

Letter from the Editor

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It is with great pride that we bring you this issue of *Lucidity Letter*. Not only will you find the proceedings of the second Lucidity Symposium, which was held in conjunction with the annual meeting of the Association for the Study of Dreams, but also several research articles, book reviews, and letters to the editor. Further the bibliographic updates number 30 citations. Clearly lucid dreaming is emerging as a field of inquiry in its own right.

Leading the issue is an essay by myself voicing my concerns regarding the potential wide spread access to dream lucidity. This is followed by a response to my essay from Stephen LaBerge. As more individuals are involved with working within their lucid dreams questions of what to do in the lucid dream have been emerging. Because of the potential clinical applications as well as the transpersonal/transcendent nature of dream lucidity, issues concerned with the relationship of clinical psychology to transpersonal psychology are relevant to working within ones lucid dreams. These issues have been receiving considerable attention in the last two years in the pages of the *Journal of Transpersonal Psychology* and of course are the meat of the matter for the popular *Common Boundary* newsletter.

I feel the central issue in working within ones lucid dreams is the degree to which one uses them in a psychoanalytic, creative, training modality or in an effort to transcend normal states of consciousness. Clearly there is a common boundary between these applications of the state. We need to be sensitive to the boundary as well as the distinctions in the applications.

Two perspectives seem to be emerging in Transpersonal Psychology with regards to the clinical/transpersonal issue. Jack Engler has argued that westerners who are practicing eastern traditions are running into troubles which their eastern teachers are at a loss to deal with. He characterizes these as narcissistic problems which both draw an individual into such eastern practices and stop their growth in such practices. Essentially Engler maintains that one needs to have a self first in order to lose the self. To put it more simply, one needs to clear away personal junk and then worry about transcending. Applied to lucidity this perspective would argue that one needs to use the lucid dream to work through normal day to day problems before undue focus is placed on lucidity as a vehicle to transcending.

On the other hand, Ken Wilber and Mark Epstein point out that it is hard to separate forms of pathology from forms of transpersonal experience. Spiritual pathologies, they point out, can look psychotic but the difference between these and truly psychotic individuals lies in the history of the individual. The apparent spiritual psychosis may be reactive and state specific and the eastern traditions offer guides to getting through it. Applied to dream lucidity this position would seem to point out that when lucidity is used to seek the highest spiritual ideal you can still experience problems.

It seems to me that both of these views are correct and fall along a developmental continuum. That is most of us probably should spend time *both in and outside* of our lucid dreams working with personal junk before we wholeheartedly embrace the transcendent qualities which may also be available in the state. Further even when we seem to be witnessing dreaming, in the sense of transcending ordinary states of consciousness, we can still run into problems.

This is a simplistic summary of very complex and important issues regarding the use of dream lucidity. I strongly encourage you as the reader of *Lucidity Letter* to write to the editor (Department of Psychology; University of Alberta; Edmonton, Alberta, Canada) about your reactions to and experiences with the question, "What to do in the lucid dream?" I suggest you read the essays, as well as the panel discussion in the symposium proceedings and the letters to the editor in order to get some flavor of current thinking on these concerns.

The bulk of this issue is devoted to the proceedings of the June Lucidity Symposium held outside Washington, D.C. There were three sessions in the symposium beginning with "What is a Lucid Dream: Psychological and Physiological Considerations." The first four talks in this session dealt with content analyses of lucid dreams while the last talk considered new physiological data. I began the day reporting on the manifest content analysis of lucid and non-lucid laboratory collected REM dreams. Robert Price presented single subject data from the sleep laboratory comparing pre-lucid, lucid and post-lucid dream scenes. The next paper by Diedre Barrett considered the relationship of dream flying to dream lucidity while the last content analysis paper by Stephen LaBerge and Richard Lind compared light mask initiated lucid dreams to spontaneously emerging ones. These four talks were followed by a presentation of the first brain maps while lucid in sleep by Stephen LaBerge and Andrew Brylowski. The session ended with lively comments and discussion by two noted dream authorities, Ernest Hartmann and John Antrobus.

The second session, called "Applications of Lucid Dreaming", contained three papers which considered wide ranging applications of the state and potential ethical considerations which may arise from said applications. Fariba Bogzaran led the session by showing slides of her art work which was inspired within her lucid dreams. Her talk was followed by Andrew Brylowski who reported pilot data about his efforts to impact the incidence of natural killer cells in the blood while lucid in the dream. I consider this to be some of the most exciting pilot data available today on lucid dreams because it points to the promise of "real world" applications for dream lucidity. Finally, the thoughtful panel discussion by Joseph Dane, P. Eric Craig, and Morton Schatzman considers the ethical issues of working within the lucid dream.

The last session started with a presentation by anthropologist, Robert Dentan and ended with a talk by physicist, Fred Alan Wolf. Entitled "Transpersonal Implications of Lucid Dreaming", these five talks were from experts in divergent fields and points to the interdisciplinary interest that lucid dreaming is engendering. Dentan outlined pertinent ethnographic considerations for studying dream lucidity in other cultures while Wolf postulated that lucid dreams may represent a parallel universe. The three talks

sandwiched between the anthropologist and the physicist considered lucidity as a meditative state (Harry Hunt), the relationship of lucidity to witnessing (Charles Alexander) and distinguishing between phenomenon and interpretation (George Gillespie). The symposium closed with comments from Stephen LaBerge.

Following the proceedings are two research articles which originally appeared in briefer forms in the ASD Newsletter. The first by myself, two Iowian colleagues (William Moorecroft and Charles Alexander) and Stephen LaBerge, presents sleep laboratory pilot data from a single advanced TM meditator. This pilot research is important as it brings into question the arousal model of lucidity which most physiological research to date has supported and/or points to the existence of different forms of dream consciousness. The next research article is from Stephen LaBerge and reports on early findings with his light mask which is a lucid dream induction devise.

Following these research reports is an article by Linda Magallon on the Sethian perspective of dream lucidity. Two book reviews are then presented. First is the long awaited book on lucid dreaming by West German lucid dream researcher, Paul Tholey, and his former student, Kaleb Utecht. It is reviewed by clinical psychologist, Norbert Sattler, a colleague of Tholey's. Although the review is in English, unfortunately for those of us who only speak English, the book is in German. But efforts are afoot to have at least sections of it translated. The second book review is of Charles Tart's, *Waking Up*. Reviewer, John Wren-Lewis, examines this widely received book in the light of its relevance to those interested in lucid dreaming.

The Letters to the Editor section starts with two letters from individuals who have had problems with their experiences of dream lucidity. These are followed by a comment on the previous issue and a semantic point in asking the critical question while awake. Finally, in the News and Notes section a long list of bibliographic updates are given as are details for the 1988 Lucid Dreaming Symposium. The steering committee of the Lucidity Association has decided to make these symposiums an annual affair and for the time being to hold them in conjunction with the annual meeting of the Association for the Study of Dreams which this year will be in Santa Cruz, CA. Information for attending the Lucidity Symposium can be obtained from ASD at P.O. Box 3121, Falls Church, VA. There will be a limited attendance for the ASD conference.

Finally, I want to encourage all readers of *Lucidity Letter* to send their personal experiences with dream lucidity, research findings, clinical observations, and/or theoretical positions as well as comments on issues at hand for this emerging field of interest. By communicating with each other through the pages of *Lucidity Letter* I believe that we can all grow together in our understanding the state of consciousness called dream lucidity.

Jayne Gackenbach, Editor