

LUCIDITY ROCKS!

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Growing up in the 80's I had the opportunity to learn about lucid dreaming during a time in which a lot of exciting research was being conducted. Stephen LaBerge was common reading for me. That was also the era of big hair bands, and I was a big fan. Among my favorite rock bands was Queensryche, mainly due to their original and thought-provoking lyrics. They weren't as popular as Motley Crue, AC/DC, Def Leppard and other bands of the decade, but they did find some brief commercial success in the early 90's in large part due to a single song.

Songs with the word *dream* are nearly as common as songs with the word *baby*, and if you do some digging you'll even find an occasional song that is actually about or inspired by a dream. What made the Queensryche song so unusual was that it was about lucid dreaming. That song is ***Silent Lucidity*** (EMI America, 1990). Perhaps members of the band were reading the same LaBerge books as me.

Silent Lucidity was written by band member Chris DeGarmo, co-founder of the group and guitarist from 1981 to 1998. The song reached as high as #9 on Billboard's Hot 100, and was the #1 most popular Mainstream Rock Song on Billboard's charts in 1991. The album sold more than three million copies, and to this day ***Silent Lucidity*** is a recognizable song that is probably the most well-known ever written by Queensryche.

There were many interpretations of the song's meaning, ranging from recurring nightmares to death. Few people outside of avid lucid dreamers understood the true meaning, and yet to a lucid dreamer the lyrics look to be quite clear and direct. In fact near the end of the song you can hear a whispered voice saying, "Visualize your dream. Record it in the present tense. Put it into a permanent form. If you persist in your efforts, you can achieve dream control."

Though I have not found specific examples of lucid dreams that the song writer may have had, any doubt that the song was indeed written about lucid dreams can be put to rest based upon an interview with Chris DeGarmo in Kerrang! (weekly rock magazine published by Bauer Consumer Media in the United Kingdom) in June, 1990. In that interview he states, "'Silent Lucidity' is probably one of the most genuinely out there things we've ever done. It's about what they call 'lucid dreaming'. Or 'dream-control'. Basically, just opening up the doors to your subconscious mind, and learning how to master your dreams. Actually be able to steer and control them."

I had to do some searching to find other lucid dream-themed music. Artist Carey Ott's 2006 album is titled ***Lucid Dream*** and features a song by the same name. Finnish hobbyist/composer Matti Paalenen's project ***Frozen Silence*** includes a track also with the name ***Lucid Dream*** and a Toronto indie-rock band founded in 2004 goes by the name ***Lucid Dreams***.

New Indie Artists, an independent record label based in Centreville, Virginia, has a biography of Washington, DC singer/songwriter Abigail Kiser on their website. Abigail's album, also under the name ***Lucid Dream***, came out in 2005. Her biography includes that "Her lyrics and unique timing will tickle your ears and bring you inside her Lucid Dream." A personal statement by the artist is, "No one knows for sure what came before this, or what will come after. All we can know is the present, so revel in the infinite now and appreciate all the beauty that is within your grasp and within you." She sounds like a lucid dreamer to me.

Stuart Davis is a rock and folk singer/songwriter/guitarist who is a native of Lakeville, Minnesota, only about an hour from where I live. His influence has come from such interesting sources as the Tao Te Ching and the Tibetan Book of the Dead. His first album in 1990 picked up a bit of local Twin Cities airplay, with subsequent albums receiving more national attention. In the late nineties his album ***16 Nudes: A Collection of Live and Acoustic Cuts*** was recorded in Iowa. That album includes a song called ***Fall Awake***, which expresses the singer's use of lucid dreaming.

Though there hasn't been nearly the same commercial success as ***Silent Lucidity***, I have learned that the concept of incorporating lucid dreams into music has been done from time to time. The artists are located around the world, and the style of music is quite varied. This is all the more evidence that lucid dreams are shared by people of varying interests around the globe. Much like the lucid dreams themselves, these songs are uncommon and unknown to most people, but deeply profound to those who experience them.