

## News and Notes

### Subscriptions Start for Lucidity Letter

Although contributions have paid for production and mailing costs for the last two issues, (personnel costs were covered UNI), they were inadequate to completely cover the expenses associated with this issue. For this reason a voluntary subscription (\$10.00) policy is being initiated for the next five issues (October 1983, January 1984, April 1984, July 1984, and October 1984). The size of each issue will depend on the subscriptions received. Beginning with the January 1985 issue receipt of Lucidity Letter will be based solely on subscriptions. I am trying to forestall mandatory subscriptions as long possible in order to continue to foster interest and exchange of ideas without financial burden. Expenses for the last issue (vol. 2, No. 2) totaled \$176.23. Contributions for this issue total \$85.40 plus credit from previous contributions.

If you are interested in voluntarily subscribing to Lucidity Letter for the next five issues (if you do not subscribe you will still receive the next five issues but none thereafter) please fill out the form below

- Enclosed is \$ 10.00 for my voluntary subscription for the next 5 issues of Lucidity Letter.
- I am interested in continuing to receive Lucidity Letter and plan to voluntarily subscribe in the future.
- I am interested in continuing to receive Lucidity Letter but will not be subscribing at this time.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Profession \_\_\_\_\_

-----

Thanks to the following for their financial assistance:

Steve LaBerge, California  
 Deborah Weber, Illinois  
 Jack Elrick, Illinois  
 Oliver Clerc, Switzerland

Fred Annerson, California  
Helena Carlson, California  
Mark Bassett, Florida  
Sheila Fling, Texas  
Judith Malamud, New York

### Information Requested

Our foundation conducts scientific investigation into the question of human survival after death. One of our experimental research projects is based on tests by which persons may try to establish their postmortem survival through the communication of specific unknown but verifiable words or sentences. These words or sentences might be communicated through mediums, tape recordings or other altered states of consciousness. As part of our research project we are interested in getting mediums, experimenters, and persons who can induce lucid dreams to work with us to try to get such communications.

Arthur S. Berger, President  
Survival Research Foundation  
P.O. box 8565  
Pembroke Pines  
Florida 33084-0565

### Lucid Dreaming Bibliography: Historical References

Two of the oldest historical mentions of the process of dreaming lucidly are from the fourth century B.C. in Aristotle's On Dreams and in William's Thompson's book The Time Falling Bodies Take to Light, Thompson proposed that the Sumerian Epic of Gilgamesh, third millennium B.C., contains one of the earliest references to lucid dreaming. A list of references on dream lucidity covering work in the area since 1968 when Celia Green's classic book, Lucid Dreams came out, was published in Lucidity Letter (Vol. 2, Nos. 1 and 2) and is available upon request. Interest in pre-1968 reference was expressed and resulted in this compilation. Additions and corrections to the original bibliography are also given.

Aristotle. On dreams (4th century B.C.). In R.M. Hutchings (Ed.) Great books of the western world, Chicago, Encyclopedia Brit., 1952

Anonymous. The dream is a suggestion. In R.L. Woods (Ed.), The world of dreams: An anthology. New York: Random House, 1947.

Arnold-Forster, M. Studies in dreams. New York: MacMillan. 1921.

Arnold-Forster, M. Making dreams work for us. In R.L. Woods (Ed), The world of dreams: An anthology. New York: Random House, 1947.

Baker, D.M. Practical techniques of astral projection. New York: Samuel Weiser,

1977.

- Boss, M. The analysis of dreams. New York: Philosophical Library, 1958.
- Broad, D. Lectures on psychical research, London: Routledge & Kegan Paul, 1962.
- Brown, A.E. Dreams in which the dreamer knows he is asleep. Journal of Abnormal and Social Psychology, 1936, 31, 59—66.
- Chandra, S. Dream Lore of India. In R.L. Woods (Ed.), The world of dreams: An anthology. New York: Random House, 1947.
- Chang, G.C.C. Teachings of tibetan yoga. Secaucus, N.J.: The Citadell Press, 1977.
- Corriere R. & Hart, J. The dream makers. New York: Funk & Wagnals, 1977.
- Corriere, R., Hart, J., Werner, K., Binder, J., Gold, S. & Woldenberg, L. Toward a new theory of dreaming.  
Journal of Clinical Psychology, 1977, 33, 807—820.
- DeBecker, R. The understanding of dreams. London: Allen & Unwin, 1968.
- Delage, Y. Le Reve, Paris: Lea Presses Universitaires de France, 1919.
- Descartes, R. The difficulty of distinguish-ing between waking and sleeping. In R.K. Woods (Ed.), The world of dreams: An an-thology, New York: Random House, 1947.
- Descartes, R. Philosophical writings. E Anscombe & P.T. Geach (translators and Eds.). London: Nelson, 1954.
- Eastman, Margaret. "Out—of—body experiences." Proceedings of the Society for Psychical Research, 1962, 53, 287—309.
- Embury, Alward . Dreams in which the dreamer knows he is asleep. Journal of Abnormal Psychology, 1936, 31, 59—66.
- Evans, F.J. Hypnosis and sleep: Techniques for exploring cognitive activity during sleep. In E. Fromm & RE. Shor (Eds.), Hypnosis: Research developments and perspec-tives. Chicago: Aldine, 1972.
- Evans-Wentz, W.Y. The Tibetan book of the dead, London: Oxford University Press, 1958.
- Evana—Uentz, W.V. Tibetan yoga and secret doctrines, New York: Oxford University Press, 1960.
- Fairfield, F.G, A study in apparent death. Scribner's Monthly, 1880, 21, 249—257.
- Fox, O. Astral projection. New York: Univer-sity Books, Inc., 1962.
- Fox, O. Astral projection: A record of out— of—the—body experiences, Secaucus, N.J.: Citadel Press, 1962.
- Freud, S. The interpretation of dreams. In A. A. Brill (Ed.), The basic writings of Sigmund Freud. New York: Modern Library, 1938.
- Gassendi, Pierre, Rebuttals against Descartes (1644). In C.B. Brush, Selected works of Pierre Gassendi, N.Y.: Johnson Reprint Corp., 1972.

- Grosso, M. Some varieties of out—of—body experience. The Journal of the American Society for Psychical Research, 1976, 70, 179—193.
- Gurney, E. On apparitions occurring soon after death. Proceedings of the Society for Psychical Research, 1889, 5(14), 450.
- Gurney, E., Myers, W.H. & Podmore, F. Phantasms of the living. London: Trubner, 1886,
- Hall, Frederick. An ether “vision,” with editorial comment. Open Court, 1909, 23, 734—740.
- Hart, H. The enigma of survival, London: Rider, 1959.
- Hartshorn, K.S. A new dimension in dreaming. Unpublished masters thesis, California State University, Northridge, 1975.
- Horton, L.H. Levitation dreams: Their phy-siology. The Journal of Abnormal Psychology, 1919, 14(3), 145-172.
- Husband, R.W. Sex differences in dream con-tents. Journal of Abnormal and Social Psy-chology, 1936, 30, 513—521.
- Kipling, Rudyard. “Brushwood boy.” In The day’s work. London: Macmillan, 1898.
- Mach, Ernst. The analysis of sensations, and the relation of the physical to the psychi-cal, New York: Dover, 1959.
- Meseguer, P. The secret of dreams. Westminster, Maryland: Newman Press, 1960.
- Monroe, R. Journeys out of the body. Garden City, New York: Doubleday, 1971.
- Moers-Messmer, H. Dreaming while knowing about the dream state, Archiv fur die Gesante Psychologie, 1938, 102, 291—318.
- Myers, F.W.H. Automatic writing--III. Pro-ceedings of the Society for Psychical Research, 1881, 4(2), 241—242.
- Nietzche, F. The birth of tragedy. Quoted in R. DeBecker, Understanding of dreams, London: Allen & Unwin, 1965.
- Noone, R. & Holman, D. In Search of the dream people. New York: Morrow, 1972.
- Ouspensky, P.O. A new model of the universe. London: Routledge & Kegan Paul, 1960.
- Pascal, B. How can we tell we are awake? In R.L. Woods (Ed.), The world of dreams: An anthology. New York: Random House, 1947.
- Rapport, N. Pleasant dreams! Psychiatric quarterly, 1948, 22, 309—317.
- Rapport, Nathan. Pleasant dreams. American Imago, 1949, 6, 311—320.
- Rossi, E.L. Dreams and the growth of personality: Expanding awareness in psychother-apy. New York: Pergamon

- Press, 1972.
- Russell, B. Human knowledge: Its scope and limits. London: Allen & Unwin, 1948.
- Schmeing, K. Dreams of flying and excursions of the ego. Archiv fur die Gesamte Psychologie. 1938, 100, 541—554.
- Schopenhauer, A. Dream versus reality. In R.L. Woods (Ed.), The world of dreams: An anthology, New York: Random House, 1947.
- Scott, J.G. The Burman butterfly: Spirit and dreams, In R.L. Woods (Ed.), The world of dreams: An anthology. New York: Random House, 1947.
- Seafeld, F. The literature and curiosities of dreams, London: Chapman and Hall, 1865.
- Sen, K. Some Indian dream theories: A study and a comparison with western views. Indian Journal of Psychology, 1952, 27, 27—37.
- St. Augustine. Question of divine intervention raised by a dream. In R.L. Woods (Ed.). The world of dreams: An anthology. New York: Random House, 1947.
- Stewart, K. Dream theory in Malaya. Complex, 1951, 6, 21—33.
- Stewart, K. Dream theory in Malaya. In C. Tart (Ed.), Altered states of consciousness. New York: Doubleday, 1969.
- Tart, C.T. Towards the experimental control of dreaming: A review of the literature. Psychological Bulletin, 1965, 64(2), 88.
- Tart, C.T. The control of nocturnal dreaming by means of posthypnotic suggestion. Inter-national Journal of Parapsychology, 1967, 9, 184—189.
- Thompson, W.I. The time falling bodies take to tight, St. Martins Press, 1981.
- Tholey, P. Der Klartraum: Seine Funktion In der experimentellen Traumforschung. In W.H. Tack (Ed.), Bericht Über den 30. Kongress der Deutschen Gesellschaft für Psychoiogie in Regensburg 1976. Göttingen: Hogrefe, 1977, 376—378.
- Tholey, P. Klartraume als Gegenstand empirischer Untersuchungen. Gestalt Theory, 1980, 2, 7—35.
- Tholey, P. Espirische Untersuchungen uber Klarträume. Gestalt Theory, 1981, 3, 21—61.
- Tholey, P. Bewusstseinsänderung im Schlaf: Wach' ich oder träum' Psychologie heute, 1982, 12, 68-78.
- Tholey, P. Relationship between dream content and eye movements tested by lucid dreams. Perceptual and Motor Skills. 1983, 56, 875-878.
- Tholey, P. & Krist, H. Klarträumen, Frankfurt/M.: Fachbuchhandlung fur Psychologie, in

press.

Tzu, C. Life is a great dream. In R.L. Woods (Ed.), The world of dreams: An anthology. New York: Random

House, 1947.

Van Eeden, F.W. The bridge of dreams. London: Kennerley, 1913.

Van Eeden, F.W. a study of dreams. Proceeding of the Society for Psychical Research. 1913, 26, 431-461.

Verney, S. To sleep, perchance to lucid dreams. British Medical Association News Review, 1983, 9 (5), 47—48.

Walker, B. Beyond the body: The human double and the astral planes. London: Routledge & Kegan Paul, 1974.

Warmen, B.S.L.W. Yoga dream doctrine. In R.L. Woods (Ed.), The world of dreams: An anthology. New York:

Random House, 1947.

Whiteman, J.H.M. The angelic choirs. Hibbert Journal, 1954, 52, 262—277.

Whiteman. J.H.M. The mystical life. London: Faber & Faber, 1961.

Original source: *Lucidity Letter Back Issues*, Vol. 2, No. 3, July, 1983, page 66.