

Letter from the Editor

Each issue of late of *Lucidity Letter* has had a first. In this issue we have for the first time an historical article. Brought to us from Drs. den Blanken and Meijer, it is about St. Denys' classic lucid dreaming book, *Dreams and the Ways to Direct Them: Practical Observations*. Not only is this an historical look at the "father" of contemporary western lucid dreaming, but the article also includes information never before available to English speaking audiences, or for that matter to any audience, since the book's original publication in 1867. The original cover of the St. Denys book graces the cover of this issue of *Lucidity Letter*. I'd like to extend a special thanks to Drs. den Blanken and Meijer from The Netherlands for their valiant efforts in bringing these materials to the readers of *Lucidity Letter*.

The bulk of this issue is taken up with the proceedings of the third annual Lucid Dreaming Symposium sponsored by the Lucidity Association. It was held in June of 1988 at the University of California, Santa Cruz in conjunction with the annual meeting of the Association for the Study of Dreams. Before I outline what went on at the symposium I want to explain the editing process for these proceedings. Late last summer all symposium participants were sent unedited transcriptions of their presentations, Thus 90% of the first edit on these proceedings was done by the participants themselves. Where they declined to do this first edit either Lucidity Association chair, Harry Hunt, or myself edited the comments. The final edit on all the proceedings, and indeed on the entire issue, was done by myself. In most cases the comments from the Lucid Dreaming Symposium were not only clarified but also expanded upon by the participants. Thus these proceedings are considerably longer and more polished than what actually transpired.

Harry Hunt began this well attended and well received meeting with a summary of his theory of "The Multiplicity of Dreams". Based on his forthcoming book by the same name, Hunt placed lucid dreaming in the context of other dream types such as archetypal dreams and nightmares. Stephen LaBerge and his assistant, Lynne Levitan, followed Hunt with presentations on the induction of lucid dreaming. These included recent data on the efficacy of LaBerge's "Dreamlight" device. Then *Sun and the Shadow* author, Ken Kelzer gave a presentation entitled, "East Meets West, Buddhism Meets Christianity: The Lucid Dream as a Path for Union". In addition to the obvious spiritual tone of his talk Kelzer also discussed ego traps when working lucidly in dreams. This was then followed by Jayne Gackenbach who gave a presentation tracing the use of mental imagery in healing to the use of dreams and especially lucid dreams to heal the body. She gave some provocative illustrations of the use of lucid dreaming in healing. "A Validation of Lucid Dreaming in School Age Children" was the next presentation by Deborah Armstrong-Hickey. She reported on her theoretically important doctoral dissertation work with lucid dreaming in children. The first content analysis of types of consciousness in sleep was then offered by Charles Alexander. In "A Conceptual and

Phenomenological Analysis of Pure Consciousness During Sleep”, Alexander made conceptual distinctions between lucid dreaming, witnessing dreaming and witnessing deep sleep and reported on data comparing the content of these experiences. The symposium closed with a panel discussion entitled, “Clinical and Spiritual Implications of Lucid Dreaming”. This lively discussion engendered much audience participation as well as coverage by the national press.

These proceedings are followed by an interview with well-known Transpersonal psychologist, Charles Tart. The interview is a discussion between Tart and myself examining similarities between dream lucidity, witnessing and self-remembering. The latter has been a recent focus of Tarts work and is spoken of at length in his new book, *Waking Up*.

The articles section is lead by the den Blanken and Meijer article. Particularly noteworthy in this piece is the inclusion of the appendix, in English translation, from the 1867 original edition of St. Denys’ book. In it St. Denys talks of his lucid dreams under the influence of hashish. Another article from Europe follows. Hildegard Klippstein, a hypnotherapist from West Germany, introduces ‘Hypnotherapy: A Natural Method of Learning Lucid Dreaming’. With the use of clear clinical examples and drawing on the work of Erickson and Rossi, Klippstein illustrates the place of dream lucidity in a program of psychotherapy using mild trance hypnosis. In ‘Notes on Conscious Cessation of Lucid Dream Activity’ Thomas Lyttle considers that the idea that a goal of the spiritual path is the cessation of all dreams including lucid dreams. He draws on Chinese texts as well as information from the Cult of Ku in making his point. This is followed by a speculative article where Francis Louis Szot outlines a technique for having communal lucid dreams. The section closes with a case report from an apparent consciousness savant, Krisanne Gray. An extensive editor’s note precedes the Gray article explaining in part why this case, as well as the work of Armstrong-Hickey, is of theoretical importance to the field of lucid dreaming.

I’d like to close this letter from the editor with a note about the 1989 issues of *Lucidity Letter*. First you will see from your subscription renewal letter which is enclosed with this copy of *Lucidity Letter*, that the subscription price for *Lucidity Letter* has been increased \$5 (US). This is the first increase in subscription in three years and although we regret having to make this move, the costs of continuing to produce *Lucidity Letter* necessitates an increase. I encourage you to continue your subscription as we have two exciting issues planned for 1989. In the June 1989 issue will be an article by Frenchman, Christian Bouchet, from his presentation at the 1987 European Symposium on Lucid Dream Research. There will also be three case studies of consciousness in “sleep” which will be accompanied by a theoretical article integrating these apparently divergent experiences. The first of these cases is the frequent out-of-body experiences of Father X which he clearly attributes to dreaming lucidly. A case of consciousness in coma will be reported on by a college student. Due to an automobile accident it was thought he would be a quadriplegic.

Yet he is walking today due to, he says, the state of consciousness he attained while in coma and brought forward into waking. Finally, a case of a businessman who has experienced what appears to be a classic UFO abduction which he attributes as a lucid dream. There will also be an interview with a well known lucid dreaming figure. The December 1989 issue will contain the proceedings of the Lucid Dreaming Symposium to be held in London in July in conjunction with the annual meeting of the Association for the Study of Dreams. Hour long talks have been arranged with American Stephen LaBerge, West German Paul Tholey, and Englishwoman Susan Blackmore. I think you can see that it will be an interesting year of reading *Lucidity Letter* thus I encourage you to renew your subscription now.

Finally, I would like to thank my friend Barbara Simpson for her invaluable help with this issue of *Lucidity Letter* and Harry Hunt, Lucidity Association Chair, for his never ending patience and wisdom in keeping the momentum going in the area of lucid dreaming.

Jayne Gackenbach, Senior Editor