

Letter from the Editor

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Editor, Lucidity Letter

This issue marks another turning point in the evolution of *Lucidity Letter*. I have acquired a Macintosh Plus desk top publishing system which will allow me to edit and publish *Lucidity Letter* entirely on the computer and will allow the use of more sophisticated graphics in the presentation of the material. I hope you enjoy the new graphic look of *Lucidity Letter* as it was designed to enhance your reading pleasure. In this issue the reader will find three sections of articles on dream lucidity and related experiences in consciousness; Healing, Phenomenology, and Research. These are followed by Letters to the Editor, Book Reviews, and News and Notes. In this issue we are introducing a book preview section, that is summaries of books by the authors/editors which are forthcoming dealing with dream lucidity and related experiences in consciousness.

Three articles on healing lead the issue. All are speculative pieces with the first two on lucid dreaming, one by myself and one by Stephen LaBerge, and third by John Zimmerman on Bio-Magnetic-Imaging.

The next section, titled Phenomenology, has four articles on phenomenological-theoretical approaches to dream lucidity, out-of-body-experiences and higher states of consciousness. An article by German philosopher Thomas Metzinger considers a philosophical perspective of the out-of-body-experience. This is followed by a discussion by Australian Ann Faraday of her experience with a higher state of consciousness. Then physician Kenneth Moss, of Wayne State University, offers a model of a continuum of lucid dream experiences. Finally, Darrell Dixon describes the visual phenomenology he experiences is association to sleep or rest.

The third set of articles are titled "Research" and include two empirical reports from ongoing research programs. Harvey Irwin of Australia reports further on the relationship between dream lucidity and migraine headaches. With two of my colleagues at Maharishi International University, Robert Cranson and Charles Alexander, I report on our research into the potential relationship between dream lucidity and transcendental meditation.

The Letters to the Editor section includes letters to the editor from Alan Worsley of England and Paul Tholey of West Germany. Worsley speculates about the spiritual nature of dream lucidity while Tholey reacts to and elaborates on his theory of dream lucidity.

Two books on the out-of-body experience are reviewed in this issue. Susan Blackmore of England reviews Harvey Irwin's *Flight of Mind* while Roy Salley of Virginia reviews Robert Monroe's *Far Journeys*. These reviews are followed by the new "Book Preview" section where four books are previewed. Stephen LaBerge and I summarize our forthcoming edited book, *Lucid Dreams: New Research on Consciousness During Sleep*, to be published by Plenum. This is followed by another

book summary on dream lucidity. Kenneth Kelzer has just completed *The Sun and the Shadow: My Experiment With Lucid Dreaming* which will be coming out in early 1987 by the A.R.E. Press.

The next book previewed is an edited book on out-of-body-experiences from Germany, *Chrysalis: An Anthology on Out-of-the-body Experiences*. Editors Thomas Metzinger and Ernest Waelti as well as book contributors summarize their respective chapters. A brief preview of Charles Tart's new *Waking Up* closes this new section.

The last section in this issue is News and Notes and included here are over 30 additions to the lucid dream bibliography. You will also find here a call for papers for the second satellite symposium on dream lucidity and related consciousness issues to be held in conjunction with the annual meeting of the Association for the Study of Dreams in the metro-Washington, D.C. area during the first week in June, 1987. Also look in this issue for information on 1987 subscriptions, translations of articles on lucid dreams, and audiotapes of the first lucid dreaming symposium in 1985.

Lucidity Association, publisher of *Lucidity Letter* has received its nonprofit status from the state of Iowa and is in the process of having its application for such status reviewed by the IRS. Once this status is granted Lucidity Association hopes to launch an at home research project among other activities. Those of you interested in at home research on dream lucidity be sure to pick up a spring issue of OMNI magazine where such a project will be offered.

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