

CELIA GREEN and CHARLES McCREERY

# Lucid dreaming

The paradox of consciousness during sleep



# Lucid Dreaming The Paradox Of Consciousness During Sleep

**Gary Lachman**



## **Lucid Dreaming The Paradox Of Consciousness During Sleep:**

Lucid Dreaming Celia Green, Charles McCreery, 2013-11-26 Lucid dreams are dreams in which a person becomes aware that they are dreaming They are different from ordinary dreams not just because of the dreamer's awareness that they are dreaming but because lucid dreams are often strikingly realistic and may be emotionally charged to the point of elation Celia Green and Charles McCreery have written a unique introduction to lucid dreams that will appeal to the specialist and general reader alike The authors explore the experience of lucid dreaming relate it to other experiences such as out of the body experiences to which they see it as closely related and apparitions and look at how lucid dreams can be induced and controlled They explore their use for therapeutic purposes such as counteracting nightmares Their study is illustrated throughout with many case histories

**Lucid Dreaming** Celia Elizabeth Green, 2011 Since Celia Green wrote her original study of lucid dreaming in 1968 interest in the field has spread and new research findings have been generated Lucid Dreaming is both a review of these developments and a new contribution to the theoretical interpretation of the subject Three main areas are covered the phenomenology of lucid dreams what it is like to be asleep and dreaming and to realise that you are doing so the relationship between lucid dreams and other hallucinatory states and the practical applications of lucid dreaming Containing much fascinating first hand case material Lucid Dreaming illustrates how lucid dreams may be developed and how the dreamer may acquire a degree of control over them

Lucid Dreaming Ryan Hurd, Kelly Bulkeley Ph.D., 2014-07-29 In this fascinating new collection an all star team of researchers explores lucid dreaming not only as consciousness during sleep but also as a powerful ability cultivated by artists scientists and shamans alike to achieve a variety of purposes and outcomes in the dream The first set of its kind Lucid Dreaming New Perspectives on Consciousness in Sleep provides a comprehensive showcase of the theories research and direct experience that serve to illuminate how certain people can maintain conscious awareness while dreaming The text is organized into two sections covering science psychology and education and religious traditions creativity and culture Contributors to this two volume work include top dream experts across the globe scholars sharing knowledge gained from deep personal explorations and cutting edge scientific investigations Topics covered include the neuroscience of lucid dreaming clinical uses of lucid dreaming in treating trauma the secret history of lucid dreaming in English philosophy and spiritual practices of lucid dreaming in Islam Buddhism and shamanic traditions The work also addresses lucid dreaming in movies including The Matrix and literature such as the fiction of J R R Tolkien and explains how modern video gaming enhances lucidity This set serves as an ideal text and reference work for school libraries and academic courses in anthropology psychology religious studies and cognitive science as well as for graduate level study in holistic education an increasingly popular specialization

*"Is this a Dream?" – Evolutionary, Neurobiological and Psychopathological Perspectives on Lucid Dreaming* Sérgio Arthuro Mota-Rolim, Roumen Kirov, Katie Moraes de Almondes, 2021-03-12

The Oxford Handbook of Spontaneous Thought Kieran C.R. Fox, Kalina

Christoff,2018-05-16 Where do spontaneous thoughts come from It may be surprising that the seemingly straightforward answers from the mind or from the brain are in fact an incredibly recent understanding of the origins of spontaneous thought For nearly all of human history our thoughts especially the most sudden insightful and important were almost universally ascribed to divine or other external sources Only in the past few centuries have we truly taken responsibility for their own mental content and finally localized thought to the central nervous system laying the foundations for a protoscience of spontaneous thought But enormous questions still loom what exactly is spontaneous thought Why does our brain engage in spontaneous forms of thinking and when is this most likely to occur And perhaps the question most interesting and accessible from a scientific perspective how does the brain generate and evaluate its own spontaneous creations Spontaneous thought includes our daytime fantasies and mind wandering the flashes of insight and inspiration familiar to the artist scientist and inventor and the nighttime visions we call dreams This Handbook brings together views from neuroscience psychology philosophy phenomenology history education contemplative traditions and clinical practice to begin to address the ubiquitous but poorly understood mental phenomena that we collectively call spontaneous thought In studying such an abstruse and seemingly impractical subject we should remember that our capacity for spontaneity originality and creativity defines us as a species and as individuals Spontaneous forms of thought enable us to transcend not only the here and now of perceptual experience but also the bonds of our deliberately controlled and goal directed cognition they allow the space for us to be other than who we are and for our minds to think beyond the limitations of our current viewpoints and beliefs **Historical**

**Ontology** Ian Hacking,2004-09-15 Hacking here offers his reflections on the philosophical uses of history The focus of this volume which collects both recent and now classic essays is the historical emergence of concepts and objects through new uses of words and sentences in specific settings and new patterns or styles of reasoning within those sentences **The New Science of Dreaming: Cultural and theoretical perspectives** Deirdre Barrett,Patrick McNamara,2007 In this unique set of books experts in the field from around the globe gather to show the newest and most exciting research and findings related to the biology and psychology of dreaming Other research featured here describes the biology or psychology of realistic and bizarre dreams of symbolic images in dreams and of how differences in gender and personality affect dreams and dreaming The newest and most extensive source of information on dreaming in existence this set gives readers insights into how this new science could lead to innovations in the medical social technical and biotech fields PUBLISHER S WEBSITE

Handbook of Sleep Research ,2019-06-21 Handbook of Sleep Research Volume 30 provides a comprehensive review of the current status of the neuroscience of sleep research It begins with an overview of the neural hormonal and genetic mechanisms of sleep and wake regulation before outlining the various proposed functions of sleep and the role it plays in plasticity and in learning and memory Finally the book discusses disorders of sleep and waking covering both lifestyle factors that cause disrupted sleep and psychiatric and neurological conditions that contribute to disorders Emphasizes a

comparative and multidisciplinary approach to the topic of sleep Covers the neurobiology and physiology of sleep stages mechanisms of waking and dreaming Discusses in detail the proposed functions of sleep from health and rest to memory consolidation and synaptic plasticity Examines the current state of research in mammalian and non mammalian species ranging from primates to invertebrates      *Lucid Dreaming* Stephen LaBerge,1980      **Dreamwork for the Soul** Rosemary Ellen Guiley,1998-09-01 Unlike any other dream book Dreamwork for the Soul offers a completely new approach to dream interpretation This guide offers a seven step method that will enable you to understand your dreams from a personal and spiritual perspective Including a history of dreams and dreamwork as well as psychological and holistic perspectives this book will connect you to the sources of inner power that are within your own mind With Dreamwork for the Soul you will learn to use your dreams to understand what role dreams play in your creative and spiritual life ask for answers to tough questions heighten your creativity prepare for a life change tap into other spiritual realms and much more From the ancient use of dreams for spiritual healing to the current interpretations of common dream symbols this book provides a comprehensive overview of dream studies plus a personal guide that allows you to do your own dreamwork and soul work

The Paradox of Lucid Dreaming Dr Rory Mac Sweeney,2015      The Journal of the American Society for Psychical Research American Society for Psychical Research,1999 List of members in v 1 6 12      **Exceptional Human Experience** ,1996      Creating Theatrical Dreams Jai-Ung Hong,2003 This is a Ph D dissertation The aim of this dissertation is to explore the Tao of theater through the study of the productions of Strindberg s A Dream Play on stage For the purpose of understanding these dynamic relationships Taoism is used and especia      The Journal of the Royal Anthropological Institute ,2002 Articles on all aspects of anthropology      *The Paradox of Lucid Dreaming* Dr Rory Mac Sweeney,2015-09-21 Could dreams possibly be made of atoms In this comprehensive essay explorer Dr Rory Mac Sweeney examines consciousness from inside the world of lucid dreaming and contrasts it that of the waking mind which reflects it Why do dreams have gravity or moreover why is it sometimes they do not The answer Mac Sweeney concludes must be in the metaphysics In this book he outlines his own original theory of matter and mind and shows how they may ultimately be absolved of their paradoxical dance As the new millennium begins to bed in a swell of information is pushing the ontological pendulum from the reductionist materialist view to the magical paradigm of reality This Mac Sweeney proposes is not mere coincidence but a natural shift in the melody of nature one which is catalysing the entire cosmos into a more complex creative and dynamic state Never one to shy away from controversy Dr Mac Sweeney promises to tear up the fabric of conventional thinking and shake the very foundations of the reader s view of reality Dr Rory Mac Sweeney is an avid explorer of altered states of consciousness His primary area of interest is lucid dreaming which he has been practicing routinely for several years now Since discovering he had the ability to enter into this elusive state he has used it as a laboratory in which to experiment and extrapolate the nature of reality He is a lifelong martial artist and has uniquely used his knowledge of Chi Kung to act as a

probe for investigating the fabric of the dream world This has led to him forging his own metaphysical theory of mind the double edge self theory which he discusses in his debut book *The Paradox of Lucid Dreaming* In his professional life Dr Mac Sweeney is a dental surgeon and he works in private practice in central London He also has a degree in genetics and maintains a constant interest in all aspects of science Rory can frequently be heard offering his expert opinion at various specialist conferences and podcasts He is constantly researching and refining his views of consciousness with the hope that inner space will one day hold as much sway with the scientific community as outer space currently does In this regard he considers lucid dreaming to be an essential ontological concern Rory can be contacted on his home site at [www.wakeupinyourdreams.com](http://www.wakeupinyourdreams.com)

*In Search of P.D. Ouspensky* Gary Lachman, 2004 G I Gurdjieff dominated early 20th century esoteric thought with his system of psychological development known as the Fourth Way This volume looks at the life thought of P D Ouspensky a follower of Gurdjieff who had a strong mystical vision of his own

*Conscious Mind, Sleeping Brain* J. Gackenbach, S. LaBarge, 2012-12-06 A conscious mind in a sleeping brain the title of this book provides a vivid image of the phenomenon of lucid dreaming in which dreamers are consciously aware that they are dreaming while they seem to be soundly asleep Lucid dreamers could be said to be awake to their inner worlds while they are asleep to the external world Of the many questions that this singular phenomenon may raise two are foremost What is consciousness And what is sleep Although we cannot provide complete answers to either question here we can at least explain the sense in which we are using the two terms We say lucid dreamers are conscious because their subjective reports and behavior indicate that they are explicitly aware of the fact that they are asleep and dreaming in other words they are reflectively conscious of themselves We say lucid dreamers are asleep primarily because they are not in sensory contact with the external world and also because research shows physiological signs of what is conventionally considered REM sleep The evidence presented in this book preliminary as it is still ought to make it clear that lucid dreaming is an experiential and physiological reality Whether we should consider it a paradoxical form of sleep or a paradoxical form of waking or something else entirely it seems too early to tell

**Sleep Research**, 1996

*The Flight of the Shepherd* Arij Ouweneel, 2005 Three lines of argument are developed in this book The first discusses the prospects of microhistory as an instrument for uncovering the relationship between culture and the personal experience of an individual in historical documents The second follows its theoretical underpinnings arguing in clinical terms what may look like thick theorization to many historians and ethnohistorians that in our contemporary academics only cognitive science can be the leading approach to answer the question of the relationship between culture and an individual's experiences Cognitive science studies internal mental processes like memory attitudes motivation and reflection It has shown that the brain's guesses of what is happening around it are based on an extensive unconscious system of conceptual metaphor that is part of our everyday conceptual systems and that can be thought of as a kind of language of the unconscious The third argument brings the others together in the specific case of conscious dreaming as can be

recognized in the documents of Mexican cult leader Anton the Shepherd and his movements from 1759 61 In particular it interprets a flight to Purgatory one of Anton s experiences The unfolding of the three arguments intertwined as they are eventually should help to deepen the understanding of the ways in which Anton the Shepherd operated within the eighteenth century Central Mexican colonial milieu with his experiences in Purgatory illustrating the cultural resilience of Amerindian peoples in the region

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