

News and Notes

SCIENTIST SHARES KNOWLEDGE OF HUMAN MIND WITH PUBLIC

In July of 1983, a new kind of periodical appeared. "THE OPEN MIND" is an experiment in directly sharing knowledge about the furthest reaches of the human mind with the public, instead of through the usual indirect route of scientific articles that are later popularized by others. Written by Charles T. Tart, internationally famous for his research on altered states of consciousness, psychic abilities, and human potentials, "THE OPEN MIND" is a unique venture by a leading scientist in directly communicating his understandings of our personal evolutionary possibilities to people interested in psychological and spiritual growth.

The first four issues of Tart's bimonthly newsletter have included several articles on "lucid dreams." Further information on THE OPEN MIND is available from Psychological Processes Inc., P.O. Box 371, El Cerrito, CA 9k 530

LUCIDITY PROJECT

Lucid dreamers interested in sharing their experiences upon reaching the lucid state are invited to participate in the Lucidity Project of the Seth Dream Network. Questionnaires can be obtained from

Linda Magallon
Lucidity Project
1083 Harvest Meadow Court San Jose, CA. 95136

CORRECTION

The volume number was incorrect on the last issue. It should read Vol. 3, No. 2 & 3.

GERMAN TRANSLATOR NEEDED

I have obtained the reprints of an important body of work on dream lucidity (see bibliography). Unfortunately, this work by Paul Tholey is still largely in German. Someone fluent in German is needed to volunteer to translate all or some of these articles. If interested please contact; Dr. Jayne Gackenbach, Department of Psychology, University of Northern Iowa, Cedar Falls, IA 50614.

TRANSLATIONS AVAILABLE

Three translations of lucid dreaming articles are available from the editor:

1. Havlicek, Z. (1966) Prispěvek K. Dynamice "Lucidnich" Snu (A contribution to the dynamics of Lucid dreams).

Ceskoslovenaka Psychiatrie, 62(5), 309-315. Thanks to Stephen Knorles, University of New England,

Australia for translating the articles. It is available for \$3 to cover handling and a small translators fee.

2. Thanks also to Dr. Edith Gilmore for translating two German articles dealing with dream lucidity:

Schieing, K. Dreams of flying and excursions of the ego. Archiv fur die Gesamte Psychologie, 1938, 100, 541-554;

and

von Moers-Messmer, H. Dreaming while knowing about the dream state. Archiv fur die Gesamte Psychologie,

1938, 102, 291-318.

Copies of these two are also available for \$3.00. Send check and request to Dr. Jayne Gackenbach, Department of Psychology, University of Northern Iowa, Cedar Falls, Iowa 50614.

LUCID DREAMING BIBLIOGRAPHY: UPDATES

Fenwick, P., Schatzman, M., Worsley, A., Adams, J., Stone, S. & Baker, A. (1984). Lucid dreaming:

Correspondence between dreamed and actual events in one subject during REM sleep. Biological Psychology, 18, 243—252

Gackenbach, J. I. & Hammons, S. (1983). Lucid dreaming ability and verbal creativity. Dreamworks, 3 (3), 219-223.

Below is a list of papers on lucid dreaming based on the work of Dr. Paul Tholey. All papers are in German and are followed by a brief note from Dr. Tholey.

Tholey, P. (1980). Klartraume als Gegenstand empirischer Untersuchungen. Gestalt Theory, 2, 175-191. In the first

part of this paper I have gone into philosophical and methodological problems of

lucid dreaming. In the second

part the reflection technique is described. Also the criteria for the recognition of the dream states are discussed.

Tholey, P. (1981). Empirische Untersuchungen über Klarträume. Gestalt Theory, 3, 21-62. In this paper a review of

numerous individual studies is given. In relation to psychotherapy, it is important, that several hypotheses of

Ann Faraday have been tested. Furthermore, a comparison of lucid dreaming with the “guided affective imagery” of Hans-Carl Leuner is presented.

The next two papers are popularised science. In these papers a detailed explication of the concept of lucid dreams can be found. These articles are mainly concerned with psychotherapeutic principles of lucid dreaming--P. Tholey.

Tholey, P. (1982). Wach' ich oder traum' ich? Psychologie Heute, 68-78.

Tholey, P. (1984). Der Klartraum-Hohe Schule des Traums. In K. Schnelting (Ed.), Hilfe, ich traume. München:

Goldman, 100—118.

Tholey, P. & Krist (in press). Klartraumen. This paper contains a brief description of our apparatus for the induction

of lucid dreams. In the meantime, however, we have developed a new apparatus, which shall allow us a two-

way communication between the lucid dreamer and the “outside” investigator.

Tholey, P. (in press). Haben Traumgestalten ein eigenes Bewusstsein? —Eine experimentell-phenomologische

Klartraumstudie. Gestalt Theory. (Editors Note: This paper has an English summary.)

This paper is an

elaborated version of my primary paper “Cognitive Abilities of Dream Figures in Lucid Dreams”. The results of

this research are the ones that puzzle me most.

Tholey, P. & Holbe, R. (1982). Unglaubliche Geschichten. This is a transcription of a radio interview, in which

Several problems of lucid dreaming are broaded, including parapsychological ones.

The last three references, also in German, were kindly provided by Dr. Tholey and are also followed by a brief note from him.

Jurgens, H. (1925). Traumexerzitionen. Pfullingen; Baum Verlag, 3-38. In this paper an autosuggestion technique for the induction of lucid dreams is described.

Schriever, W. (1935). Einige Traumbereobachdungen. Zeitschrift fur Psychologie, 134, 349-377. In this paper several kinds of "Ego" in lucid dreams are differentiated.

Stephan, C. (1982). Klartraume. Esotera, 33, 1090-1099. This paper is written by a young German author and contains a brief review on the research of lucid dreams.

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