

Letter from the Editor

As I sit looking out over Edmonton's snow covered river valley, after having just caught up on the latest war news, the peace of my view stands in stark contrast to the realities of today's world. So too the fulfillment I have felt the last 10 years editing *Lucidity Letter* stands in stark contrast to the financial realities of a very small organization trying to keep a very small journal on a very esoteric topic alive. A topic which I deeply believe is critical to our growth as individuals and ultimately as a civilization. As one of the original consciousness researchers, R. Keith Wallace, recently wrote: "the process of growing to the highest state of consciousness - traditionally known as 'enlightenment' - is referred to as a process of becoming more and more fully awake inside, awake to the inner dynamics of consciousness." I believe that *Lucidity Letter* has played, and hopefully will continue to play, a key role in supporting this perspective.

Due to the efforts of a small cadre of loyal supporters we are able to bring this issue to you. The *Lucidity Letter* was on the brink of folding due to lack of funds in November of 1990. (See the subscription renewal letter enclosed with this issue of *Lucidity Letter* for further details.) Heart felt thanks to these individuals for helping to rescue *Lucidity Letter*: Kathy Belicki, Joseph Dane, Rita Mary Dwyer, Elinor Gebremedhin, Gordon Globus, Gordon Halliday, Harry Hunt, E.W. Kellogg, Margaret Jane Kephart, Stephen LaBerge, Lucidity Institute, Jim McNamara, Robert Ogilvie, Vincent Parr, Shirley Purdy, Theodore Rockwell, Stanley Rojo, Charles Tart, and Alan Worsley. There were also contributions from seven other individuals who asked that their names be withheld. Somehow it was validating to get contributions from some of the major figures in dreams and consciousness (named and unnamed above). As I sit in my office with the sounds of my children playing upstairs it seems that this show of support makes me realize that the many hours of putting past *Lucidity Letters* together and responding to the increasing flow of inquiries about lucid dreaming has been appreciated. None-the-less we still stand at a decision point; whether to continue publishing two issues a year, which will require more funds to be raised, or to go to one issue a year at the same price. If you think you can help please read the enclosed information and send what you can.

As Elinor Gebremedhin commented while finishing the last of the copy editing on this issue, "this is really an exciting issue." Yes, I thought, it is. And that is how I generally feel when writing this letter to you our readers. It was gratifying to see her degree of involvement and excitement about what she has helped "birth". So too Kathy Belicki and Harry Hunt were very instrumental in bringing this issue to you.

The increasing international flavor of *Lucidity Letter* is apparent with the two lead

articles. The first is by one of the premiere figures in lucid dreaming, Paul Tholey from Germany. Although his English language work on dream lucidity is increasing it still lags far behind what is available in German. Thus it is with pleasure that we are able to bring this article on sports training while lucid in sleep. It points to the breadth of activities that are available to the avid lucid dreamer and further highlights the importance of Tholey's contribution to this field. Pictures of Tholey engaging in sports activities he has perfected through lucid dreaming are on the cover of this issue.

Another important article by Europeans follows Tholey's. Bob Rooksby of England and and Sybe Terwee of the Netherlands bring us a previously unknown letter from Sigmund Freud to Fredrik van Eeden about dreams and lucid dreams. This article is a major contribution to our understanding of the history of lucid dreaming. A picture of van Eeden is also on the cover of this issue of *Lucidity Letter*.

A lively discussion on "Should You Control Your Dreams?" follows. This took place at the 1990 meeting of the Association for the Study of Dreams and was transcribed and then edited by each speaker for publication in *Lucidity Letter*. The panel was evenly divided on the advisability of trying dream control.

The last two articles in this section are first hand reports. The first from *Lucidity Letter* editor Elinor Gebremedhin. She considers two experiences of "mental stillness" while conscious in sleep, which had very different waking results. The final article in this section is a twenty year reflection on consciousness in sleep by a Catholic monk priest, "Father X", who prefers to remain anonymous. The simple humility with which he speaks is always a compelling reason to stop and listen to this truly extraordinary man.

Our interview this issue is with another of the giants of the lucid dreaming field, Patricia Garfield. With the surge in New Age publishing her much appreciated "Pathway to Ecstasy" has been re-issued. This autobiographical journal through lucid dreaming and meditation experiences was far ahead of its time when it was originally published in the late 1970's. We are pleased that it is now receiving the attention it so richly deserves.

Selected proceedings from the 1990 Higher States of Consciousness conference constitute the next section of this issue of *Lucidity Letter*. The invited addresses to the conference are being gathered for a book to be published by Plenum. First there is a report on the conference followed by four of the 20 posters and the panel discussion on "Is Lucid Dreaming Related to Higher States of Consciousness?" Since this conference was designed to explore the science and theory of Higher States of Consciousness and to help facilitate communication between groups of researchers

who have not here to been in direct communication you will see that the proceedings we have enclosed in this issue are of a wider scope than we normally offer. Highlight people from the area of lucid dreaming and higher states of consciousness discussed if lucid dreaming was related to these states in the panel discussion. The relationship of witnessing sleep/dreams to lucid dreaming is part of the panels discussion and three of the papers from the poster session discuss witnessing sleep/dreams. In the first of these Lynne Mason and colleagues present some pilot data on EEG correlates of this experience. In the second, from another European, Jan Meirsman reports on his research on the neurophysiological characteristics of the REM sleep of long term meditators. Finally, Robert Cranson and colleagues look at the relationship of intelligence to the incidence of witnessing sleep. Also included is a paper by Susan Vegors on one perspective on the mind/body medicine question.

The review in this issue is of a movie! Kelly Bulkley recently saw "Jacob's Ladder" and writes of how its really about dreams and consciousness. In the News and Notes section the results of the *Lucidity Letter* readers survey are reported on. Then you will see that the writing on lucid dreaming is continuing to grow with the lucid dreaming bibliographic updates. Finally, some of the proceedings from the forthcoming meetings of the Lucidity Association and the Association for the Study of Dreams are listed.

It is with great pleasure that we bring you this issue of *Lucidity Letter* and hope that it will aid in your understanding of the "process of becoming more and more fully awake inside, awake to the inner dynamics of consciousness."

Jayne Gackenbach,
Senior Editor