

Relationship Between Alpha Waves and Lucidity

Dr. Marry Runt and Dr. Robert Ogilvie

Brock University

“We are very pleased by a preliminary data analysis of lab awakenings from high and low alpha REM, with subjects selected as lucid dreamers and given instructions for lucidity, fist clenching as concurrent signaling, and some biofeedback training. It does now look as if reports from high alpha REM under these circumstances are significantly more likely to be prelucid or fully lucid. We also have evidence that our entire sample responded with dream content patterns and Green—type lucidity aspects quite different from a previous non lucid laboratory sample. Within our present sample we also have some interesting differences in form of dream experience among lucid, prelucid and non lucid arousals. More precise cor-relating of various physiological indices and psychological content remains to be done, but it does look as though we have confirmed our pilot observations suggesting physiological parallels between the states of meditation and lucid dreaming—supported by the experiential similarities as set out by Coleman, Chang, and our own comparisons of lucidity accounts and certain forms of insight meditation. Such a coming together of phenomenological and physiological criteria is really exciting (5/13/81).”

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