

AN INTRODUCTORY ANALYSIS OF LUCID DREAMS

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Abstract

Lucid Dreaming: Lucid dreaming is a fantasy where we realize that we are dreaming (Smith, 2020). It is not quite the same as we usually dream. In a delightful dream, we can handle the entire interaction. It starts as an ordinary dream; however, eventually, we understand that we are in a fantasy, not in reality. In lucid dreaming, we were rendered into the karmic-driven.

Keywords: Lucid Dreaming; Dreaming Science; Abstract Psychology; Dream-Psychology

1. Introduction

Lucid Dreaming: Lucid dreaming is a fantasy where we realize that we are dreaming (Smith, 2020). It is not quite the same as we usually dream. In a delightful dream, we can handle the entire interaction. It starts as an ordinary dream; however, eventually, we understand that we are in a fantasy, not in reality. In lucid dreaming, we were rendered into the karmic-driven universe of Earl.

Consciousness: Consciousness is an outer term or perspective inside itself, like considerations, sentiments, recollections, or emotions (Paul, 2019). It additionally incorporates the following manners, i.e., emotionality, mindfulness, subjectivity, the capacity to experience or feel something, mindfulness, self-destructive ideation, and the leader control arrangement of the brain.

Psychological Concept and Relation to Course: Crafted by Geckenbach and Schlegg (1983) on lucid dreaming versus non-lucid dreaming represents the hypothetical contrast between these fantasy encounters. They independently investigate Lucid dreaming's self-symptomatic factor

where one can't have control over himself and remain anxious during this period versus cheerful dreaming scenarios of non-bound dreams by grown-ups. Geckenbach and Schleg found that the construction of such dreams was described principally by their perceptual attributes, while the feeling of having the option to defeat charming dreams prompted the quality of their fantasy and feeling of enthusiastic and actual equilibrium. Contrasts Between transparent and non-clear dreams, encounters are, for the most part, considered to have three general kinds of substance: sentiments and impressions, discernments, and feelings. This point regarding consciousness is taken from the "regular annual review of the psychology. Much of the popular literature on consciousness has been about passive modes, such as in meditation, exploring the depths of consciousness, or seeking to expand consciousness. Active mode, by contrast, is defined as" the need to make decisions and act on them." Consciousness plays an active role as man moves forward, initiates action, and exerts pressure against obstacles and discouragement. I believe that researching this will help further understand our dreams and our everyday life experiences. If we can understand this, we will better grasp the importance and influence our consciousness has on our everyday experiences and how lucid dreaming influences our personality.

Matter of interest: Inspired by the title, I am keen on accomplishing more examination and finding out about dreaming and its consequences for individuals' wellbeing since I view myself as a functioning green visionary. I regularly understand that I am dreaming in my rest and can handle the occasions that happen in my fantasies. Along these lines, I am happy to know whether there is an association between dreaming and being conscious in any event. Specifically, I am keen on how psychological wellness or despondency can be profited through fine dreams, separately, as they are significant parts of the present age. I am accomplishing significant work in social work, and I accept there should be a custom to help individuals who are battling with emotional wellness and melancholy. Thus, if staring off into space is a factor that can help my future subjects, I need to be taught on this choice. Awareness is the quality or condition of monitoring an outer article or something inside oneself, like contemplations, sentiments, recollections, or sensations. Likewise, I need to research the historical backdrop of ordinary dreaming since I accept that thinking about history will give me a superior comprehension of how dreaming is created as an examination subject has occurred.

2. Analysis and Literature

Lucid dreaming and Consciousness: The definition of lucid dreaming is "the act of knowing that you are dreaming while you are dreaming." It is basically about that you get to control what will happen in your dream or merely control what you want to dream. Several lucid dreamers claim that they can control different things in their dream, like going to different places of their own choice. Consciousness generally refers to your awareness of unique thoughts, memories, feelings, sensations, and environments (Bareham, 2021). Essentially, consciousness is awareness of yourself and the world around you. Several things can cause changes in consciousness. Some of these occur naturally, while others can result from some events such as usage of drugs or damage to the brain.

In recent years, lucid dreaming has been discussed extensively. Movies such as *The Inception* has been made on this type of dreaming. Although, it is a spontaneous event but several techniques have been introduced for deliberate lucid dreaming induction. These techniques are very well known in around 35% of undergraduate students of Psychology. Students who have experienced lucid dreaming and had high control over their dreams, they reported less psychopathological symptoms than those who had less control over their dreams. Lucid dreaming can have a therapeutic approach. It can be aimed at the patients who are chronic nightmare sufferers (El-Solh, 2018). Lucid dreaming can help those patients by gaining control over the whole dream and changing the ending or lucid dreaming can be explained in many ways. For example, lucid dreaming can be covered as a hybrid state of consciousness in which the person's experience is reported to be same as the function of an awake person. From this conception, lucid dreaming is considered an abnormality which results from the shift in brain activity that changes normal REM sleep toward waking mechanism.

As to be discussed, most studies have been done on the students. This population has different sleep characteristics from the other population. But it is yet to be discovered whether lucid dreaming affects quality of sleep or not. A study was also done to check the link between sleep dream experience frequencies and sleep characteristic. This study resulted in showing that there was no link between these two. Many research laboratories have been working on this to understand the concept behind this mysterious mechanism. A sleep laboratory Studucid dreaming offers to study the process of consciousness. But, it is difficult to find a lucid dreamer because it is a rare condition. Research about a combination of a wake-up-back-to-bed (WBTB) sleep protocol and a mnemonic technique (MILD) has showed prominent results for the induction of lucid dreaming. It is believed that at least once in a lifetime, all the population experiences lucid dreaming. But only 1% experience these frequently. Several techniques have been discussed to induce lucid dreaming. These include polysomnography and mnemonic induction of lucid dreams (MILD).

Lucid dreams and dreams are considered two different things. Dreams conclude primary consciousness, bizarreness and cognitive deficits (Carruthers, 2019), while, lucid dreaming is a type of consciousness state during which the dreamer knows that he or she is dreaming, without leaving the state of sleeping. Edelman has classified consciousness into primary consciousness and secondary consciousness. When awake, humans can have secondary consciousness to come in place of primary consciousness. But while dreaming, primary consciousness is mainly active and individual lacks secondary consciousness. Many people have reported that cognitive defects also happen in mental disorder.

Freud tried to explain that sleep characteristics are somehow in common with psychotic episodes. Hobson was the one who suggested that the perfect model for psychosis is dreaming. The awareness of the dream state is a *sine qua non* condition. Lucid dreaming incidents have occurred in many parts of the world. Most of them appear to be in Latin America, USA, Europe, and Asia. Mainly, it suggests that lucid dreaming is a widespread mechanism or event but its occurrence and characteristics vary across studies. Till now to our knowledge, no study has ever fully described the origin of variations in lucid dreaming occurrence. Many studies have been

done in order to understand the connection of lucid dreaming with other mechanisms of human body. Like different studies have shown strong correlations between lucid dreaming and dream recall frequency. With the help of retrospective questionnaires, links between sleep whole dream according to their need characteristics and lucid dreaming have been discussed.

3. Summary and application to real-world

Many years ago, lucid dreaming was considered esoteric, but now Luth et al. (2018) have stated it as "an established field of study." Lucid dreaming and consciousness are somewhat related concepts. As stated, "During lucid dreaming, you are aware of your consciousness (Raduga, 2021). It is a form of meta-cognition or awareness of your awareness". I have tried to cover the basic concepts of lucid dreaming and consciousness. However, I was amazed to see how in-depth research has been done on both topics. To understand lucid dreaming, newer innovations are helpful such as that it is a method that can help depression and mental health and how it is generally related to consciousness. I am eager to know whether or not such researches are being conducted. If we can control lucid dreaming, it will be fascinating. Like dreams of visiting such places which we are not able to visit in real life. The knowledge of lucid dreaming can be correlated to the real world by being aware of our consciousness, whether sleeping or awake. If we do this, then it might help us with a broader understanding of the world as we see it with our eyes or with our mind. It can be a very beneficial study for some of the needy people who properly need medical attention.

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