

THE SCIENCE AND POTENTIAL OF LUCID DREAMING

SPEAKER: Dr. Robert Waggoner

DATE AND TIME: 18th of August, 2015, 9:15 p.m.

VENUE: Telepresence Room



ABSTRACT:

The topic of the talk was Lucid Dreaming and its effects. All the three campus joined the speaker through Telepresence. The speaker first introduced the topic, gave evidence for the existence of Lucid Dreaming and also shared his experience of Lucid Dreaming. He explained why it happened and gave its advantages. He also told how to experience such dreams. Then the talk had a question and answer session to clear the doubts of the students. Finally, the talk was culminated by the speaker.

SPEAKER'S PROFILE:

Dr. Robert Waggoner is an author of the acclaimed book - "Lucid Dreaming: Gateway to the Inner Self", now in its ninth printing, and the recently released book "Lucid dreaming: Plain and Simple with UK co-author Caroline Mcready. He was the President of the International Association for the Study of Dreams (IASD) . For the past ten years, he has been the co-editor of the online magazine: 'The Lucid Dreaming Experience', the only ongoing publication devoted specifically to lucid dreaming. A lucid dreamer since 1975, he has logged more than 1,000 lucid dreams. Robert frequently speaks on lucid dreaming at national and international dream conferences, workshops and college classrooms, like Sonoma State University, Iowa State University, University of Washington, University of Michigan-Ann Arbor and Evergreen State College. Robert has been interviewed by CNN, CBS News and ABC News (KABC - Los Angeles) about the practice of lucid dreaming. His comments have appeared in media as diverse as DETAILS, The Huffington Post, Pittsburgh Post Gazette, Popular Science and Brides magazine. During 2009-2010, he had a regular Iowa Public Radio show, discussing dreams and lucid dreams, and spoke with Utne Reader in 2015.

SUMMARY OF THE TALK:

The talk started at 9:15 p.m. by Dr. Robert Waggoner. He first explained the term Lucid Dreaming, which simply means "dreamer being aware of being in the dream and then influencing the progress of the dream". He gave the evidence of the existence of Lucid Dreaming and his experience as a lucid dreamer. The very first technique used by the doctors to detect whether a person dreaming consciously or not was by eye signal verification. Later on, a team of doctors used 19 channel EEG to study the brain while dreaming lucidly. The speaker told students the merits of Lucid Dreams which includes experiencing joy and freedom, reducing nightmares, improving skills, physical healing, spiritual growth, resolving anxiety & phobia, PTSD & addiction and improving emotional health. The speaker himself started dreaming lucidly in the year 1975. He also told the students some techniques to dream lucidly and warned them not to get too excited during the dream as it may result in waking up from the dream and also to increase the awareness while still remaining in the dream. He also stated that Lucid Dreaming does not mean to control dreams. Instead it means relating and that Meditating is also a type of Lucid Dreaming. After that, a question and answer session started at 9:58 p.m. and then it was culminated by the speaker at 10:17 p.m.

