

## Lucid Dream Definition

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As a result of discussions following experiments carried out in the last few months at St. Thomas's by a medical student, who is doing a project on lucid dreams using other medical students with no special lucid dreaming ability, I have been reconsidering the definition of lucid dreams. The question has been raised, as a result of one of his subjects carrying out the experimental task while dreaming but while he thought he was awake sitting on a river bank, whether or to what degree I was lucid when I carried out experimental tasks at St. Thomas's. There is evidence to confirm that I knew what I was doing on many occasions but I accept that it is a valid point to suggest that once the lucidity has been used to direct attention to the task rather than to continuing to be aware that one is dreaming one might be said to be no longer lucid just as one might be absorbed in a task while awake and not primarily aware that one is awake. A criteria might be whether lucidity returned automatically when appropriate for example when the task was finished, in order for one to be able to decide whether to repeat it, do another task or pass on to less formal pursuits. I have noticed that very often when I have carried out a task I do not take any opportunity to repeat it but act as if what I had been doing was a chore though when I am awake I am really keen to do these things. They seem not to have the same appeal when I am dreaming.

This all casts doubt on how long the lucidity actually lasts since one should not assume that it persists all the way through the task.

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