

give a concentration of 10^6 ions/cc and to place my head in a fairly intense electric field. In the morning I had three lucid dreams in a row, each followed by real awakenings! This experience left me in a very 'spaced-out' condition for over a week, although I continued to function fairly normally. During that week I had a strong feeling that everything was somehow interconnected and that the normally perceived separateness of things was an illusion. At night I could feel the palpable presence of invisible entities hovering in the room and this made me very uncomfortable. Some Buddhists suggested to me that I was just have a regular old mystical experience, but that I was fighting it. This may well be the case. Gradually the condition faded and was little more than a memory two weeks later. In retrospect, I might interpret the experience as the dream consciousness having persistently interpenetrated waking consciousness, kind of an inverse lucidity. This experience was so unsettling that I have not yet had the courage to repeat it. Perhaps it was an exercise in electro--shamanism! (6/8/81)."

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Sex Differences in Lucid Dreaming Incidence

John Palmer wrote in 1980, that, "females were slightly more likely than males to have lucid dreams in both sub-samples, but the differences were not significant (11/10/81)."

Both Hearne and Gackenbach have found this difference to be significant in their student samples.

Lucid Dreams Content

Most work on the content of these dreams has failed to control for individual differences in dream recall. Recently completed analysis of covariance with dream recall as the covariant indicates that previously reported differences between lucid and nonlucid dreams in terms of their perceptual qualities (i.e., vision, color, hearing, etc.) failed to emerge. Interestingly, these covariance analyses demonstrated that lucid dreams are a primarily cognitively realistic phenomena. Relatedly, the highest incidence of lucid dreams (i.e., 300 college students reported dreams weekly for 16 weeks) occurred as a result of the "dream-like" quality of the dream and not as a result of nightmares.

Gackenbach, 1981

Switching on a Light

Keith Hearne writes that he has found that lucid dreamers report that they cannot "switch on a light" in a lucid dream. He notes, "to clarify my point about 'switching on a light' in a lucid dream, I mean that the total level of imagery (i.e., probably its total brightness) cannot be exceeded by deliberate control. It can be reduced and then increased to the previous level, but not increased above the maximum level at the time. The level varies over time - some scenes are dark, others light (11/10/80)."

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