

Lucidity Letter

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A Survey of Lucid Dreams, OBE's and Related Experiences

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Individuals ($n = 593$), randomly selected from the Bristol Electoral Register, were sent a questionnaire on dreams, hallucinations, body image distortions, psychic experiences, mystical experiences, imagery and OBEs. An explanatory letter and stamped return envelope were also enclosed. Those who did not reply were sent a reminder after three weeks and another questionnaire after six weeks. Further questions were asked of those who had OBE's experiences. Usable questionnaires returned by 321 (55%) people. There were 145 males and 163 females, aged between 18 and 87 (mean 44.6). Chi—squared analyses were utilized and the following were among the findings.

Of the 47% who said they experienced lucid dreams, most reported between two and five such experiences. Five people (2%) claimed to be able to have lucid dreams at will. Additionally, 40% said they recalled a dream once a week or more and 55% said their dreams were very to extremely vivid. There were no significant sex differences but lucid dreamers tended to be significantly younger than others.

Lucid dreamers also tended to report more frequent dream recall, vivid dreams, flying,

hallucinations, body image distortions and OBEs. (see Table 1 below). They had more often used telepathy and believed more in ESP. Although lucid dreaming experience was not related to belief in survival nor to reporting having had mystical experiences. Lucid dreamers reported more vivid imagery regarding one of two imagery questions.

There were no sex differences in the 28% of this sample who reported having flying dreams, but flying dreamers were younger. Nineteen percent claimed mystical experiences, 45% had had a waking hallucinations and over half reported experiences like changing size, shaking, turning and floating sensations and seeming to see with eyes closed. Additionally, 25% had experienced telepathy, 36% believed in ESP and 42% believed in survival

Table 1
Relationships Between Lucid and Flying Dreams and
Other Experiences

	Chi Sq.	df	p
Dream Recall	30.8	3	0.00000094
	29.7	3	0.0000016
Dream Vividness	16.6	3	0.001
	8.2	4	n.s.
Hallucinations	12.7	3	0.0053
	17.6	3	0.00052
Used telepathy	13.9	3	0.003
	9.5	1	0.002
Imagery ¹	11.4	4	0.0022
	0.9	1	n.s.
Imagery ²	4.4	4	n.s.
	0.1	1	n.s.
Mystical Experiences	1.7	1	n.s.
	4.8	1	0.028
Belief in ESP	7.2	2	0.027
	13.2	2	0.0014
Belief in Survival	0.2	2	n.s.
	1.5	2	n.s.
Changing Size	6.4	1	0.011
	8	1	0.0048
Shaking	4.4	1	0.036
	6.2	1	0.013
Floating	6.2	1	0.013
	33.1	1	0.000000008
Seeing with eyes closed	14.8	1	0.00012
	3.9	1	0.05
OBEs	10	1	0.0016
	27.1	1	0.00000019

¹All significant relationships are in the positive direction. The top line is for lucid dreams while the bottom line is for flying dreams. A significant positive association was also found between lucid and flying dreams ($X^2(1) = 15.9, p = .000067$).

No significant age or sex differences were noted among the 39 respondents (12%) who re-reported OBEs. OBEers were more likely to report lucid dreams, flying dreams, hallucinations, body image distortions, mystical experiences. They said they experienced telepathy and believed in ESP and survival, Most OBEers (85%) had had more than one OBE and 5% claimed to have had one at will.

The most striking finding was the strong association between lucid dreams and other experiences. The same sample tended to have all of them.

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