

Is Dream Lucidity Work Another Reich's Orgone Box?

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“My reaction to the content of the first Lucidity Letter is mixed: pleasure is stimulated by the breadth of interesting ideas referred to: pain is stirred by the uncritical rush to literally “cash in” on the popular interest in lucidity by a number of professionals who must know that their ideas have not been subjected to sufficient careful scientific scrutiny. Magic dream boxes, new therapies, and books all based upon as yet scant scientific evidence and overloaded with rich personal experience — these trends worry me.

Your small and select group of subscribers, nearly all psychologists, should not need to be reminded of the very short scientific history of lucid dream investigations, dating roughly from the mid 1970's, and of the struggle to achieve scientific respectability for this important area of dream research which is still taking place. Nor should they have difficulty remembering the parapsychological wasteland from which we have been trying to extract lucid dreams. Now, when a few studies have shown that lucid dreaming can be fruitfully researched we may be in danger of tossing it back into the uncritical quagmire from which we've begun to wrestle it. Public pressures are difficult to resist — remember that other psychological panacea, Reich's orgone box.....?

“It's my sincere hope that 1982 will see an increasing number of carefully conducted surveys and laboratory studies of lucid dreaming published in established psychological journals. Best wishes to all engaged in that endeavour.

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