

News and Notes

1. Workshops and Therapy — Here are more names of individuals offering workshops and therapy utilizing lucid dreaming abilities.

“I also run a small group training in relaxation. Imagery and so on and trying to develop control of OBEs and lucid dreams.”

Dr. S. J. Blackmore
Dept. of Anatomy
The Medical School
University of Bristol
Bristol, England, BS8 1TD

“I offer dream tutorials and seminars with a focus on lucid dreaming.”

Patricia Garfield, Ph.D.
Creative Dreaming Int'l
415 Spruce Street San Francisco, CA 94118

Additional names and addresses include:

- 1) Ed Garner, 432 Townsend Drive, Aptos, CA 95003
- 2) Dr. Fred K. Tenherr, West Main Street, New Salem, MA 01355
- 3) Edith Gilmore, 3 Walker Street, Cambridge, MA 02138
- 4) Simone Alter & Dana Cushing, Center for Creative Dream Exploration, Box 134, Harvard Square, Cambridge, MA 02238

2. Books — Three more recently published books with sections on lucid dreaming have come to my attention. They include:

Campbell, Jean. Dreams Beyond Dreaming, Virginia Beach, VA: The Donning Co., 1980

Thurston, M. A. Visions and Prophecies for a New Age, Virginia Beach, VA: A.R.E Press, 1981

Blackmore, S. 3. Beyond the Body: An Investigation of Out—of—the—Body Experiences, England, Heinemann, 1982 (in press)

3. Press — As I mentioned in the last newsletter, lucid dreaming is becoming a bit of a “media event.” Bob Ogilvie nicely pointed out some of the problems with premature publicity but like it or not the attention is upon us. The March issue of OMNI magazine has recently come out with a major article on this work and another such article will appear in the April issue of Smithsonian magazine. Additionally, the ABC’s television news program entitled “20/20” will air a segment on the lucid dreaming work of Stephen LeBerge and Patricia Garfield sometime in March. Radio talk shows requests are also

occurring with some frequency.

Finally, several professionals interested in dreaming have begun newsletters aimed primarily for the general population. Regarding this network of dream newsletters, Sally Shute of Hackensack, NJ writes:

“A national dream newsletter, ‘Dream Network Bulletin,’ the result of a cooperative effort among Bill Stimson, Henry Reed, and Sally Shute, will feature three different newsletters related to dreams. Bill Stimson’s, ‘The Dream Community,’ will explore dreams and related areas (Bill Stimson, 333 W. 21st Str., Apt. 2FW, N.Y., NY 10011). Henry Reed’s, ‘Oneiro Critica: Dream Interpreters’ Newsletter,’ focuses his first issue on family work with dreams (Henry Reed, 503 Lake Dr., Virginia Beach, VA 23451). Sally Shute’s, ‘Lucidity and Beyond,’ focuses on lucid dreaming, creative dreaming, ‘dream machines,’ the future of dreams, and the development of lucid dreamers’ study groups and projects. Study group leaders and writers are needed (Sally A. Shute, *Lucidity & Beyond*, P.O. Box 746, Maywood, NJ 07607). Articles are also needed for the other two newsletters.”

4. Translation Needed — In a recent review of Index Medicus by one of my student a reference for lucid dreaming work going on in Czechoslovakia in 1966 was found. From what we have been able to gather from the article, it may involve electrophysiological recording techniques. Needless to say if this work on dream lucidity was going on in 1966 behind the iron curtain one wonders where they are today. If you’d like to contribute to the cost of translation, please send along contributions to me. Those who contribute will, of course, receive a copy of the translation. I had a turn of the century German article (clinical evaluation) on flying - lucid dreams translated about a year ago and it ran about \$200. For those of you seeking funding (or your work, if a case can be made that lucid dreaming research on a fairly sophisticated level has been going on in communist countries since the mid—sixties, perhaps funding agencies (i.e., government?) might take more of an interest in the phenomenon.

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