



Dreams of Lucid Dreams

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I would like to make a few comments on a type of dream that I don't remember reading about in the Lucidity Letter. It seems that dreams are usually divided into three categories: NONLUCID, PRELUCID and LUCID. I have, however, experienced a number of dreams that don't seem to fit into any of these categories. These dreams I have classified as "dreams of lucid dreams". In these dreams, I dream that I am having a lucid dream. I will quote from my notes to help explain:

On 7-JUL-86, I had a lucid dream that had an unsatisfactory ending. Since then, I had been wanting to replay that lucid dream, and try to give it a better ending. On 10-JUL-86 I had the following dream, which I would call a true "dream of a lucid dream".

In the dream, I was at someone's house, and I decided to try to have a lucid dream. I wasn't actually in bed in the dream, but I just put my head down on a table and relaxed, and suddenly found that I was dreaming lucidly. I remember thinking something like 'Wow, this is so realistic. If I didn't know that I was dreaming, I would think that this was really happening.'

In the lucid part of the dream, I actually replayed the first part of the lucid dream from 7-JUL-86, but not the entire dream. Part way through this replay, something disturbed me (in the dream), and I awoke back to the nonlucid dream, realizing (in the nonlucid

dream), that I had just had a lucid dream. Soon I actually awoke.

I classified the above dream as a "dream of a lucid dream" because what I thought was reality was in fact another dream. I thought that I was actually at someone else's house dreaming. However, the lucid dream part seemed just like a regular lucid dream, but with reality confused.

On 14-DEC-86 I had a dream that at first glance may appear to be just a prelucid dream that almost became lucid. However, the feelings that I had upon waking led me to another conclusion. I actually wouldn't classify this dream as a true "dream of a lucid dream", but it may help to describe what I am talking about.

In the dream, I was looking for someone. I finally located them in a strange place, It was so unusual to find them where I did, I actually questioned, in the dream, whether this might be a dream. I decided to try to fly, and fell flat on my face, concluding that it must not be a dream.

The whole thing felt different than a prelucid dream or a lucid dream. I have had dreams that became lucid because I questioned the reality of the dream, but this time it seemed different. This time it was as if I were dreaming that I was questioning reality, whereas other times it is as if I am consciously questioning reality. Also, it was not like I was consciously trying to fly, but I was dreaming that I was trying to fly. If I had been able to fly, this dream probably would have become a true "dream of a lucid dream". (Maybe this dream should be called a "dream of a prelucid dream".)



I wonder how many dreams that are reported as lucid dreams might better be classified as "dreams of lucid dreams". I suspect that as a person becomes more

interested and involved in lucid dreaming, the number of dreams of this type would increase, since we often dream about the things that interest us or that we are currently involved in.

I would like to ask the following Questions and would like to see other readers respond in the Lucidity Letter: If I am dreaming that I am lucid, am I in fact lucid? (I may not remember my actual bed and bedroom, but in the lucid part of the dream I do remember the dream bed and dream bedroom from the nonlucid part of the dream.)

If the lucid part of this type of dream should not be classified as a true lucid dream, what distinguishes it from a true lucid dream?

How common is this type of dream?

Has anyone made the transition from a dream of a lucid dream to a true lucid dream? By this I mean realizing, while in the lucid part of the dream, that the nonlucid dream environment is not the true reality, and then remembering what the true reality actually is.