

Letter from the Editor

The reader will be immediately struck upon receiving this issue with its improved look. We have received several letters about the difficulty readers were having with the small type and thus, with the help of Stephen LaBerge, we have redesigned the layout to "breathe". Another difference may not be as apparent. That is the editorial contribution of Kathy Belicki of Brock University. She will be continuing with *Lucidity Letter* as the associate editor. Thanks to both Steve and Kathy for helping us produce a more readable *Lucidity Letter*.

In a continued effort to address the wants of our readers we have enclosed with this issue our first reader survey designed by Lucidity Association steering committee member Andrew Brokowski. Please take a few minutes to tell us what you would like to see on the pages of *Lucidity Letter*. Would you like it to come out more or less often? Is it too scientific or not enough science? Should we include more case studies? These are the sorts of questions which will better help us to serve you the reader as well as the growing field of consciousness in sleep.

In this issue we are pleased to offer you two symposium proceedings. The first are three of the talks from the annual Lucidity Association Symposium held this year in London, England in conjunction with the annual meeting of the Association for the Study of Dreams. Three of the four one hour talks are presented in this issue. We were unable to bring you Stephen LaBerge's talk due to technical difficulties but hope to be able to offer it to you in a future issue. The symposium started with an "Overview of the Development of Lucid Dream Research in Germany" by West German psychologist Paul Tholey. Tholey is probably the first western psychologist to systematically examine dream lucidity. His large body of research and theorizing has only begun in recently years to be translated. In this paper Tholey talks in more detail than ever previously available in English about his phenomenological work with dream lucidity.

This talk was followed by Susan Blackmore's, "Mental Models in Sleep: Why Do We Feel More Conscious in Lucid Dreams?". Psychologist Blackmore is best known for her research on the out-of-body experience and her skeptical position on paranormal phenomena. In an amusing yet thought provoking tone Blackmore answers her question. Following her talk is a fairly extensive question and answer session.

The third paper from the symposium is by Tibetan Lama, Tarab Tulku XI. Educated in Tibet he is currently head of the Tibetan section of the Royal Library and of the Tibetan department of Copenhagen University. His Buddhist perspective on lucidity is fresh reading. The reader should be aware that some of the techniques discussed by both Tholey and Tulku are of a very sophisticated nature.

We are especially pleased to bring you the proceedings of a symposium on the clinical applications of dreams which was held at the annual meeting of the Eastern

Psychological Association in Boston in the spring of 1989. By presenting the abstracts of the three papers and an integrative discussion we hope to move to a broader base of articles for *Lucidity Letter*. After all lucid dreaming is about dreaming and about the nature of consciousness. Clinical psychologist Deirdre Barrett of Harvard Medical School starts off by reexamining the dream recall - defensiveness hypothesis of Freud. This is followed by existential psychotherapist P. Erik Craig's "The Phenomenological Use of Dreams in Psychotherapy" and my own "Clinical Applications for Consciousness in Sleep". Finally, Lucidity Association steering committee chair, Harry Hunt, offers an integrative analysis of our papers in "Some Relations Between Clinical and Transpersonal Approaches to Dreams".

Three articles follow these two symposia proceedings. The first by Robert Rooksby, a graduate student at the University of Exeter in England, details "Problems in the Historical Research of Lucid Dreaming". In it Rooksby points out the hidden assumptions of anyone trying to speak to the historical antecedents of current lucid dreaming work. E.W. Kellogg III, of the Aletheia Foundation in Ashland, Oregon, presents another phenomenological paper entitled, "Mapping Territories: A Phenomenology of Lucid Dream Reality". After stating his assumptions and methodology, Kellogg considers lucid dreaming definitions as well as a series of lucid dreaming phenomena. The third paper is by Stephen LaBerge and myself. After two years of data processing we summarize our findings from the experiment and questionnaire which we developed for the April, 1987 issue of OMNI magazine. In "What Is Possible in a Lucid Dream?" we talk about how people fly and spin while lucid. We also consider problem solving, healing, dream control and types of lucid dreams. The appendix following our article contains extensive tables of descriptive statistics on this large data set.

The interview in this issue is with one of the most historically significant figures in lucid dreaming work, Englishwoman Celia Green. She wrote the classic 1968 *Lucid Dreams* which has served, and continues to serve, as a basic reference work on the phenomena. She talks about how she got interested in dream lucidity and the relationship of it to other "metachoric" experiences such as the out-of-body experience. Order information for all of her institutes books is available at the end of her interview.

A very rich book review section follows the Green interview. Leading it is a review essay by Brock University psychologist Harry Hunt on three books by A.H. Almaas, *Essence: The Diamond Approach to Inner Realization*, *The Void: A Psychodynamic Investigation of the Relationship Between Mind and Space*, and his most recent *The Pearl Beyond Price: Integration of Personality in Being*. Hunt considers how this "extraordinarily original integration of psychoanalytic object relations theory with a discipline of transpersonal self realization (closet to the fourth way tradition of Gurdjieff/Ouspensky) [is] relevant to our 'new science' of lucid dreaming?" Hunt's essay is followed by two reviews of a scholarly book on lucid

dreaming edited by Stephen LaBerge and myself, *Conscious Mind, Sleeping Brain: Perspectives on Lucid Dreaming*. In the first, by Deirdre Barrett, the strengths and weakness of the book are highlighted. In the second, reprinted with permission from CORA's *Bewusst Sein*, Jack Reis places the book in some historical context as well as commenting on it. The final review is by Jungian psychotherapist Jane White Lewis on John Layard's *The Lady of the Hare: A Study in the Healing Power of Dreams*. This reissued Jungian approach to dream work is, according to the reviewer, a bit dated but raises an important question, "What is it in therapy that heals?"

We end this long issue with a letter to the editor and the news and notes section. In the latter we update you on the forthcoming Lucidity Association conference on higher states of consciousness to be held in Chicago on July 1 and 2, 1990. The new West German based "CORA", International Association for Consciousness Research and its Applications, and its journal *Bewusst Sein* are introduced. Finally a call for research proposals for the research award is made and the lucid dreaming bibliographic updates are listed.

You will find several enclosures with this issue, beginning with your 1990 subscription renewal. Ecstatic and divine experiences in lucid dreams will be the theme of the June 1990 issue. Along with several articles planned around this theme, we would like to have a section on the experiences of our readers with ecstasy or the divine in their lucid dreams. Please send your experiences for possible inclusion in this section to Lucidity Association, 8703 - 109 St., Edmonton, Alberta, Canada, T6G 2L5 by April 1, 1990. Also planned for this issue is a discussion between two of the most prominent figures in lucid dreaming, Stephen LaBerge and Paul Tholey. This was coordinated and edited by Lucidity Association steering committee member and Austrian psychologist Gita Holzinger. The December 1990 issue will have some of the proceedings of the Lucidity Associations "Higher States of Consciousness" meeting. A call for posters is enclosed as is a preliminary conference brochure and housing registration form. We are returning this year to a completely independent format for the Lucidity Association meeting. Although our conference is on the two days following the annual meeting of the Association for the Study of Dreams all details of our meeting are completely independent from ASD's. Thus we encourage you to return your conference registration material soon as possible as seating and housing is limited.

- Jayne Gackenbach, Ph.D., Editor