



Speaking Presentations on Lucid Dreaming

by author and presenter **Robert Waggoner**

Robert Waggoner is president-elect of the International Association for the Study of Dreams (IASD) and a *summa cum laude* graduate of Drake University with a degree in psychology. Over the past 30 years, Robert has logged more than 1,000 lucid dreams. He is the author of *Lucid Dreaming: Gateway to the Inner Self* (October 2008) and the co-editor of the quarterly publication, *The Lucid Dream Exchange*. He is a skillful presenter, articulate and entertaining, and has spoken to undergraduate and graduate level college classes, and at dream conferences and workshops nationally and internationally. Robert looks forward to engaging your audience members as they consider the possibilities and implications of being consciously aware in the dream state.

Lucid dreaming, or the paradoxical ability to become consciously aware of dreaming while dreaming, touches on many aspects of science and the liberal arts. Aware in the dream state, the lucid dreamer can experiment, explore, and observe the dreaming *in situ*. From this unique vantage, lucid dreaming offers new insights into many subjects, such as:

Psychology What does lucid dreaming tell us about the nature of dreaming, the unconscious? Does a collective unconscious exist?

Philosophy Does all information come through the senses as Aristotle said? What does it suggest if we receive valid information when lucid?

Arts & Creativity How have artists used their awareness in the dream state to discover their own inner artwork? How can the artist assist the unconscious' creative expression?

Anthropology & Religion Which indigenous cultures have worked with lucid dreams? How? Does dreaming connect us to something numinous, as Carl Jung proposed?



Lucid Dreaming—On Campus or in Your Community

Lucid Dreaming is of great interest to students as well as the general population. Surveys of college students have shown that between 57 and 85 percent feel they have had at least one lucid dream. With such high numbers, they have questions, experiences and observations to share. Many lecture program planners and faculty report being amazed by the broad interest in lucid dreaming. Since so many students and people experience lucid dreaming, the topic of lucid dreaming produces lively discussions and stimulating questions to explore.

Presentation Offerings

Robert offers a visually engaging presentation (normally in PowerPoint on a thumb drive but can accommodate other platforms). He adapts the content and length of his presentations according to the general knowledge level and interest of his audience or the subject matter.

For More Information, Referrals or Questions, Please Contact the Author

It's easy to contact Robert Waggoner by emailing him directly: robwaggoner@aol.com

For further information about his book and to request review copies, please contact Susan Ray at Moment Point Press: susan@momentpoint.com, (781) 449-9398, www.momentpoint.com

“Robert Waggoner has brought lucid dreaming to a level that is simultaneously higher and deeper than any previous explorer has taken the topic. Both autobiographical and historical, theoretical and practical, psychodynamic and transpersonal, as well as adventurous and cautionary, *Lucid Dreaming* offers its readers instructions and insights that they will find nowhere else in the literature. They will learn how they can become awake and aware while asleep, and how this talent can change their lives.”

—**Stanley Krippner, Ph.D.**, Professor of Psychology,
Saybrook Graduate School and Research Center, San Francisco