

Letter to the Editor
Lucid Living, Lucid Dreaming

When I teach classes on lucid dreaming, I always ask students why do they want to become lucid in their dreams? The response varies from wanting to have an exciting dream life to wanting to control their dreams. The next question I ask is whether they are lucid in their waking life? The response is usually laughter followed by silence.

Can lucid dreaming become an escape from our waking reality? It can be. However, what I have observed with some of my students and clients is that lucid dreaming enhanced their waking life. After the experience of lucid dreaming there seems to be a shift in their attitude-- they start to question the quality of their life, work, relationships, etc.

One of the many gifts that lucid dreaming offers to us is reflection on our waking life. I feel, in order to walk the path of lucidity, it is important to spread this awareness throughout our lives. We may ask the question during the day "am I dreaming?" Can we also ask ourselves, "am I lucid?" "Am I lucid in my relationship?" "Am I lucid at work?"....

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