

News and Notes

Research Award Recipient Announced

The Lucidity Association is pleased to announce the winner of the first research award. The committee, Harry Hunt and Robert Ogilvie of Stock University, choose as the award recipient Franklin Galvin, a doctoral candidate at Boston University. Galvin's study entitled, "Testing a Lucid Dream Training Procedure with Subjects Who Have Frequent Nightmares", is being done in conjunction with Ernest Hartmann. A brief report of his findings will be published in a future issue of *Lucidity Letter*.

Contents of the Lucidity Association 1989 Lucid Dreaming Symposium

This year the Lucid Dreaming Symposium of the Lucidity Association will again be held in conjunction with the annual meeting of the Association for the Study of Dreams. The ASD meeting is in London, England from July 26 to July 29. Information about the conference can be obtained by writing ASD, Box 1600, Vienna, VA. The Lucidity Association is sponsoring four one hour talks. These talks will appear in the December, 1989 issue of *Lucidity Letter* and audio tapes of the talks will be available for purchase from the Lucidity Association shortly after the conference. Write to Lucidity Association, 8703 109th St., Edmonton, Alberta, T60 2L5, Canada, after August 1, 1989 for order information on these tapes. The four talks are:

Susan Blackmore, Ph.D., University of Bristol, England, "Mental Models in Sleep: Why Do We Feel More Conscious in Lucid Dreams?", 8 to 9 pm, Thursday, July 27, 1989.

Stephen LaBerge, Ph.D., Stanford University, United States. "Exploring the World of Lucid Dreaming". 7 to 8 pm, Thursday, July 27, 1989.

Paul Tholey, Ph.D., University of Frankfurt, West Germany, "Lucidity Training as a Way to Creative Freedom", 4:30 to 5:30 pm. Thursday, July 27, 1989.

Tarab Tulku, L.R.G.S./Dr. Phil., Copenhagen University, Denmark, "A Buddhist Perspective on Lucid Dreaming", 10 to 11 am, Saturday, July 29, 1989.

1989 Association for the Study of Dreams Program on Lucid Dreaming

Several invited address, papers, and workshops will be offered at the ASD conference on lucid dreaming. Versions of some of these may be published in *Lucidity Letter* at a later date. Audio tapes of the invited addresses are not available from the Lucidity Association but are available from ASD at the address above.

Invited Addresses:

Jayne Gackenbach, Ph.D., University of Alberta, Canada, "From Sleep Consciousness to 'Pure' Consciousness", 9:30 to 10:30 am, Wednesday, July 26, 1989.

Celia Green, Institute of Psychophysical Research, Oxford, England, "Lucid Dreams" [working title], 8:30 to 9:30, Friday, July 28, 1989.

Workshops:

Patricia Garfield, Ph.D., San Francisco, United States, workshop entitled "Creative Dreaming" where approaches to creative problem solving and lucid dreaming will be explored, 2 to 4 pm. Wednesday, July 26, 1989.

Fariba Bogzaran, MA., California Institute of Integral Studies, United States, workshop entitled "A Creative Journey into Dreams" where participants will journey to the sound of a shamanic drum beat to lucidly experience their dreams, 2 to 4 pm. Thursday, July 27, 1989.

Norbert Sattler, Ph.D., Frankfurt, West Germany, workshop entitled "The Use of Lucid Dreams in Psychotherapeutic Practice", 3 to 5 pm. Saturday, July 29, 1989.

Monique Tiberghiem, MA., Belgium, workshop entitled "Induction of Lucid Dreams and Singing Overtones", 2 to 4 pm. Saturday, July 29, 1989.

Papers:

Andrew Brylowski, M.D., University of Texas Southwestern Medical Center at Dallas, United States. "Clinical Applications of Lucid Dreaming", part of a paper session from 2 - 5:30 pm. Wednesday, July 26, 1989.

Mary Darling*, Robert Hoffmann & Alan Moffitt, York* and Carleton Universities, Canada, "The Pattern of Self-Reflectiveness in Dream Reports", part of a symposium from 2 to 4 pm. Thursday, July 27, 1989.

Franklin Galvin, Boston University, United States, "The Boundary Characteristics of Lucid Dreamers", part of a paper session from 2 - 5:30 pm, Wednesday, July 26, 1989.

Keith Hearne, Ph.D., Hull, England, "Some Theoretical Implications of Lucid Dreaming", part of a paper session from 2 - 5:30 pm. Wednesday, July 26, 1989.

Jan Meirsman, The Netherlands, "Neurophysiological Order in the REM Sleep of Participants of the Transcendental Meditation Programme", part of a paper session from

2 to 4 pm. Saturday, July 29, 1989.

Thomas Snyder & Jayne Gackenbach, University of Alberta, Canada, “Vestibular Involvement in the Neurocognition of Lucid Dreaming”, part of a paper session in lucid dreams from 2 to 4 pm. Wednesday, July 26, 1989.

Alan Worsley and Nicola Dooley, The Institute of Psychiatry, London, England. “Audio-tactile lucid Dreams: Induction and Phenomenology in One Subject”, part of a paper session in lucid dreams from 2 to 4 pm, Wednesday, July 26, 1989.

Kaleb Utecht, Frankfurt, West Germany. “Critical Realism and Lucid Dreaming”, part of a paper session in lucid dreams from 2 to 4 pm. Wednesday, July 26, 1989.

Lucidity Association 1990 Meeting

The Lucidity Association is proud to announce that it will sponsor a two-day symposium on Higher States of Consciousness in the summer of 1990 in Chicago, Ill. Members of the program committee planning this historic meeting include Charles Alexander, Jayne Gackenbach, Gordon Globus, Harry Hunt, Stanley Krippner and Stephen LaBerge. Look for more details on presenters, dates and specific location in the December, 1989 *Lucidity Letter*.

Lucidity Institute Formed

Stephen LaBerge has recently founded the Lucidity Institute. According to its newsletter, “NightLight”, the purpose of the institute “is to advance research on the nature and potentials of consciousness and to apply the results of this research to the enhancement of human health and well-being.” The institute can be contacted at Box 2364, Stanford, CA 94309.

Lucid Dreaming Bibliographic Updates

Antonio, B. (1988). A special section of *Cyber* on lucid dreaming, no. 6, pp. 6-26.

Bogzaran, F. (1988). Dream marbling. *Ink & Gall*, 2(2), 22-23.

Gillespie, G. (1989). Lights and lattices and where they are seen. *Perceptual and Motor Skills*, 68, 487-504.

Hunt, H. (1989). A cognitive-psychological perspective on Gillespie’s “lights and lattices”: Some relations among perception, imagery, and thought. *Perceptual and Motor Skills*, 68, 631-641.