

Negative Ions May Induce Lucidity

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“An attempt to determine if an environment containing 10^4 negative ions per cubic centimeter would promote lucidity yielded negative results:

	Lucid Dreams	Non—Lucid Dreams	Total
Control	31	157	188
Ionized	<u>22</u>	<u>91</u>	<u>113</u>
Totals	53	248	301

$X^2 = 0.37$, $df = 1$, $p < 0.85$, therefore accept null hypothesis.

However, one experiment using one hundred times this concentration of negative ions suggests that the 10^4 concentration may have been too low to show results. In February, 1979, I purchased a new negative ion generator, the Energaire, which had about twice the output as my old one, the Modulion, and was much more compact. I decided to place this generator much closer, about six inches from my head, to give a concentration of 10^6 ions/cc and to place my head in a fairly intense electric field. In the morning I had three lucid dreams in a row, each followed by real awakenings! This experience left me in a very ‘spaced—out’ condition for over a week, although I continued to function fairly normally. During that week I had a strong feeling that everything was somehow interconnected and that the normally perceived separateness of things was an illusion. At night I could feel the palpable presence of invisible entities hovering in the room and this made me very uncomfortable. Some Buddhists suggested to me that I was just having a regular old mystical experience, but that I was fighting it. This may well be the case. Gradually the condition faded and was little more than a memory two weeks later. In retrospect, I might interpret the experience as the dream consciousness having persistently interpenetrated waking consciousness, kind of an inverse lucidity. This experience was so unsettling that I have not yet had the courage to repeat it. Perhaps it was an exercise in electro—shamanism! (6/8/81).”

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