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AN EXPERIMENT ON READING IN LUCID DREAMS

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INTRODUCTION

Many lucid dreamers have reported that the experience of reading in lucid dreams can be very different from the experience of actually reading. It has been claimed by some that text reliably changes when "read" twice in a lucid dream. Others, on the contrary, claim to be able to reliably read and re-read text in lucid dreams. Some of these reported differences might be due to expectation and some due to individual differences. The current experiment is designed to find out under what conditions dream text stays the same, and under what conditions it changes. It also addresses the question of the extent to which we can derive useful information from the as-if-written word in lucid dreams.

The experiment has two parts that can be done in the same or different lucid dreams. Do the first task first. Be sure to practice the tasks several times while you are awake first. Please be careful to read the instructions carefully, and to follow them as well as you can.

Try to send in your results as soon as possible, then please send them by email to:

cc@lucidity.com

NOTE: Please DO NOT POST your results to lessen any biasing of other people who may be interested in doing the experiment. The results of the experiment will be posted to the internet and published.

Thank you for participating!

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PART 1. RE-READ DREAM TEXT IN A LUCID DREAM

Find something short to read in a lucid dream. Ideally, it should be

some sort of sign, one to four words or so in length, but in any case, it should be short enough that you will have no trouble remembering exactly what it said the first time you read it.

A. Read aloud the writing.

B. Look away from the writing at your hand, repeat aloud the writing twice.

C. Intend and expect that the writing will be the same as it was on first reading, and look back at the writing.

D. Read aloud the writing again. Has it changed? If so, memorize the writing before and after. And (ideally) wake up and write out your report. If it hasn't changed, again look away from the writing at your hand and again repeat aloud the writing twice.

E. Intend and expect that the writing will be different than it was on the first two readings, and look back at the writing.

F. Read aloud the writing a third time. Has it changed? Whether or not it has, memorize what happened and (ideally) wake up and write out your report.

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What did the writing say the first time you looked at it? (Try to write it as it looked in the dream.)

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Did it change in any way when you looked a second time? \_\_\_Yes \_\_\_No  
If so, how did it change?

What did the writing say the second time?

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Did it change in any way when you looked a third time?  
\_\_\_Yes \_\_\_No \_\_\_Didn't look 3 times

If so, how did it change?

What did the writing say the third time?

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Lucid Dream Report (Please be sure to mention when and how you realized you were dreaming and exactly how you did the experimental tasks.)

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PART 2. READ SOMETHING INTERESTING IN A LUCID DREAM

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Before bed think about finding some book or other writing in your dream that will be somehow interesting to you. There are different ways you can formulate what you are looking for, such as, "I want to read something that will tell me what I most need to know now." Or

something that will solve some particular problem, or the answer to some particular question. Write on the report form the phrase you decide upon. Later, after the lucid dream in which you try to read something interesting, fill out the rest of the form and send in your results.

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GOAL (What is the interesting information that you would like to read in your lucid dream?)

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Do you think that you succeeded in finding interesting writing in your lucid dream?

\_\_\_Yes \_\_\_No \_\_\_Not-sure What did the writing say?

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What did it mean to you? How did you interpret it?

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Lucid Dream Report (Please be sure to mention when and how you realized you were dreaming and exactly how you did the experimental task.)

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Name:

Email address(if you wish to subscribe to mailing list in order to be updated about results):

Date:

Age:

Sex: Male\_\_\_ Female\_\_\_

Handedness: Left\_\_\_ Ambidex.\_\_\_ Right\_\_\_

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How did your results in this experiment compare with your past experiences with reading in dreams?

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How often do you use reading as a state test?

Never\_\_\_ Rarely\_\_\_ Often\_\_\_ Always\_\_\_

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What had you heard or read about dream reading before doing this experiment?

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Please return as soon as possible to: [cc@lucidity.com](mailto:cc@lucidity.com)

Or Kristen LaMarca, PhD, 380 S. Melrose Dr., Ste 204, Vista, CA 92081

Or fax (760)400-3026