

Bibliography Update

Each issue of Lucidity Letter contains recent references on dream lucidity. The complete bibliography can be obtained by purchasing all past issues.

- Fenwicik, P. B. C., Schatzman, M. & Worsley, A. (1984). Lucid dreaming. Paper presented at the symposium of the Electroencephalography Society, Southampton, England, May.
- Gibson, H. B. (1985). Dreaming and hypnotic susceptibility: A pilot study. Perceptual and Motor Skills, 60, 387-394.
- Gackenbach, J. I., Heilman, N., Boyt, S. & LaBerge, S. (1985). The relationship between field independence and lucid dreaming ability. Journal of Mental Imagery, 9(1), 9-20.
- Hearne, K. M. T. (1984). Lucid dreaming and psi research. Parapsychology Review, 15(6), 2-3.
- Hearne, K. M. T. (1985). An ostensible precognition using a 'dream-machine.' Journal for the Society Psychical Research, 53(799), 38-40.
- Hooper, J. & Teresi, D. (1985). Lucid dreaming. New Age Journal, 2(4), 34-41 & 78.

Below is a further list of publications by Dr. Paul Tholey at the University of Frankfurt. As many are in German, a brief explanatory note by Dr. Tholey accompanies most of the references. See Vol.3, No.4 of Lucidity Letter for other Tholey publications.

- Tholey, P. (1977). Der Klartraum. Seine Funktion in der experimentellen Traumforschung. In W. H. (Ed.), Bericht uber den 30. Kongress der Deutschen Gesellschaft Fur Psychologie in Regensburg 1976. Gottingen: Hogrefe.

This paper contains a summary of my experimental research on lucid dreams. For illustration, phenomenological experiments are described in which several hypotheses concerning the relation between dream content and eye movements were tested.

- Tholey, P. (1980a). Erkenntnistheoretische und systemtheoretische grundlagen der sensumotorik. Sportwissenschaft, 10, 2-35.

The critical realism of Gestalt psychology is described. The theoretical assumptions are based on the concepts of "field", "open system", and "backcoupling" or "feedback". The significance of lucid dreaming to research on perception and motor learning is mentioned, only briefly. On the other hand, this paper contains the epistemological, theoretical and methodological basic principles of my research program on lucid dreaming. However, the field theoretical concept of Gestalt psychology requires supplementation. In our opinion, it is necessary to unify the quantum and relativity theories into a "Grand Unified Field Theory". Such a theory must be able to explain and predict physical, psychological, and the so called paranormal facts as well as their coherence.

Tholey, P. (1982). Bewußtseinsänderung im Schlaf: Wach' ich oder traum' ich? Psychologie heute, 9(12), 68-78. (Reprinted in Psychologie heute Redaktion (Ed.), Grenzerfahrungen, 1984. Weinheim: Beltz).

This paper is popularized science. Although a detailed explication of the concept of "Klartraum" can be found here, this article is mainly concerned with psychotherapeutic principles in lucid dreaming.

Tholey, P. (1984c). Facultes cognitives des personnages oniriques en reve lucide. Oniros, 2(4), p. 3. Translated by H. Ripert. (Abstract of Tholey, 1985; see below).

Tholey, P. (1984d). Gestalt therapy made-in-USA and made elsewhere. Gestalt Theory, 6, 171-174.

In this brief article several theoretical weaknesses of the Gestalt therapy are mentioned. In contrast to Fritz Perls work, our field theoretical psychotherapy using lucid dreaming will avoid aggressive behavior towards "top dogs", if possible.

Tholey, P. (1984e). Sensumotorisches Lernen als Organisation des psychischen Gesamtfelds. In E. Hahn & H. Reider (Eds.), Sensumotorisches Lernen und Sportspielforschung: Festschrift für Kurt Kohl, Köln: bps-Verlag, 11-26.

In this paper, the significance of lucid dreaming to motor learning is briefly described. We noted positive effects on athletic performance in our work with sports students. We traced the positive effects to various improvements in the organization of the cerebral sensory and motor field processes. We then found a parallel in the improvements of athletic disciplines to the change from a more ego-centered to a more situation-centered attitude.

Tholey, P. (1985). Haben Traumgestalten ein eigenes Bewußtsein? Ein experimentell-phenomenologische Klartraumstudie. Gestalt Theory, 7, 29-46.

In the theoretical part of this study, what is meant by saying a dream figure possesses a consciousness of its own is explicated. Following the epistemological and phenomenological explanations of the Gestalt psychologist Karl Duncker, consciousness is attributed to a dream figure, if it possesses a phenomenal "I" of its own that is able to be participating in phenomenal events. Several possibilities are pointed out about how the question, "Do dream figures possess consciousness?", can be examined by physiological or phenomenological experiments. In the empirical part a description is given of experiments detailing the cognitive accomplishments of which dream figures are capable. Nine experienced lucid dreamers were directed to set tasks of a certain kind to dream figures they met during lucid dreaming. Dream figures were asked (a) to draw or write something, (b) to name words unknown to the dream ego, (c) to rhyme, and (d) to solve

simple arithmetic problems. Some of the dream figures agreed to perform the tasks and proved successful. However, the arithmetic accomplishments were poor. From the viewpoint of the empirical findings, nothing contradicts the assumption that some dream figures have consciousness. From this it was concluded that in lucid dream therapy communication with dream figures should be handled as if they were rational beings. Also, the possibility of communication of dream figures with “external” observers is mentioned.

Tholey, P. & Krist, H. (in press). Klartraumen. Frankfurt am Main: Fachbuchhandlung für Psychologie.

This book contains several studies on lucid dreaming.

Original source: *Lucidity Letter* 4(2), December, 1985, p. 110.