



Lucid Dreaming's **Potential** for Parapsychology

Use Lucid Dreaming State to Seek
Telepathic/Clairvoyant Information

- College Student Seeks Friend's Bizarre Freckle
- Ph.D. Student Wins Dream Telepathy Contest

Evidence for a collective unconscious,
universal mind, meta-web, or matrix?

1
00:00:05,510 --> 00:00:02,149
the scientific evidence for his

2
00:00:07,909 --> 00:00:05,520
agreement um was basically pioneered by

3
00:00:09,750 --> 00:00:07,919
two gentlemen uh keith herron at the

4
00:00:12,150 --> 00:00:09,760
university of paul in england

5
00:00:14,390 --> 00:00:12,160
and uh stephen george a few years later

6
00:00:16,150 --> 00:00:14,400
at stanford university

7
00:00:19,189 --> 00:00:16,160
basically both of them

8
00:00:21,750 --> 00:00:19,199
figured out the same mechanism

9
00:00:24,550 --> 00:00:21,760
to scientifically prove something that

10
00:00:26,230 --> 00:00:24,560
had been talked about for centuries the

11
00:00:28,310 --> 00:00:26,240
buddhists have been talking about lucid

12
00:00:31,109 --> 00:00:28,320
dreaming or becoming conscious they were

13
00:00:33,190 --> 00:00:31,119

the dream state uh since basically the

14

00:00:35,110 --> 00:00:33,200

eighth eighth century

15

00:00:36,950 --> 00:00:35,120

and parapsychologists have been talking

16

00:00:38,470 --> 00:00:36,960

about it for hundreds of years these

17

00:00:39,750 --> 00:00:38,480

gentlemen approved it and this is how

18

00:00:41,350 --> 00:00:39,760

they proved it

19

00:00:43,590 --> 00:00:41,360

they thought that

20

00:00:45,590 --> 00:00:43,600

when you were dreaming

21

00:00:47,350 --> 00:00:45,600

your body is basically paralyzed or

22

00:00:50,389 --> 00:00:47,360

functionally paralyzed but you still

23

00:00:52,709 --> 00:00:50,399

have rapid eye movement so they wonder

24

00:00:54,549 --> 00:00:52,719

when you're consciously aware of the

25

00:00:56,709 --> 00:00:54,559

dream state

26
00:00:58,549 --> 00:00:56,719
can you signal that you're consciously

27
00:01:00,229 --> 00:00:58,559
aware by moving your eyes in a

28
00:01:02,709 --> 00:01:00,239
predetermined manner

29
00:01:04,549 --> 00:01:02,719
and this is some work that stephen

30
00:01:05,990 --> 00:01:04,559
laverne has done

31
00:01:07,590 --> 00:01:06,000
the two

32
00:01:09,910 --> 00:01:07,600
indices here the

33
00:01:11,590 --> 00:01:09,920
left eye and the right eye you can see

34
00:01:13,830 --> 00:01:11,600
here at the beginning the person is not

35
00:01:15,670 --> 00:01:13,840
dreaming there's no eye movement then

36
00:01:16,950 --> 00:01:15,680
all of a sudden they begin to dream

37
00:01:19,030 --> 00:01:16,960
and uh

38
00:01:21,910 --> 00:01:19,040

here's where they signal so that's what

39

00:01:23,350 --> 00:01:21,920

they did they would move their eyes left

40

00:01:26,710 --> 00:01:23,360

to right

41

00:01:29,030 --> 00:01:26,720

four times in a predetermined signal to

42

00:01:30,630 --> 00:01:29,040

consciously announce

43

00:01:33,190 --> 00:01:30,640

to the person who's watching this little

44

00:01:34,230 --> 00:01:33,200

polygraph hey i'm consciously aware in

45

00:01:36,870 --> 00:01:34,240

here

46

00:01:39,510 --> 00:01:36,880

and uh keith hearn the first person to

47

00:01:42,069 --> 00:01:39,520

see this he said at that moment it was

48

00:01:44,390 --> 00:01:42,079

philosophically and scientifically

49

00:01:46,389 --> 00:01:44,400

mind-blowing

50

00:01:48,550 --> 00:01:46,399

so a lot of the focus of lucid dreaming

51
00:01:51,270 --> 00:01:48,560
research has been on the brain activity

52
00:01:53,270 --> 00:01:51,280
while lucid when you're dreaming the

53
00:01:55,350 --> 00:01:53,280
older part of your brain is active but

54
00:01:57,749 --> 00:01:55,360
when you become consciously aware all of

55
00:01:59,590 --> 00:01:57,759
a sudden that prefrontal cortex begins

56
00:02:02,950 --> 00:01:59,600
to light up and so there's a lot of

57
00:02:04,550 --> 00:02:02,960
interesting brain activity experiments

58
00:02:07,990 --> 00:02:04,560
also they've done physiological

59
00:02:09,830 --> 00:02:08,000
responses to loosely dreamt actions a

60
00:02:11,350 --> 00:02:09,840
good friend of mine was the first woman

61
00:02:13,270 --> 00:02:11,360
to lucidly signal that she is

62
00:02:14,630 --> 00:02:13,280
consciously aware and then have an

63
00:02:17,190 --> 00:02:14,640

orgasm

64

00:02:18,550 --> 00:02:17,200

as they were monitoring her and then

65

00:02:23,270 --> 00:02:18,560

they could

66

00:02:25,750 --> 00:02:23,280

orgasm and

67

00:02:27,510 --> 00:02:25,760

compare it to a physiological normal

68

00:02:29,430 --> 00:02:27,520

waking state orgasm

69

00:02:30,390 --> 00:02:29,440

and and see how

70

00:02:31,350 --> 00:02:30,400

come

71

00:02:35,190 --> 00:02:31,360

compare

72

00:02:36,869 --> 00:02:35,200

very very close uh but in a lucid dream

73

00:02:39,270 --> 00:02:36,879

normally it happens even faster than it

74

00:02:40,710 --> 00:02:39,280

might in the uh

75

00:02:42,630 --> 00:02:40,720

in the waking world and then there's

76

00:02:44,550 --> 00:02:42,640

various induction techniques uh this

77

00:02:46,470 --> 00:02:44,560

nova dreamer that flashes in your eyes

78

00:02:48,390 --> 00:02:46,480

when it recognizes rem

79

00:02:50,229 --> 00:02:48,400

and you use that as a cue to become

80

00:02:51,990 --> 00:02:50,239

consciously aware the personality

81

00:02:53,910 --> 00:02:52,000

characteristics of lucid dreamers the

82

00:02:55,910 --> 00:02:53,920

prevalence in the population probably

83

00:02:57,910 --> 00:02:55,920

the most functional way is

84

00:02:59,990 --> 00:02:57,920

using lucidity

85

00:03:02,390 --> 00:03:00,000

in nightmare treatment with people with

86

00:03:04,949 --> 00:03:02,400

post-traumatic stress disorder

87

00:03:07,110 --> 00:03:04,959

but in all of that you don't see the

88

00:03:09,509 --> 00:03:07,120

revolutionary potential

89

00:03:12,390 --> 00:03:09,519

i taught myself how to lucid dream back

90

00:03:15,670 --> 00:03:12,400

in 1975 when i was a junior in high

91

00:03:16,869 --> 00:03:15,680

school and so i did it six years before

92

00:03:18,869 --> 00:03:16,879

the proof

93

00:03:19,990 --> 00:03:18,879

appeared and it was very strange i'd

94

00:03:21,750 --> 00:03:20,000

tell my friends hey i'm becoming

95

00:03:23,430 --> 00:03:21,760

consciously we're in the dream state oh

96

00:03:24,869 --> 00:03:23,440

you're just having a dream about a dream

97

00:03:26,790 --> 00:03:24,879

oh you can't become conscious in the

98

00:03:28,949 --> 00:03:26,800

unconscious but but i've been doing this

99

00:03:31,110 --> 00:03:28,959

for for 33 years and and

100

00:03:34,229 --> 00:03:31,120

and so we all know that in normal

101

00:03:36,550 --> 00:03:34,239

dreaming uh people always mention

102

00:03:38,309 --> 00:03:36,560

precognitive dreams and telepathic and

103

00:03:40,470 --> 00:03:38,319

clairvoyant dreams

104

00:03:43,589 --> 00:03:40,480

visitation dreams from the deceased

105

00:03:45,910 --> 00:03:43,599

healing dreams numerous dreams but

106

00:03:48,789 --> 00:03:45,920

it occurred to me when consciously aware

107

00:03:50,070 --> 00:03:48,799

or lucid why not seek out that kind of

108

00:03:51,990 --> 00:03:50,080

information

109

00:03:53,750 --> 00:03:52,000

instead of waiting for that to happen

110

00:03:55,430 --> 00:03:53,760

which it just normally spontaneously

111

00:03:59,030 --> 00:03:55,440

happens in our normal dreams when you're

112

00:04:00,869 --> 00:03:59,040

consciously aware you can seek it out

113

00:04:03,830 --> 00:04:00,879

so so this is really some of the

114

00:04:05,990 --> 00:04:03,840

potential for mind expanding uh work in

115

00:04:08,070 --> 00:04:06,000

the field of lucid dreaming

116

00:04:09,750 --> 00:04:08,080

you can use lucid dreaming

117

00:04:11,509 --> 00:04:09,760

that state to seek telepathic

118

00:04:13,750 --> 00:04:11,519

clairvoyant information

119

00:04:16,629 --> 00:04:13,760

and and in my book

120

00:04:18,469 --> 00:04:16,639

i have chapters on seeking telepathic

121

00:04:20,710 --> 00:04:18,479

and clairvoyant information

122

00:04:23,430 --> 00:04:20,720

seeking precognitive forward-looking

123

00:04:25,670 --> 00:04:23,440

information another chapter on

124

00:04:28,070 --> 00:04:25,680

interacting with the deceased dream

125

00:04:30,390 --> 00:04:28,080

figures and lucid dreams and so i think

126

00:04:32,230 --> 00:04:30,400

i'm the first one who's really

127

00:04:33,510 --> 00:04:32,240

suggested that there's enough anecdotes

128

00:04:36,150 --> 00:04:33,520

out there that we could really take this

129

00:04:38,870 --> 00:04:36,160

seriously so so for example here's

130

00:04:41,510 --> 00:04:38,880

here's a college student wrote me and he

131

00:04:43,350 --> 00:04:41,520

said it sounds like you believe that

132

00:04:45,030 --> 00:04:43,360

you can get unknown information when

133

00:04:46,950 --> 00:04:45,040

you're consciously aware

134

00:04:48,790 --> 00:04:46,960

i said sure that's what i believe but

135

00:04:50,629 --> 00:04:48,800

you're a good lucid dreamer you just

136

00:04:53,350 --> 00:04:50,639

figure it out for yourself go go and do

137

00:04:55,510 --> 00:04:53,360

an experiment so what he did he went

138

00:04:57,909 --> 00:04:55,520

down the dorm hall and found a young

139

00:04:59,670 --> 00:04:57,919

woman who was also a lucid dreamer and

140

00:05:02,150 --> 00:04:59,680

and they started talking about it and

141

00:05:04,390 --> 00:05:02,160

she she gave him a challenge when you

142

00:05:06,550 --> 00:05:04,400

become consciously aware the next time

143

00:05:09,110 --> 00:05:06,560

come and find me and find the bizarre

144

00:05:10,710 --> 00:05:09,120

freckle on my back

145

00:05:12,550 --> 00:05:10,720

so the first time the guy had a lucid

146

00:05:14,390 --> 00:05:12,560

dream uh he starts going down the

147

00:05:15,830 --> 00:05:14,400

hallway of the dorm but he gets stopped

148

00:05:16,950 --> 00:05:15,840

you know there's people coming are

149

00:05:19,350 --> 00:05:16,960

yelling at him and all this kind of

150

00:05:21,029 --> 00:05:19,360

stuff and it falls apart but the second

151

00:05:23,430 --> 00:05:21,039

time he becomes consciously aware in the

152

00:05:26,070 --> 00:05:23,440

dream state he thinks why should i go to

153

00:05:27,830 --> 00:05:26,080

her i'll just have her come to me so so

154

00:05:30,150 --> 00:05:27,840

so all of a sudden here she appears at

155

00:05:32,070 --> 00:05:30,160

this doorstep and comes in and she turns

156

00:05:33,909 --> 00:05:32,080

around and shows him the bizarre freckle

157

00:05:35,510 --> 00:05:33,919

and the thing that surprised him was the

158

00:05:38,150 --> 00:05:35,520

bizarre freckle

159

00:05:40,230 --> 00:05:38,160

was not along her side which he kind of

160

00:05:42,469 --> 00:05:40,240

thought she had hinted at but was right

161

00:05:43,909 --> 00:05:42,479

above her rump and that really shocked

162

00:05:46,150 --> 00:05:43,919

him in the lucid dream he didn't expect

163

00:05:48,469 --> 00:05:46,160

that at all so he wakes up three hours

164

00:05:49,990 --> 00:05:48,479

later goes knocks on her door says hey i

165

00:05:52,870 --> 00:05:50,000

found your bizarre freckle in a lucid

166

00:05:55,110 --> 00:05:52,880

dream he put his finger right above her

167

00:05:57,909 --> 00:05:55,120

wrap she pulls up her shirt and there's

168

00:05:59,430 --> 00:05:57,919

a bizarre freckle right under

169

00:06:01,430 --> 00:05:59,440

right under his finger

170

00:06:02,790 --> 00:06:01,440

so this really blew this kid's mind but

171

00:06:04,710 --> 00:06:02,800

i want to tell you that's just one

172

00:06:05,990 --> 00:06:04,720

example of what what you can do when

173

00:06:08,390 --> 00:06:06,000

you're consciously wearing the dream

174

00:06:09,909 --> 00:06:08,400

seat at the association for the study of

175

00:06:12,070 --> 00:06:09,919

dreams every year we have a dream

176
00:06:13,749 --> 00:06:12,080
telepathy contest which is something

177
00:06:15,990 --> 00:06:13,759
that a former professor here at the

178
00:06:18,469 --> 00:06:16,000
university of virginia charlottesville

179
00:06:20,629 --> 00:06:18,479
robert vandecastle got started

180
00:06:23,110 --> 00:06:20,639
they did uh pioneering work on dream

181
00:06:25,189 --> 00:06:23,120
telepathy got the first nih grant on

182
00:06:26,950 --> 00:06:25,199
telepathy but every year we have a dream

183
00:06:28,870 --> 00:06:26,960
come up in the contest and now what's

184
00:06:31,189 --> 00:06:28,880
happening is the lucid dreamers are

185
00:06:33,670 --> 00:06:31,199
becoming consciously aware they're going

186
00:06:35,189 --> 00:06:33,680
and finding the telepathic cinder find

187
00:06:37,110 --> 00:06:35,199
out what they're sending and then they

188
00:06:39,029 --> 00:06:37,120

wake up with it and in the morning

189

00:06:41,110 --> 00:06:39,039

they're winning the contest but it makes

190

00:06:43,510 --> 00:06:41,120

you wonder could this also prove some of

191

00:06:46,230 --> 00:06:43,520

carl jung's ideas like the collective

192

00:06:47,990 --> 00:06:46,240

unconscious or more new age ideas like

193

00:06:49,670 --> 00:06:48,000

universal mind or the meta web or the

194

00:06:51,830 --> 00:06:49,680

matrix

195

00:06:53,830 --> 00:06:51,840

for myself personally i became very

196

00:06:56,710 --> 00:06:53,840

interested in precognitive lucid dreams

197

00:06:58,309 --> 00:06:56,720

because precognition was something that

198

00:07:00,230 --> 00:06:58,319

got me attracted to

199

00:07:02,469 --> 00:07:00,240

dreaming to begin with

200

00:07:03,749 --> 00:07:02,479

the first time uh i did it was at the

201
00:07:05,670 --> 00:07:03,759
request of a friend of mine linda

202
00:07:07,830 --> 00:07:05,680
maggione who wrote the book

203
00:07:09,670 --> 00:07:07,840
mutual dreaming and she asked me to get

204
00:07:11,189 --> 00:07:09,680
precognitive information so i became

205
00:07:13,110 --> 00:07:11,199
consciously aware

206
00:07:15,189 --> 00:07:13,120
in a lucid dream and i thought well how

207
00:07:17,189 --> 00:07:15,199
do i get precognitive information when

208
00:07:19,110 --> 00:07:17,199
i'm cognating now

209
00:07:21,029 --> 00:07:19,120
and so i had this little philosophical

210
00:07:22,870 --> 00:07:21,039
crisis in the lucid dream so when i woke

211
00:07:25,510 --> 00:07:22,880
up i realized oh i got to project it out

212
00:07:27,589 --> 00:07:25,520
from me i got to find it so

213
00:07:29,510 --> 00:07:27,599

i began just doing the experiments i'd

214

00:07:31,589 --> 00:07:29,520

see a friend

215

00:07:33,430 --> 00:07:31,599

in a lucid dream and i'd say a year from

216

00:07:34,629 --> 00:07:33,440

now where are you going to be living

217

00:07:36,550 --> 00:07:34,639

because this friend had been talking

218

00:07:38,070 --> 00:07:36,560

about moving away or a year from now are

219

00:07:40,870 --> 00:07:38,080

you going to be married because he's

220

00:07:43,029 --> 00:07:40,880

involved with a young woman very

221

00:07:44,469 --> 00:07:43,039

seriously and in both of the cases the

222

00:07:46,070 --> 00:07:44,479

answers were correct i had to wait a

223

00:07:47,510 --> 00:07:46,080

year to get the

224

00:07:49,749 --> 00:07:47,520

to see the results but but they were

225

00:07:53,510 --> 00:07:49,759

correct and as i did it more and more

226

00:07:55,670 --> 00:07:53,520

often it surprised me how

227

00:07:58,230 --> 00:07:55,680

how the answers were just correct

228

00:07:59,749 --> 00:07:58,240

repeatedly so then one time a friend

229

00:08:01,830 --> 00:07:59,759

said well seems like i was getting quite

230

00:08:04,230 --> 00:08:01,840

good with precognition and lucid dreams

231

00:08:05,749 --> 00:08:04,240

so why don't i get the lottery numbers

232

00:08:07,189 --> 00:08:05,759

of the uh

233

00:08:08,869 --> 00:08:07,199

and my friend said that he had tried it

234

00:08:10,629 --> 00:08:08,879

once he had tried to get the powerball

235

00:08:12,869 --> 00:08:10,639

numbers but here's what happened to him

236

00:08:14,390 --> 00:08:12,879

he became consciously aware he projected

237

00:08:17,749 --> 00:08:14,400

that the information would appear in the

238

00:08:21,029 --> 00:08:17,759

book that he opens so he sees two sets

239

00:08:22,710 --> 00:08:21,039

are two numbers six sets of two numbers

240

00:08:25,189 --> 00:08:22,720

and he said they're trying to memorize

241

00:08:27,350 --> 00:08:25,199

him and he memorizes it memorizes

242

00:08:29,589 --> 00:08:27,360

that that he tells himself

243

00:08:31,029 --> 00:08:29,599

to wake up and he said he woke up he

244

00:08:33,110 --> 00:08:31,039

started writing it down in his dream

245

00:08:35,829 --> 00:08:33,120

journal he got the first three sets

246

00:08:37,829 --> 00:08:35,839

exactly but then the memory problem

247

00:08:38,709 --> 00:08:37,839

occurred and he could not remember you

248

00:08:40,630 --> 00:08:38,719

know

249

00:08:42,709 --> 00:08:40,640

and so what happened the next day when

250

00:08:45,350 --> 00:08:42,719

the uh powerball was announced he did

251

00:08:46,870 --> 00:08:45,360

get the first three sets exactly right

252

00:08:49,350 --> 00:08:46,880

but the next three says he had

253

00:08:50,550 --> 00:08:49,360

transposed the numbers incorrectly so he

254

00:08:52,070 --> 00:08:50,560

told me to do the iowa pick three

255

00:08:53,670 --> 00:08:52,080

library and just to be real quick this

256

00:08:54,470 --> 00:08:53,680

is what happened became consciously

257

00:08:55,910 --> 00:08:54,480

aware

258

00:08:57,670 --> 00:08:55,920

remembered oh yeah i wanted to get that

259

00:08:59,190 --> 00:08:57,680

iowa pick 3 lottery number for this

260

00:09:01,269 --> 00:08:59,200

weekend

261

00:09:02,949 --> 00:09:01,279

all of a sudden i look in my hand and i

262

00:09:05,350 --> 00:09:02,959

have a wheel of fortune

263

00:09:07,030 --> 00:09:05,360

like that but without any numbers on it

264

00:09:09,110 --> 00:09:07,040

and so at first i look at it and i see

265

00:09:10,870 --> 00:09:09,120

just one number the number eight

266

00:09:13,190 --> 00:09:10,880

i think okay well that must be the

267

00:09:14,790 --> 00:09:13,200

number i hadn't even really formally

268

00:09:16,230 --> 00:09:14,800

asked the question to the dream

269

00:09:17,990 --> 00:09:16,240

awareness hey i want to get the iowa

270

00:09:19,829 --> 00:09:18,000

pick three lottery network so the first

271

00:09:22,310 --> 00:09:19,839

number i see is eight i look away then i

272

00:09:24,710 --> 00:09:22,320

look back down and now i see nothing on

273

00:09:26,310 --> 00:09:24,720

that wheel of fortune and that really

274

00:09:28,150 --> 00:09:26,320

confused me i thought nothing well

275

00:09:30,550 --> 00:09:28,160

that's weird then i look away and i look

276

00:09:32,230 --> 00:09:30,560

back down and i see eight again

277

00:09:33,350 --> 00:09:32,240

and so now i feel really confused

278

00:09:34,870 --> 00:09:33,360

because

279

00:09:36,870 --> 00:09:34,880

i'd already seen eight before why am i

280

00:09:38,710 --> 00:09:36,880

seeing this again and so now i felt

281

00:09:41,509 --> 00:09:38,720

really confused and i i looked back at

282

00:09:42,870 --> 00:09:41,519

it one time and and it it said one and

283

00:09:44,230 --> 00:09:42,880

then i thought i should just wake up and

284

00:09:45,190 --> 00:09:44,240

write this down

285

00:09:46,790 --> 00:09:45,200

so

286

00:09:48,710 --> 00:09:46,800

i woke up and i thought well maybe that

287

00:09:49,990 --> 00:09:48,720

second eight was really a three i mean

288

00:09:51,670 --> 00:09:50,000

that's what your mind starts to do you

289

00:09:53,590 --> 00:09:51,680

start to interpret the data that you

290

00:09:56,310 --> 00:09:53,600

picked up and so i thought well maybe

291

00:09:58,150 --> 00:09:56,320

it's 831 but as it turned out the pick 3