

**183/08 - "Communication in shared altered states using the hypnotic and Ganzfeld induction of lucid dreams"**

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**Objectives:** The project had its starting point in the paper in Science 1976, on State Specific Sciences by Charles Tart and the work on shared dreams by Robert Waggoner. Its objective is to document the frequency of lucid and shared dreams and to find ways of producing potentially shared states of consciousness in the laboratory.

**Method 1:** involved surveys of the student population to establish the frequency of the lucid and shared dreams and select suitable participants.

**Results:** The major survey found that about 80% of students reported experiencing a least one lucid dream with 24% of them reporting one or more per a month. The frequent lucid dreamers were more likely to report more content and communication with dream figures. Shared or mutual dreams were reported by 13% of the respondents and occurred most often amongst those having one or more lucid dreams per month. A survey of students sleep habits indicated that so-called "power naps" are used purposively by 60% of students with 21% of students using them regularly.

**Method 2:** The use of a special form of stroboscopic stimulation has been reported by Winkler and Proeck to facilitate the occurrence of lucid dream-like states. Volunteers reporting lucid dreams and related experiences, were located in separate laboratory and each was given an half hour of stroboscopic stimulation. A randomly selected melody was played to one of the participants during each session. The task was for the other participant was able to successively identify it from a sample of 4 control decoys.

**Results:** were exactly at chance expectancy. All the hits came from the sessions in which one of the experimenters was a participant.

**Method 3:** A further study is being carried out along similar lines but with participants having power naps in the laboratory using a REM dream monitor. Participants are selected adepts with frequent lucid dream and dream recall.

**Results:** are pending.

**Conclusions:** None of the techniques seem to work with a wide range of participants although a modification of the ganzfeld using auditory feedback from the lucid dreams of the receiver, remains as yet untested. We need to work with highly selected individuals and given their frequency in the population, this is feasible.

**Keywords:** lucid dreams, shared dreams, mutual dreams.