

Use of DMAE (2-Dimethylaminoethanol) in the Induction of Lucid Dreams

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Abstract — A food supplement, namely DMAE, that facilitates the induction of lucid dreams is discussed. Included is a brief consideration of the therapeutic potential of such dreams.

Introduction

In medical school, I became fascinated by a phenomenon known as lucid dreaming. Lucid dreams (1) are very different from ordinary dreams in that the dreamer is completely conscious that he or she is dreaming and has conscious control over the content of the dream. The lucid dream environment is perceived as clearly as reality and in incredible detail that is even more vivid than vision in waking life.

These unusual dreams have potential application in the areas of weight loss, disease treatment, behavior modification, and the improvement of mental and physical abilities (2).

DMAE — the lucid dream drug

In order to induce lucid dreaming one must become conscious during REM dreaming. I began testing substances that stimulate the reticular formation of the brain since this is the region of the brain responsible for what we call "consciousness."

One substance, namely DMAE (2-Dimethylaminoethanol), has shown great promise in my

own personal studies with myself and my wife in greatly facilitating the induction of lucid dreams. DMAE is a powerful stimulant of the reticular formation in the brain (3) causing arousal and consciousness during REM dreaming and shortening the amount of sleep needed each night, producing a sounder sleep, and a feeling of clear-mindedness on awakening. As a result, DMAE causes a person to remain at a higher level of consciousness while dreaming which facilitates the realization during the dream that the dreamer is dreaming.

DMAE is a relatively nontoxic compound with vitamin properties similar to those of choline and is converted into choline in the body (3). DMAE is superior to choline for membrane synthesis because choline is not able to be transported across cellular membranes to the sites where it is needed, whereas DMAE can readily pass through cellular membranes. DMAE may be effective as an adjunct to therapy in AIDS patients to stabilize T-cell membranes.

One of the more interesting effects of DMAE is its ability to cause weight loss in persons taking

dosages of 250 mg per day. In fact, such dosages had to be lowered in several studies because of the degree of weight loss that resulted in many patients. DMAE deserves further investigation as an anti-obesity drug (3).

Sample method of lucid dream induction using DMAE

Start with 50 mg of the free base of DMAE taken in the morning. DMAE normally takes about 2 weeks before it reaches its full effect. However, some persons can experience its tonic effect on consciousness with the first dose.

Set an alarm clock for about one hour prior to when you expect to wake in the morning, and before falling asleep in bed, relax and visualize yourself lying in bed asleep with your eyes moving rapidly back and forth under your eye lids and recall the thought "This is a dream and I am only dreaming."

When the alarm goes off in the morning, shut it off, lay back in bed, close your eyes and visualize yourself asleep in bed, dreaming, with your eyes moving rapidly back and forth under your eyelids and while doing this, recall the dream you just had and try to be aware that you are dreaming. This should result in lucid dreaming with a little practice.

It is possible to enter a lucid dream directly after using DMAE from a waking state by observing one's own mental processes while beginning to fall asleep. Holding a fixed image or thought in your mind as you fall asleep can induce lucid dreaming.

I have found that the degree of cerebral stimulation varies with the salt of DMAE used. The lactate salt is the most effective, and the p-acetamidobenzoate salt next best, and the tartrate the poorest.

Healing in lucid dreams

Sleep and dreams help to meet life's challenges by providing an opportunity to recuperate, adapt and regain optimal health. In sleep, the individual is suspended and isolated from most environmental challenges, which allows the organism to restore itself in the direction of health especially through the use of imagery.

Imagery is a powerful tool used in a great variety of disciplines from Freudian psychoanalysis to behavior modification to improving one's tennis game! And lucid dreaming represents a

psychic mechanism through which the powers of the mind's most vivid images can be directed.

One of the most impressive applications of imagery is in treating cancer patients. Treating ill cancer patients who supplemented standard treatment for their advanced cancer with healing imagery survived, on the average, twice as long as those patients who received only standard therapy (4). Given the unique level of controllable imagery in lucid dreams it seems reasonable to expect that these results might be greatly enhanced if imagery was used in lucid dreams.

Since some diseases have been shown to connect causally as well as coincidentally with the sufferer's mental states, it seems logical that control over, or modification of, those psychological states can be used to prevent, ameliorate, or even cure physical conditions. Forming an image of a person in perfect health in a lucid dream may initiate healing processes.

A common application of imaging is in training the nervous system and muscles to improve coordination in sports. These techniques of imagery can be applied to lucid dreaming.

In addition, positive conflict resolution permitted in lucid dreams is extremely satisfying and healthy. In a lucid dream, one can lucidly resolve a problem in a healthy way as well as being able to achieve absolutely anything the lucid dreamer wishes. The lucid dreamer can have safe sex with one or more persons and actual orgasm is frequently reported; you can fly anywhere (just like superman!); you can visit any place in the world you wish; you can solve problems or puzzles better than when you are awake, and creativity is remarkably enhanced.

Lucidity is a paradigm of self-reflection and such introspection may be able to play a key role in psychological growth through lucid dreams by allowing the lucid dreamer to withdraw from old patterns of behavior and conceive new ones.

Conclusion

Considering that we spend one third of our lives asleep, lucid dreaming may represent an exciting way to spend some of that wasted time. Lucid dreams are fantastic experiences that may have important therapeutic applications. Presented here is a safe drug, namely DMAE, that can provide researchers with a powerful new tool to explore the potential of lucid dreams.

References

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