

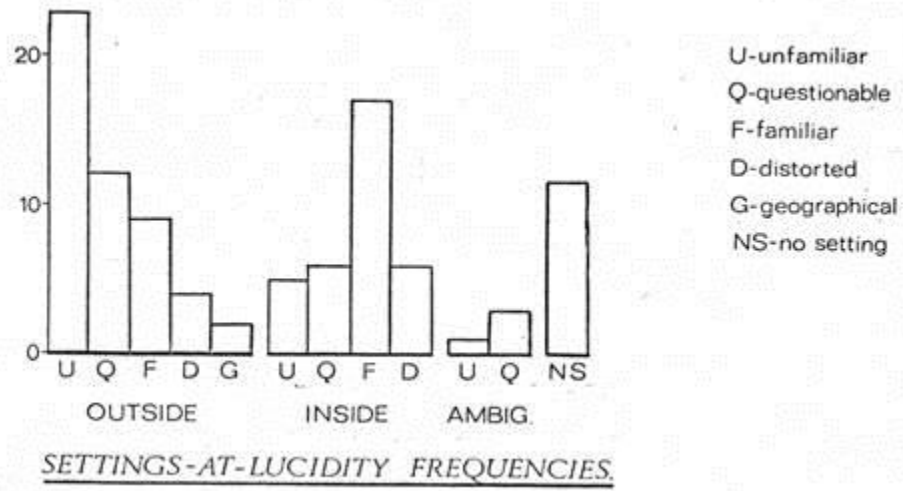
Settings and Causes of Lucidity

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Dr. Hearne sent some data along from the content analysis of 100 lucid dreams regard-ing the causes of lucidity and the dream settings which were reported at the moment of lucidity. The breakdown as a function of causes can be seen in the table below.

1.	<u>INCONSISTENCIES:</u>	
	(a) Seeing persons who are known to be dead in reality	2%
	(b) Home or residence from previous period in life recognize	2%
	(a) Malfunctions of equipment in dreams	3%
	(d) Scenery (outside) is seen to be wrong in some way	5%
	(e) Scenery (inside) is seen to be wrong in some way	5%
	(f) Something odd about self e.g. own body, circumstances, driving car when can't in reality	6%
	(g) Specific objects, or animals, cause lucidity. Includes faces appearing suddenly and vanishing	14%
	(h) A person, or persons, in the dream triggers lucidity in some way e.g. appearance, behaviour, voice, etc.	<u>16%</u>
		53%
2.	<u>"JUST KNEW":</u>	
	Just knew	<u>16%</u>
		16%
3.	<u>ANXIETIES:</u>	
	(a) Animal threat, attack of pursuit	1%
	(b) Dreamer has lost something or someone	2%
	(c) Other unpleasant situations e.g. funeral, death, accident	2%
	(d) Dreamer anxious about phobic situation e.g. if dreamer has fear of heights	2%
	(e) Threat, attack or pursuit by a person or persons	<u>6%</u>
		13%
4.	<u>OTHERS:</u>	
	(a) Recurring dream recognized	9%
	(b) Unclear how dreamer became lucid from account	<u>9%</u>
		18%

Hearne's analysis of settings at lucidity are depicted in the figure below.



Original source: *Lucidity Letter Back Issues*, Vol. 1, No. 3, May 1982, page 14.