

Does Dream Telepathy Explain Mutual Lucid Dreaming?

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On the popular lucid dreaming forum Lucidipedia.com, one of the hosts wrote a blog about the lack of evidence for mutual lucid dreaming. He doubted its existence, because the internet accounts seemed very sketchy and furthermore, he saw no reasonable explanation for the ‘mechanism’ to explain a mutual dream or a mutual lucid dream.

This bothered me. In my book, *Lucid Dreaming: Gateway to the Inner Self*, I have a chapter titled, ‘Mutual Lucid Dreaming’ and provide many examples of apparent mutual lucid dreams with fascinating interconnections and shared knowledge from a variety of sources with considerable detail. Also, a friend of mine in 1997, Linda Lane Magallon, wrote the book, *Mutual Dreaming*, and provided numerous examples of mutual dreams.

So on the Advanced section of the Lucidipedia forum, I posted a new topic, entitled, “Mutual Dreams. Any Evidence? I Think So...” In the post, I note that many authors have provided detailed mutual dream and mutual lucid dream reports. Also, I suggest dream telepathy as one possible mechanism to explain mutual dreams. Dream telepathy has been scientifically studied by internationally known researchers Montague Ullman, M.D. and Stanley Krippner, Ph.D., who have provided considerable experimental evidence for the phenomenon. In fact, they received a National Institute of Health (NIH) grant for their research in the late 1960’s and early ‘70’s.

Unfortunately, some researchers who sought to replicate their studies had various levels of success and failure. Tragically, at least one of these researchers later admitted to creating difficult or inhospitable lab conditions in order to (in his mind) defend science. Yes, I know that logic seems totally twisted, and just as that researcher desired, his experiment on dream telepathy showed less than stellar results. Years later, Dean Radin in *The Conscious Universe*, evaluated all the dream telepathy experiments and concluded that collectively they showed results beyond chance.

To demonstrate my belief in the validity of dream telepathy, I proposed an experiment on the forum. I would agree to be the telepathic receiver, if the forum would find a coordinator (to select a group of target images) and a telepathic sender to randomly select an image and send it on the night of the experiment. After a month, a coordinator emerged who found a young woman to be the telepathic sender. Oddly, I did not even know the full name of the sender; I just knew some scattered bits of information about her, and that she lived in the Netherlands.

Our first experimental trial was an incredible success! I sent in five dreams – all of which mentioned food, cafés, picnic tables and people (it seems rare to have five successive dreams that mention the same basic subject). Then the coordinator revealed the image; a drawing of a café with patrons being served by a young waitress. In my dream reports, I even commented on one woman dream figure, seated at a table with food, who wore a yellow gold dress – in the image, the most prominent customer is a woman seated at a table wearing a yellow gold dress.

You can read my dreams and see the telepathically sent Target Image at <http://lucidipedia.com/forum/index.php?section=viewtopic&t=1610>

Because of the existing scientific evidence, dream telepathy offers the simplest explanation of one mechanism for both procuring unknown information and creating a consensual dream experience. The mental intent to send and to receive information apparently acts to allow the

communication. Moreover, dream telepathy likely explains most instances of mutual dreams; two dreamers share a correspondence of thought, which becomes expressed as similar dream environments, actions and information.

Feel free to follow the action on the Lucidipedia forum as we continue with more dream telepathy tests. However, do yourself a favor. Find a friend, and try dream telepathy yourself. You do not need to become lucid when doing dream telepathy; it can be done in a normal dream state. By trying it yourself, you will learn deep lessons and develop your own dream telepathy abilities and understanding.