

Articles: Phenomenology: Personal and Theoretical Considerations Visual Phenomena after Sleeping or Resting

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I shall comment on visual phenomena after which I have noticed after I have awakened from sleep, or on occasion after just sitting and resting with my eyes closed. I have asked a number of people if they experience similar sensations, but found only one person thought that she did.

After having rested for a while, I can see a visual vibration. This vibration is more pronounced in my lower peripheral vision, and is more apparent if I look at a dark surface. It is also quite apparent with my eyes closed, as long as there is a light source in the room that produces some illumination through my closed eyelids. The frequency of the vibration seems to be between 10 and 15 cycles per second and goes away after 5 to 10 minutes.

I have been told that what I am seeing is probably visual noise from a 60 cycle light source. However, I have found that I can see the vibrations with battery powered light source and also with a natural light source.

I have personally experienced many lucid dreams. I have also experienced what seems like out-of-body sensations. With the out-of-body sensations, there has often been a feeling of vibration as many others have described. It seems that the frequency of the vibration associated with the out-of-body sensations is about the same, or a little faster than the visual sensations I have experienced.

I will quote from my notes of 7-Jan-85 concerning one striking example of the visual vibrations:

“I awoke suddenly this morning from a dream... Upon waking up, I felt a tingling sensation all over. I tried to control it. After a while, (probably no more than 10 minutes), I got up to go to the bathroom. I decided to keep my eyes closed. (I had not opened them since I awoke from the dream.) I wanted to try to hang on to as much of the present state as possible. In the bathroom, I turned on the lights even though I kept my eyes closed and was a little surprised at the vivid vibrations that I could see. I have experienced these visual vibrations before. This time they were apparent throughout my visual field. It seemed that I was closely looking at a net. The strings of the net were moving towards me and away from me. It was as if I were so close to the net that there were only 3 or 4 strings of the net present in my field of view. There was not a sharp distinction between the strings and the background, but I believe that the strings stayed pretty well defined and did not move around horizontally or vertically. After a couple of minutes, this flicker stopped.”

I will also quote from my notes in describing a second but similar sensation. I awoke at 6:07 a.m. on 3-Feb-85 from an out-of-body sensation. It had started with just a visual flicker in my eyes but soon became a vibration over my entire body. After various

sensations, such as feeling that I was going to float, feeling that I was going to sink into the bed, and then sensations of walking around the room and performing several experiments, I awoke.

“After I woke up, I lay in bed for a short time. I could see the early morning light through the window. I noticed a couple of times that something seemed to move a little in my peripheral vision. It was as if I could see my breath. (I wasn't dreaming, because soon I just got up and got ready for work.) I lay there for a few minutes watching how I could breath out slowly and see my breath, or at least see a slight distortion in the air.”

"It has been quite cold outside lately, and I thought that maybe the furnace had gone off. I took my hands out from under the covers and it was warm in the room. I think that I could also hear the furnace running. I have never noticed this visual effect before."

And then, on 5-Feb-85:

"This morning at about 3:40 I felt the vibrations. I couldn't see them as I have other mornings, but felt them in my cheeks just under my eyes. There didn't seem to be much that I could do to control them."

"The alarm clock went off at 7:00 this morning. I checked to see if I could see the distortion from my breath again and I could. I relaxed for the next 16 minutes, hitting the snooze button four times. After 16 minutes, I got up to get ready for work. I checked to see if I could still see the distortion from my breath, and I could not."

I would be very interested in knowing if other readers of the *Lucidity Letter* have experienced similar visual sensations and what the cause of the sensation might be.