

Imagery Skills and Lucid Dreaming Ability

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“I am also very interested in the relationship between imagery skills and OBEs and lucid dreams. In one study I used Sheehan’s shortened version of the Bett’s vividness of imagery scale and found no significant differences between those who had and had not had lucid dreams. A second study using Cordon’s control of imagery questionnaire also gave no differences. So if imagery skills are important for lucid dreaming these tests are not adequate for investigating this.”

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