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## UFO UpDates Mailing List

### Lucidity in Vivid Dreaming, Morphic Resonance,

From: **Ernie Karhu** <ekarhu@shore.net>  
Date: Sun, 19 Jan 1997 16:06:14 -0500  
Fwd Date: Sun, 19 Jan 1997 17:26:58 -0500  
Subject: Lucidity in Vivid Dreaming, Morphic Resonance,

In my discussion of vivid or lucid dreaming as an example of morphic resonance and a possible explanation of extraordinary experience, I do not suggest that all vivid or lucid dreams fit similar categories of reality. Typically, vivid dreams and lucid dreams, themselves, are different categories. Both or either of these may have little or no reality or substance beyond the dream experience in most circumstances as they are usually understood. At times, for me and others, these "dreams" have presented a reality that merges into our ordinary experience.

Lucidity is defined as "clearness of thought or style," and "a presumed capacity to perceive the truth directly and instantaneously." However, the lucidity referred to in the term "lucid dreaming" as coined by Frederik van Eeden in 1913, refers only to perception of the truth that one is dreaming. This is much like the usage of the word "lucid" in psychiatry to describe a patient who is well oriented to time, person and place.

Knowing that you are dreaming, however, does not automatically guarantee full rationality. Then again, being awake doesn't ensure good thinking, either. Nonetheless, we seem to get more comic relief out of the errors we make in dreams, even lucid ones, than the ones we make while awake. Why do we do stupid things in dreams? Or more importantly, why do we do stupid things when awake?

I would propose that rationality, or perhaps more specifically, lucidity, be considered our prime directive, if not in all experience, at least in the analysis of and sharing of experience and information.

One way to look at rationality in dreams is to classify different levels of lucidity. At the highest level, the dreamer would not only be aware of dreaming, but also possess complete understanding of the implications of this knowledge, and would behave in accordance with that understanding on all levels from thought to action. The lowest, minimal level of lucidity would be realization of dreaming, but without understanding how dreaming is different from waking, and without acting on the lucidity at all, mistaking events, characters and consequences with those from waking life. Yet, degrees of rationality vary from moment to moment in dreams, so that one wishing to use a scale of levels of lucidity would have to rate each decision, action, or response of the dreamer independently. Averaging the lucidity levels in a dream might be a way of establishing a lucidity "score" for the dream. All of this is for future research to decide.

Perhaps all evaluated experience and shared information should require similar standards as a way of establishing a lucidity score, especially in light of some of the material that is shared relative to both reports of anomolous and the not so anomolous from photon belts or Hale-Bopp.

In my own experience, lucid dreams, OOBES, RVs, etc. occur during the morning or during periods of napping, or during meditative exercises specifically with the experience in mind as an objective. They may occur

"spontaneously" but this is less likely except during a nap or in the morning just about the same time or before one would ordinarily awaken.

In another experience I call "downloading," I seem to be flooded with information similar to what one might experience when speed reading some unfamiliar but interesting text. During a download, which may last as long as five minutes, it is rather difficult to stop or slow it down. If I do not write out the contents of a download, I will usually forget the details within a week or so, but with some difficulty, I may be able to reconstruct it from what I do remember, for a period of several weeks or longer. The content is usually something that may be of value to me personally, is usually logical or consistent within a personal framework but may not be something entirely consistent with consensus, such as the "meaning" of an encounter of the fifth kind (willful participation in an ET encounter). Sometimes the downloads have a conversational quality as if the download is a response to real-time inquiry. The event is lucid. I am fully aware of the event and am also aware that the content is outside of consensus, even the consensus of a list such as this one.

This "information" is shared FYI.

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