

Letter to the Editor

Dear Dr. Gackenbach,

Here are some comments on George Gillespie's article on problems related to experimentation while dreaming lucidly.

I have been dreaming lucidly for about thirty four years. I picked it up in a book about dreaming when I was in high school. The author said why waste all that time just lying there when you could be dreaming lucidly instead. That sounded like a good idea so I gave it a try. It took me about a week to create my first lucid dream. His method was to start going through your favorite dream as you were going to sleep and sooner or later the dream would continue as a lucid dream after you fell asleep. I had been meditating several years at that time so I credit that with the speed with which I had my first lucid dream. His whole point in having lucid dreams was because you could control them. Since that was the idea I started out with I have always had complete control of my lucid dreams.

I can never recall having had the spliced film effect where I am suddenly dreaming something else. Although I have had many false awakenings in dreams. It has little effect however as I always know I am dreaming. How can I have a false awakening if I am always in control? A lot of times I don't mess with a dream, I just let it go. Since I know it is a dream, how heavy my lead shoes or and how close the fire breathing monster is has no emotional impact on me.

The occurrence of what is anticipated is certainly the way it happens for me. Nothing unplanned ever happens to me unless I am not planning the dream but just letting it run its course.

I have never put in too much time experimenting in a dream as almost anything seems to be possible. My dreams are the same as reality or at least what we call reality. The only way I can tell them from reality is that I "know" they are dreams. I also jumped off a building in one of my first dreams. It took me about five tries on five different nights to work up nerve enough to jump since it was so real. The first time I bounced on the sidewalk, the second time I put a hole in the sidewalk that was an exact outline of me and about two feet deep just like in the comics.

However, I never tell on any pedestrians. As far as I can remember my intellectual faculties are the same in a lucid dream as when I am awake although I never worried too much about it. I was always too busy doing something illegal, immoral, or fattening. Flying dreams are one of my favorite type as long as I don't get too high off of the

ground. As heights are not my favorite thing, I usually do my flying about a foot off the ground. I can handle that!

Edith Gillmore suggested one time that maybe you could be psychic in a lucid dream. So I tried it. I started on a lucid dream and I happened to think of it so I stopped everything and tried to psych up something. I did not try for any particular thing like the future or any thing like that, just any old thing. What happened was I stood there about ten seconds and drew a blank and then suddenly woke up. And waking up in the middle of the night is not exactly my favorite thing either.

The reason I never tried to conduct many experiments is the dream state seems to be in the “near subconscious” and the conduct or making of the dream seems to be taken care of for us by a deeper part of the subconscious. I believe that the reason I never have any trouble in a dream is due to the subconscious control meditation allows. Everything always comes out as I expect it to when I am running the dream. I always get the results I want, in a way that seems to be a perfect duplication of reality.

Laurana B. Earl

Original source: *Lucidity Letter Back Issues*, Vol. 3, No. 4, December, 1984, page 114.