minutes. The next is longer, and so on. By the fifth cycle, the duration of the REM period may be 45 minutes or more. Dreaming sleep can total some two hours a night.

My eyes were half closed that morning as I sat sleepily watching the chart. The subject had been in a Stage REM period for nearly half an hour but, so far, there had been no eye signals. I was thinking about switching off the equipment and waking the subject when suddenly — out of the jumbled, random tos and fros of the two EOG channels — a regular series of left-right eye movements appeared clearly on the chart (see Figure). They were obviously deliberate signals. I checked the other channels (EEG, EMG) to determine the Stage of sleep and look for any indications of waking, but no — it was unambiguous, totally undisturbed, dreaming sleep. The subject went on to signal several more groups of ocular signals for a period of two minutes before waking spontaneously from the historic dream.

On waking, the subject reported that he had been dreaming of walking around the University with electrodes on when he suddenly thought, 'I'm

dreaming.' He immediately signalled, using his eyes. In the following dream, the subject saw the Experimenter (myself) trying to kiss a girl, saying, 'Would you consider it a pleasure...?' Meanwhile, he ignored the dream and signalled both fast and slow sequences. Although he had also attempted to press the micro-switch (simultaneously with eye-signalling), that method of communication, as expected, did not work. The subject's waking description of the several sets of eye-signals 'transmitted' to the outside world corresponded almost exactly with those observed in the chart record. That fact alone is important from a theoretical viewpoint. There has always been the problem of how much credence we can attach to dream-reports. Were the events jumbled, or even concocted, on waking?

The technique had been established, and a lengthy study was then conducted using this subject in which many more lucid dreams were monitored where information was signalled out. The physiological evidence showed that all the cases of lucidity happened in indisputable Stage REM sleep. Interestingly, lucidity invariably followed a burst of REM activity (averaging 22 seconds duration). Possibly the explanation is that the brain activity causing the REM bursts stimulates the cortex to a level where consciousness is reached within the dream without the subject waking. The duration of the periods of lucidity (measured from onset signals to spontaneous waking) varied between one and six minutes, with an average of two

continued on p. 8

**Lucidity & Beyond**  
P.O. Box 746  
Maywood, N.J. 07607

**Bulk Rate**  
U.S. Postage  
Paid  
New York, N.Y.  
Permit No. 3386