

Teden
možganov 2018

Na sanjah
svet stoji

Lucidne sanje – med budnostjo in sanjanjem

Maja Gostič
mag. psih.



VZAJEMNA
zdravstvena zavarovalnica

FENS

Federation of
European
Neuroscience
Societies



TEDEN
MOŽGANOV



SiNAPSA
SLOVENSKO DRUŠTVO ZA NEVROZ/ANOST
SLOVENIAN NEUROSCIENCE ASSOCIATION



za možgane

THE
DANA
FOUNDATION

12.–18. marec

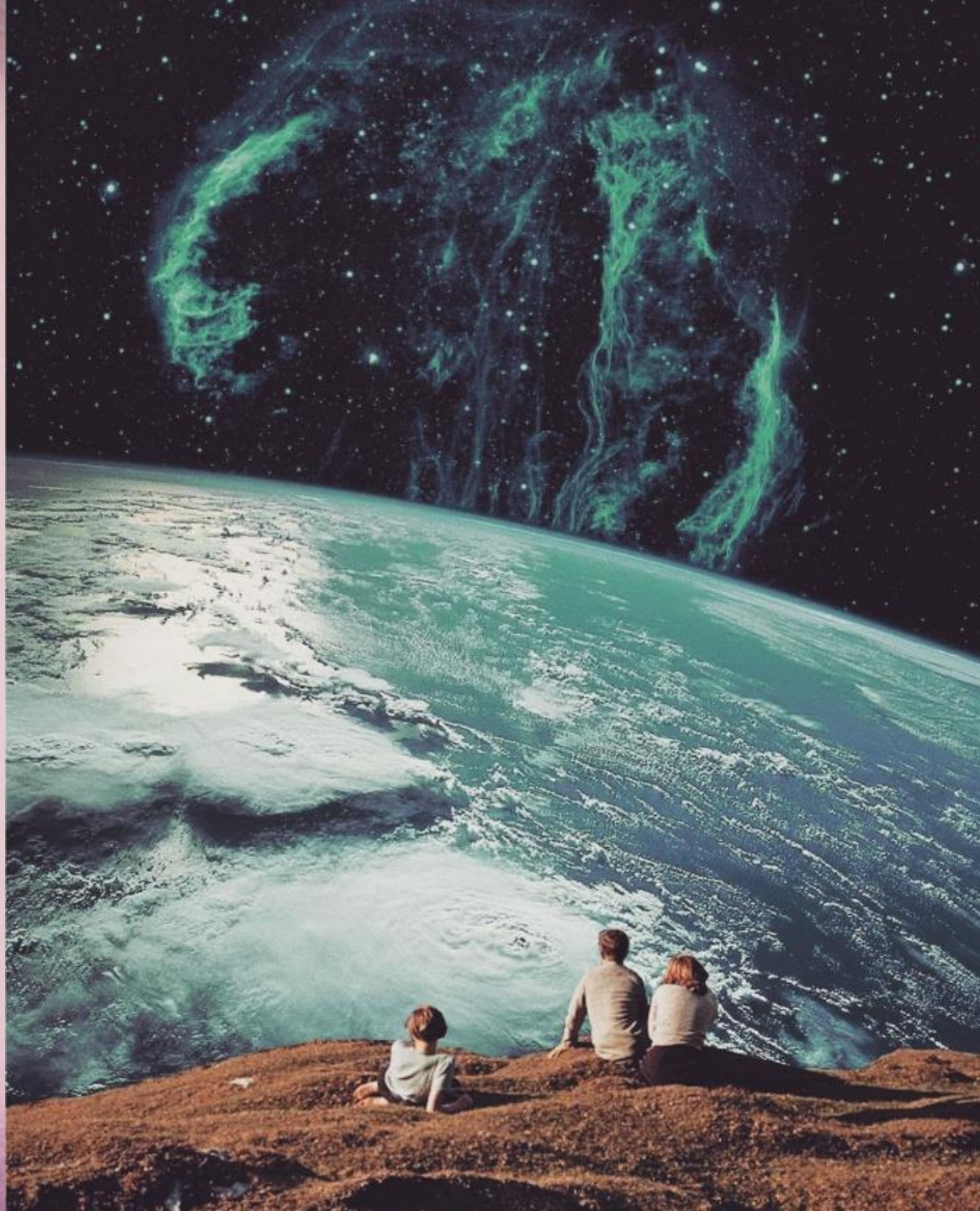


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Pregled

- Kaj sploh so lucidne sanje?
- Kratka pot znanstvenega preučevanja
- Zakaj bi se jih učili: njihovi potenciali
- Tehnike indukcije



1. **lucídnost** -i ž (ī) knjiž. **1.** *jasnost, razumljivost*: lucidnost formulacije **2.** *bistrost, prodornost*:

Vir: SSKJ

Kaj sploh so?

„Lucidne sanje so tiste sanje, v katerih se zavedamo, da sanjamo.“



- večinoma v REM fazi
- večsenzorna halucinatorna izkušnja
- hibridno stanje zavesti

Teorija sanj

spomin iz
budnosti

pomanjkanje
zavedanja

odsotnost
kognitivne
kontrole in
samorefleksije

zavedanje
možnosti za
sprejemanje
odločitev

nadzor nad
dogajanjem

Kontinuum lucidnosti

Zavedanje

Kontrola

, Transcendentalne
izkušnje`



Poglejmo našo
predavalnico...

~ 50% ljudi ima vsaj eno
izkušnjo lucidnih sanj

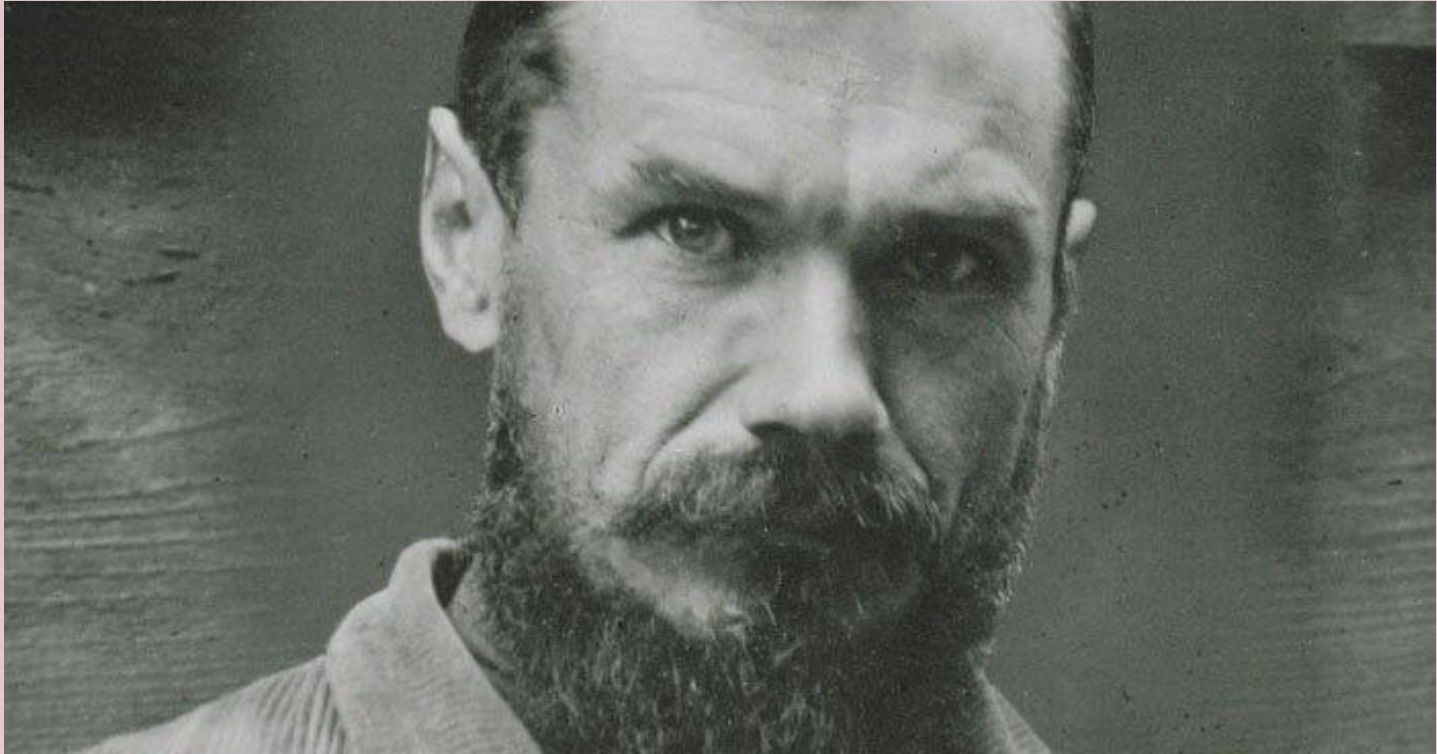
~ 20% ljudi pogosto sanja
lucidno

Vzhod



Budizem, pred več kot 1000 leti
Tibetan Dream Yoga

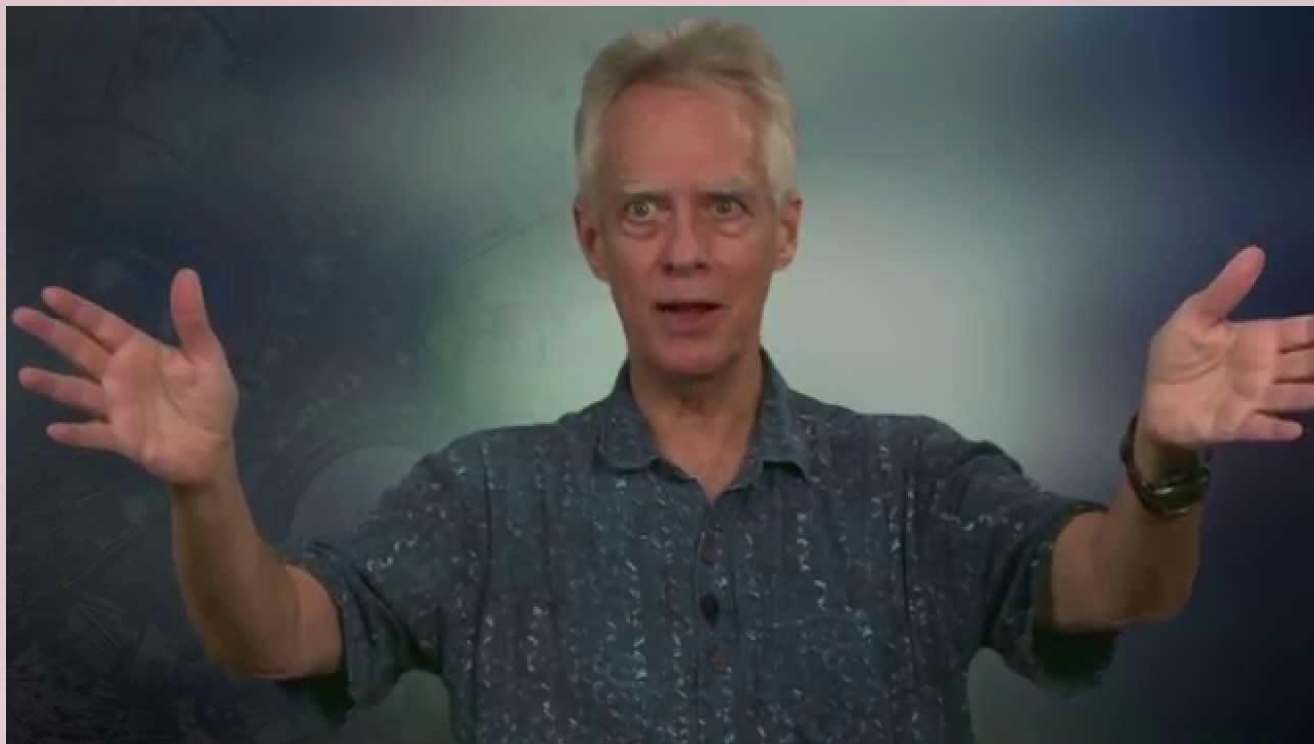
Zahod



Frederik van Eeden, 1913

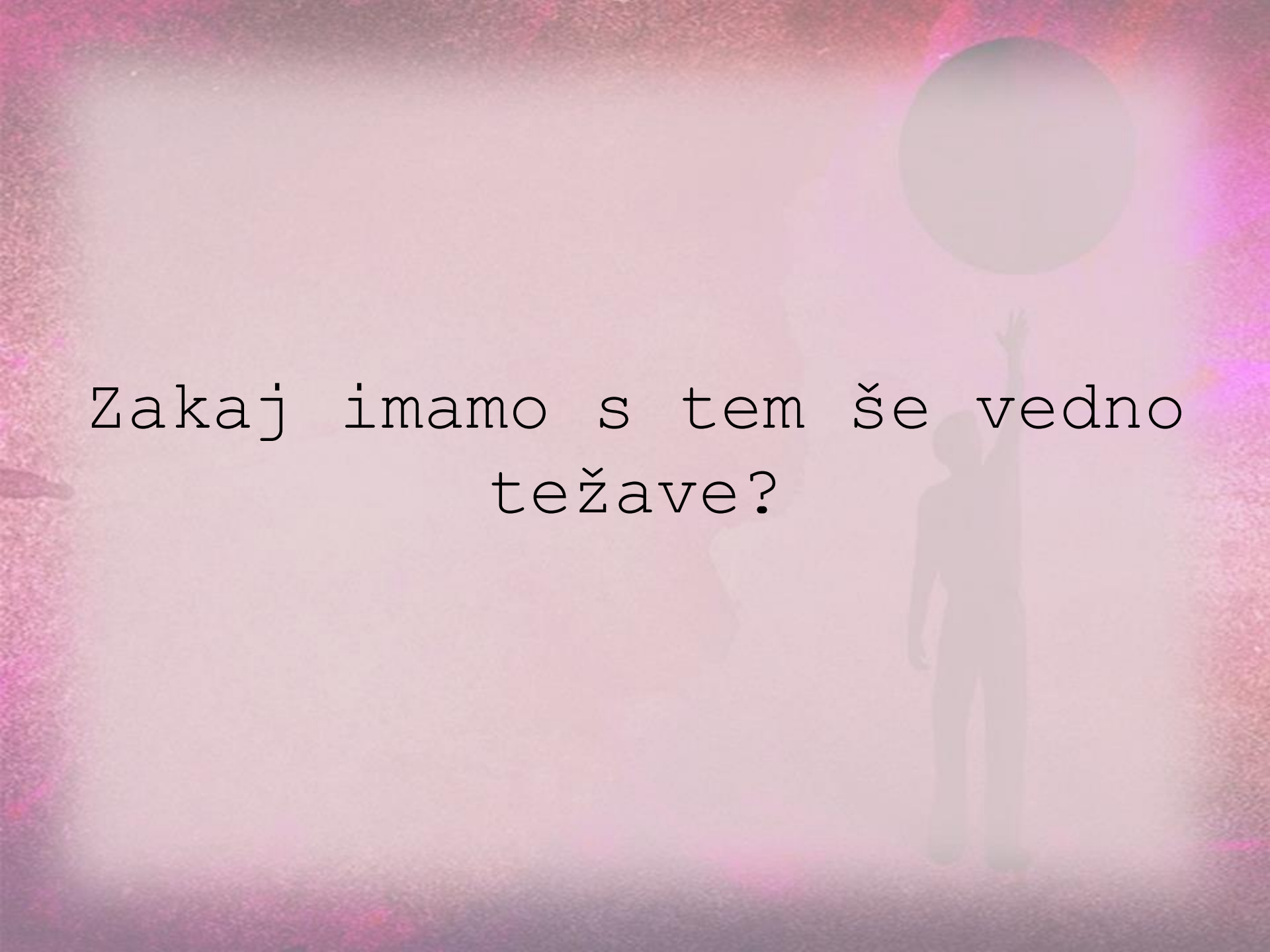
A Study of Dreams

Znanstveni dokaz



Stephen LaBerge, 1980

Lucid dreaming: An exploratory study of consciousness during sleep (Ph.D. thesis, Stanford University)

A person is shown in silhouette, reaching up towards a large, glowing sphere. The background is a vibrant, multi-colored gradient of purple, pink, and blue, with a soft, ethereal glow. The person's arm is extended upwards, and their hand is near the bottom of the sphere. The overall mood is one of aspiration and reaching for a goal.

Zakaj imamo s tem še vedno
težave?

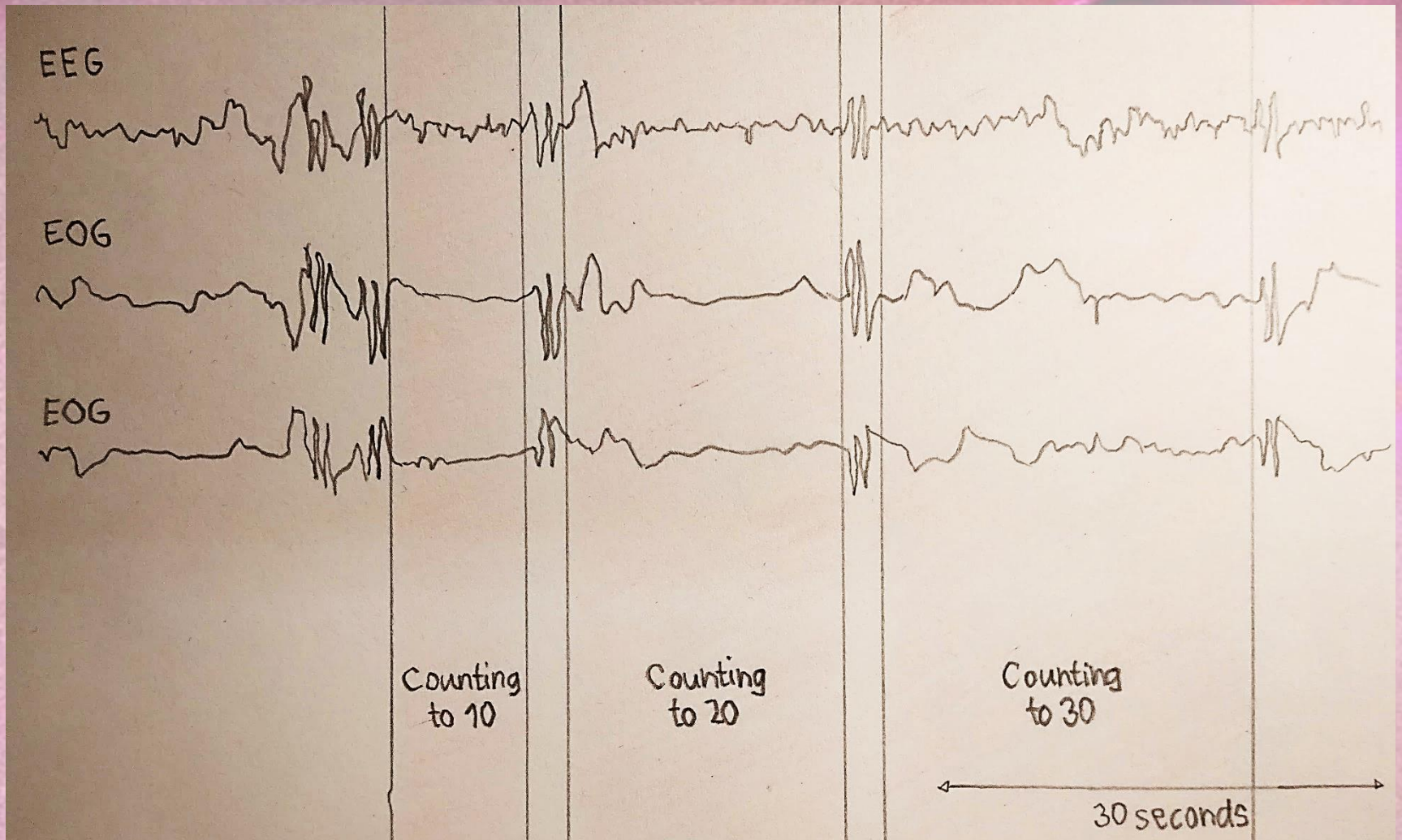
Delovanje možganov

Med lucidnostjo v REM fazi se aktivira **prefrontalni reženj**:

- kognitivna kontrola
- zavedanje
- uravnavanje čustev



Dresler, M., Wehrle, R., Spoormaker, V. I., Koch, S. P., Holsboer, F., Steiger, A., Obrig, H., Sämann, P. G. in Czeisler, M. (2012). Neural Correlates of Dream Lucidity Obtained from Contrasting Lucid versus Non-Lucid REM Sleep: A Combined EEG/fMRI Case Study. *Sleep*, 35(7), 1017-1020.



Erlacher, D., Schädlich, M., Stumbrys, T. in Schredl, M. (2014). Time for actions in lucid dreams: Effects of task modality, length, and complexity. *Frontiers in Psychology*, 4, 1 - 12.

Potenciali lucidnih sanj

1. Naravna „virtualna resničnost“

2. N

S

3. M

4. Z

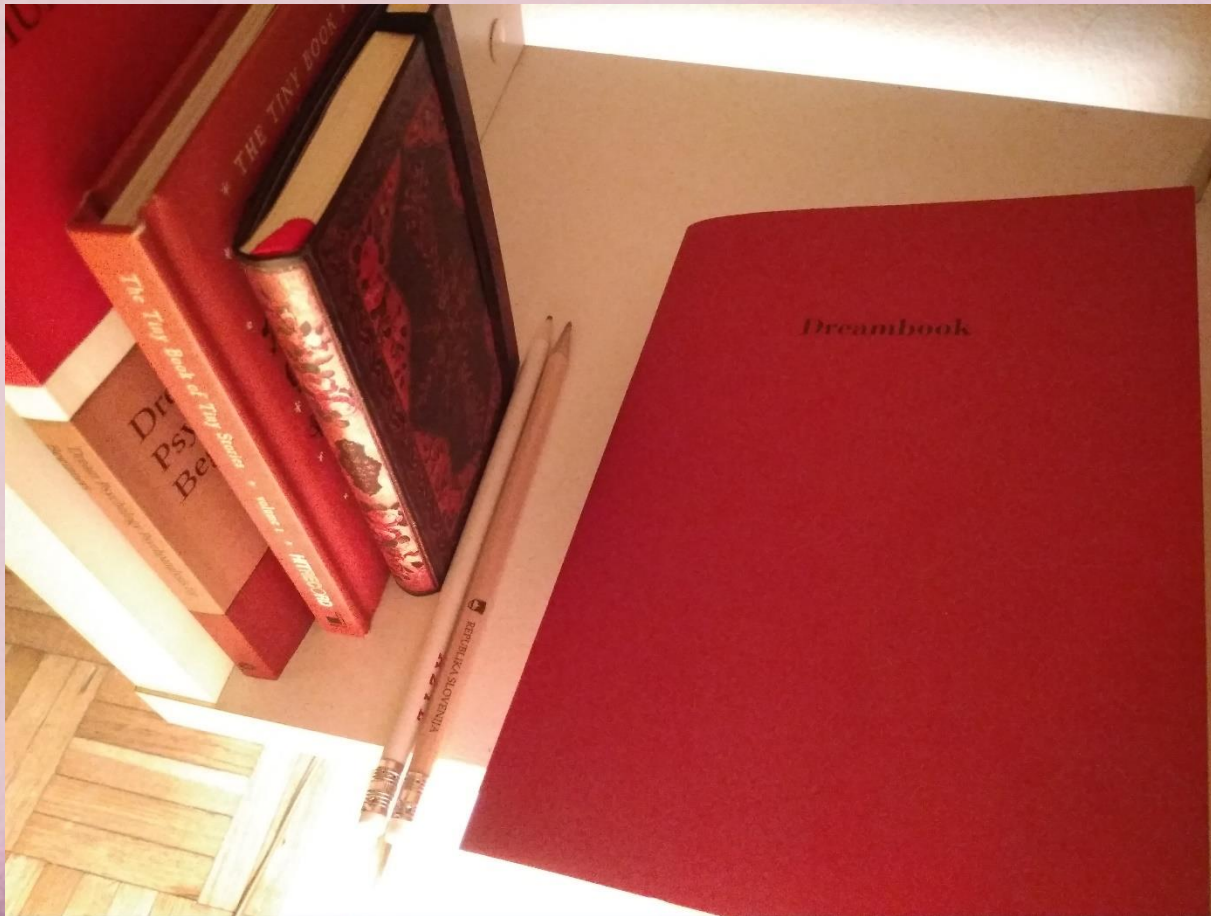
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5. D



Pregled tehnik spodbujanja lucidnih sanj

1. Sanjski dnevnik



Pregled tehnik spodbujanja lucidnih sanj

2. Testiranje realnosti



Inception (Izvor), 2010

Pregled tehnik spodbujanja lucidnih sanj



Ostali pripomočki...



Meja med znanstvenim in neznanstvenim

Induction Techniques

Chakra Induced

Clock Induced

Cycle Adjustment

Dream Initiated

Dream Journaling

Finger Induced

Letter Induced

Mnemonic Induced

Punishment Induced

Reality Checking

Reward Induced

Sexual Induced

Thirst Induced

Totem Induced

Urrinate Induced

Wake Back to Bed

Wake Initiated

Writing Induced

Vir: <http://best-lucid-dreaming-techniques.com/>

Reference

Aspy, D. J., Delfabbro, P., Proeve, M. in Mohr, P. (2017). Reality testing and the mnemonic induction of lucid dreams: Findings from the national Australian lucid dream induction study. *Dreaming*, 27(3), 206-231.

Dresler, M., Wehrle, R., Spoormaker, V. I., Koch, S. P., Holsboer, F., Steiger, A., Obrig, H., Sämann, P. G. in Czigic, M. (2012). Neural Correlates of Dream Lucidity Obtained from Contrasting Lucid versus Non-Lucid REM Sleep: A Combined EEG/fMRI Case Study. *Sleep*, 35(7), 1017-1020.

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Stumbrys, T., Erlacher, D., Schädlich, M. in Schredl, M. (2012). Induction of lucid dreams: a systematic review of evidence. *Conscious.Cogn.* 21, 1456-1475.

Voss, U. in Hobson, A. (2015). What is the State-of-the-Art on Lucid Dreaming? - Recent Advances and Questions for Future Research. V T. Metzinger in J. M. Windt (ur.). *Open MIND*, 38(T). Frankfurt am Main: MIND Group.