

## A Contribution to the Dynamics of “Lucid” Dreams

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As far as the theory of the origin of lucid dreams goes, we have already mentioned the connection with activation of kinesthetic modality, with imagined movement, with “epinoetic” willing; it is as if the image of movement itself awakened consciousness. Various authors bring up the frequent connection with dreams about flying: however there are a lot of dreams about flying that do not end up as lucid dreams; it seems to us that it is rather the case of prevention of (physical) movement, than the fluidity of dream movements that bring about the lucid dream.....

Every “universal” theory in psychology — even in its formulation — faces many problems. A lucid dream is only a special type of dream; the question of its origin is to be treated the same way as the question about the origin of any other dream, in which the element of lucidity is only a special factor. The dream is not to be separated from the maternal(Editors Note: translators spelling) ground of reality from which it sprouted; authors who attend only to the manifest content of the dream usually neglect the dialectic unity of the reality and of the dream.....

So the lucid dreamer appears to be on constant alert. He is defending against the unacceptable. He fights the irrational. He rights the feelings of dread — or real threats.....

Under the etiological syndrome of the lucid dream undoubtedly falls the attempt to motoric mastery of the anxiety causing stimulus, and this can be via any activation of the kinesthetic process — including “observation”. This dimension we could call the dimension of “willful activity”, it only adds depth to the sought—after syndrome. Instigation of lucidity presupposes a shift from passive experiencing to active intervention, a shift from amorphous to differentiated Self. It is possible that lucid dreams have their foundation in just that very developmental phase of ontogenesis.....

Lastly — if we are able in certain circumstances to be aware in the dream that it is a dream, and thus achieve a qualitative change in the dream, are we able in life, to be aware, that it is the case of life (i.e., are we able in waking consciousness to become lucid about that state?) — and draw the appropriate consequences? Does such a higher form of the consciousness of the Self come about under the pressure of the sensation of threat and the action of the will, in this case the activity of the will being paralysed.....

1. These are selected excerpts from: Havlicek, Z. (1966) Prispěvek K Dynamice “Lucidních” Snu (A contribution to the dynamics of “Lucid” dreams). Ceskoslovenska

Psychiatrie, 62(5), 309—315. The article was translated by Stephan Knorles, University of New England, Australia. The full translation is available from the editor (Dr. Jayne Gackenbach, Department of Psychology, University of Northern Iowa, Cedar Falls, Iowa 50614) for \$3 to cover handling and a small translators fee.

Original source: *Lucidity Letter Back Issues*, Vol. 3, No's 2 & 3, August, 1984, page 93.