

## Ten Tests For State—Assessment

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Often in dreams ‘something’ (it may be some inconsistency or an intuition) causes the dreamer to ponder momentarily whether he or she is in fact dreaming. A correct analysis of the situation at that ‘pre—lucid’ point can initiate the incredibly exciting and interesting experience of conscious controllable dreaming (lucid dreaming), but often the great insight is missed because things look all right generally, and critical thought is not to the fore. However, despite the superficial correctness of the imagery there are certain detectable peculiarities in the dream world and if the person has a ready—made set of tests to perform at such moments, the dreaming state can be recognized more frequently.

It is necessary to mention that apart from ordinary dream settings there is an extraordinary condition where the dreamer believes, erroneously, that waking has happened. A perfectly reproduced version of the bedroom is observed. These ‘false—awakenings’ are in fact fairly common. Unless state—tests are performed the person will have no inkling that the whole experience has been generated internally by the dream process.

The following tests are meant to enable a person to distinguish the dreaming state from wakefulness. They have been devised as a result of my experience in lucid dream research. The tests should be committed to memory and even practiced in the waking state so that they spring easily to mind when required. They should be conducted routinely whenever the person thinks that waking has occurred. Any incongruity noticed in the environment as a consequence of performing a test should instigate dream—lucidity.

1. Switch on an electric—light in the dream scenery. If it does not work or there is a malfunction of any kind, or light—switches cannot be found where they should exist, suspect very strongly that you are dreaming. The same applies for any other electrical appliance.
2. Attempt to ‘float’ in mid—air, or fly.
3. Jump off an object such as a chair. If you descend slowly you know you are dreaming.
4. Look carefully at your surroundings. Is there anything which should not be there?
5. Look at your body (e.g. hand’s~, arms, feet) and your clothes. Is it your body and are the clothes yours in reality?
6. Look out of a window. Is the environment accurate? Is the season correct?
7. Attempt to alter a detail in the scenery, or make something happen — by will power.

8. Attempt to push your hand through solid looking objects.
9. Pinch your skin. Is the texture as it should be?
10. Look in a mirror. Is there some alteration to your face?

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