



# ANALYSIS OF A LUCID DREAM IN A SYNAESTHETE : HOBSON AND FREUD'S VIEW

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Synaesthesia: neurological syndrome characterized for an stimulation of a sense produce the perception in a different sense.  
Lucid dream: a dream “where” the dreamer realize to be dreaming. That type of dream can appear suddenly or be induced by some “practice” or exercises.  
Hypothesis: Synaesthetes are more creatives, and having into account that lucid dreams are a sign of creativity, we think that synaesthetes will be more lucid dreamers than normal people.

## PREVIOUS INVESTIGATION ABOUT LUCID DREAMS

- Lucid dreaming usually occurs during REM sleep, and the dorsolateral prefrontal cortex is activated. (1)
  - Lucid dreams have been frequently reported to occur most commonly late in the sleep cycle (2).
  - Lucid dreamers show less activation in the amygdala and the parahippocampal cortex. (4)
- Lucid dreams begin
- In the midst of a dream when a bizarre occurrence causes sufficient reflection to yield the realization that they are dreaming
  - Have briefly awakened from a dream and then falling back asleep directly entering the dream with no break in consciousness (3)

## LUCID DREAMS IN SYNAESTHETES

- There are no investigations about it.
- More creative people exhibit stronger associations between colors and pure tones, vowels, and emotional terms (5).
- More creative people have more lucid dreams (9)
- Synaesthetes are often successful in artistic fields, and possess high degrees of creativity (6).
- Maybe synaesthetes, as they are more creative, have more lucid dreams than other people.

## R.'S DREAM

We are going to expose some extracts from a R.'s dream, that may give examples about Hobson's dreams characteristics:

*“Some people grabbed me, and one of my friends went to prick me with a big syringe. I escaped from them and I took the syringe, and I threatened them with it.”*

*“There was a very unreal place: the buildings were crooked and the place was colored among purple and blue. (R. had associated the purple colour with artificial images and sensations. I knew for sure that there happened something strange (...) when I entered in a bar I recognise some famous people (like Harrison Ford) chatting with some of my friends. I know this situation was impossible, and I began to feel anguish. I realized what was occurring was an artificial reality”*

*“I think that I couldn't realise that the situation was horrible for me, but not for the ones in the dream, because they didn't exist”*

*“There was the moment for the man to explain all to me. He told me that all was unreal and I felt softly quite. I asked him: when start and finish exactly all this? The man answer: This start exactly into a point among the cyan and the yellow, between the beginning and the final of street.”*

*“I knew that what had happened in a scene of the film was inserted a colour, among the cyan and the yellow, a colour that creates some kind of hallucination; this colour introduces you in trance; like a psychotropic drug”*



## THE POINT OF VIEW OF HOBSON

- Dreams are cerebral noise, suddenly activations of the neurons from the cerebral trunk that the cortex interprets.
- Dreams don't have hidden meaning but they talk about global preoccupation and intentions that the left hemisphere interprets. It will give sense to the cerebral random activation produced during the dream.
- Hobson compares the no-lucid dream with madness and he says that the lucid dreams are impossible (8).

### NORMAL DREAM

1. NO COGNITION
2. NO AUTOCONSCIOUSNESS
3. ALTERED MEMORY
4. LACK OF ATTENTION
5. DISORIENTATION

### LUCID DREAM

1. METACOGNITION
2. AUTOAWARENESS
3. GOOD MEMORY
4. ATTENTION WORKS
5. ORIENTATION

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## THE PSICOANALYTICAL PERSPECTIVE



- The dreams can be interpreted like a realization of desires and they are a manifestation of the Unconscious.
- We couldn't work with the free associations of R. So this is only an approximation through the text of the dream (7).



### 1st level: Hallucinations

- This dream is a dream to be told. R. dreams in order to tell his dreams, to have something to speak about, he is his own reference. He is the central main point of the dream.
- The references are very cinematographic, and there's ambivalence in the dream. R. feels "distressed" and "raged" because he can't distinguish the difference between fantasy and reality.
- Also, he needs someone from the outside in order to help him. He is frightened because he can't distinguish reality or fantasy: be awakened or be asleep; be between the cyan and the yellow; be between the blue and the purple



### 2nd level: Unconscious desires

- The unconscious manifestation is in relation with the difficulty to accept the death, so he has unreal and unlimited dreams. If you don't accept the limit (the castration complex) all is unreal, and the anguish appears.
- The dreaming content (or unconscious content) in this dream is to relate with the death; and is to relate with the difficulty to accept some place into a serial. If you don't accept the death, the limit (castration), all be irreal and when the limits to draw off then appear the anguish. Is a dream that is dreaming for avoid precisely the castration.
- The dream to pose a question and an answer: When start and finish exactly all this? The mister answer:
- "This start exactly into a point among the cyan and the yellow, between the beginning and the final of street."*
- The response for the death is mixed with the life. Among the beginning and the final of the street is the option between to live or to hallucinate. The attribution of colour as drug and cause, keep in suspense (avoid the castration), the answer posed in the dream.

## CONCLUSIONS

- We discover that the R's dream is a lucid dream. This dream cover almost all the characteristics of the lucid dreams (3) in opposite of Hobson's theory, and some of this characteristics are explained and analysed in the psychoanalytic approach.
- In the dream we can also see "synaesthetes" phenomenon: the role of colors, the cinematographic character (related to the creativity), and the space phenomenon.
- We can observe some kind of intuition and premonition in the dream, for example, he notice that a girl will fall down soon. And later he recognizes almost all the places of the dream. He passes through a high number of places, and he has consciousness of them.
- R. Controls his dream, because he can take decisions along the dream, while in normal dream you can't control it.