

Letter from the Editor

Articles in this issue of *Lucidity Letter* cover a wide range of topics from the potential of healing with the lucid dream to another look at the OBE/lucidity distinctions. Interviews with authorities on higher states of consciousness will be a new feature beginning this issue.

Andrew Brylowski, a recent M.D. from Texas, leads the issue with a proposal for the potential of dream lucidity to impact the immune system. In later issues he will be reporting on his pilot data in this ground breaking area of research. This article is following by a critic of the experience of dream consciousness as a healing instrument by Strephon Kaplan Williams, a psychotherapist from San Francisco. In this piece Williams raises some core ethical concerns which all clinicians and researchers interested in dream lucidity should consider. A response to his concerns is offered by Katrina Romana Machado, a colleague of Stephen LaBerge's. Finally, the section closes with an article by Diane Jones, a nurse-therapist from Nebraska, who uses "waking" dreams with her patients.

Two research reports are offered in the second section of *Lucidity Letter*. William Moorecroft, a psychologist from Luther College here in Iowa, and I present dream content data on a single Transcendental Meditation (TM) subject. This data serves to further distinguish the states of dream lucidity, aroused dream consciousness, from dream witnessing, quiet dream consciousness. The latter emerges as a function of the practice of TM. Physiological data on these distinctions will be offered in future issues. Following our report is one by Deirdre Barrett, from the University of North Carolina-Chapel Hill, on the relationship between dreams of flying and the experience of dream lucidity. An at home lucid dream research project designed by Stephen LaBerge and myself closes this section. A shortened form of this project appeared in the April issue of *OMNI* magazine. We invite you to try the dream experiments and/or fill out the lucid dream questionnaire in the comfort of your own home and return your report of your experiences to the editor of *Lucidity Letter* at the Department of Psychology, University of Northern Iowa, Cedar Falls, Iowa 50614-0505. Results of this experiment will appear in both *OMNI* and *Lucidity Letter*.

Fred Alan Wolf, Ph.D., a physicist interested in consciousness, is interviewed in this issue. In his book *Star Wave* he talks about dream lucidity as potentially representing a parallel universe. This idea and others from both quantum physics and his own dream experiences are pursued in this interview with the editor.

Bruce Marcot, an environmentalist from Oregon, leads the phenomenology section with a report of his experiences with dream lucidity. Of particular interest are his attempts to *kill himself* while lucid. George Gillespie, a doctoral candidate in Oriental Studies at the University of Pennsylvania, follows with a detailed discussion about the nature of "light" in the lucid dream. He argues that it can range from pure sensory experience to experience of the transcendental nature. A science writer from Philadelphia, Elinor Gebremedhin, considers problems with the "lucid" label from her own experiences. In a thoughtful analysis, Linda Magallon, editor of the *Dream Network*

Bulletin, discusses the experience of imageless lucid dreaming. Finally, questions of definition are again raised by Darrell Dixon in "Dreams of Lucid Dreams". In the last article, Janet Mitchell, from Arizona, considers if out-of-the-body experiences are dreams or if dreams are out-of-the-body experiences.

Four sections are again offered in this issue. Starting with the book reviews section, Charles Tart warmly welcomes "A New Classic on Lucid Dreaming" with Ken Kelzer's *The Sun and the Shadow*. Tart points to several areas where Kelzer's book breaks new ground in furthering our understanding of these dream experiences. Order information on Kelzer's book is available in the back of this issue of *Lucidity Letter*.

Two books are previewed in the next section. These are Richard Moss's *The Black Butterfly: An Invitation to Radical Aliveness* and a book edited and largely written by Ken Wilber, Jack Engler, and Daniel P. Brown, *Transformations of Consciousness: Conventional and Contemporary Perspectives on Development*.

The issue closes with a letter to the editor from David May commenting on the OBE-lucidity discussions and a news and notes section. The latter has further bibliographic updates on lucid dreaming and announces two lucid dreaming symposia, one in the United States and one in Germany. Also look in this issue for back issue order information, translations of articles on lucid dreams, and the sale of audiotapes on lucid dreaming.

Finally, I would like to take this opportunity to bid a fond farewell to *Lucidity Letter* associate editor, Mary Tuttle. Mary, a computer science major at the University of Northern Iowa, is leaving us to take a job in her speciality. Although she will continue to sit on the steering committee of the Lucidity Association, she will be missed in the production of *Lucidity Letter*.

Jayne Gackenbach, Ph.D.
Editor, *Lucidity Letter*