

Part I: The Experience of Lucid Dreaming

Introduction

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It has been argued that what unifies the diversity of areas and methods in psychology is the overlap, constantly shifting, between "subjectively" lived experience and "objectively" measured psychophysiological processes. This formula is especially clear in dream psychology, since whatever we learn of its "process" must ultimately be related back again to these subjective reports from the night. With lucid dreaming the balance shifts even more towards personal experience. For lucid dreams have only emerged as an area of study through the insistent and repeated claims of those who have them. Without the sort of detailed reports that follow we would have been left with a falsely simplified idea of what dreaming is and can be. Whatever else lucidity may be, it is something that develops out of ordinary dreaming over many years and, as these accounts will show, in more than one way. Without gifted experients such as these we would never have realized the extent of which the dreaming process is actually a set of open potentialities.