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1.1 WHAT IS LUCID DREAMING? Lucid dreaming means dreaming while knowing that you are dreaming. The term was coined by Frederik van Eeden who used the word "lucid" in the sense of mental clarity. Lucidity usually begins in the midst of a dream when the dreamer realizes that the experience is not occurring in physical reality, but is a dream.

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### **Mefloquine - Wikipedia**

A dream is a succession of images, ideas, emotions, and sensations that usually occur involuntarily in the mind during certain stages of sleep. The content and purpose of dreams are not fully understood, although they have been a topic of scientific, philosophical and religious interest throughout recorded history. Dream interpretation is the attempt at drawing meaning from dreams and ...

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M. Schredl, D. Erlacher: Lucid dreaming frequency and personality. Auftreten Anteil nie 18,0 % weniger als einmal im Jahr 7,5 % etwa einmal im Jahr

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