

# Contents

<i>Acknowledgments</i>	xi
<i>Preface</i>	xiii
<i>Part I Phenomenology</i>	1
1 <i>Introduction</i>	3
Background and incidence	3
The layout of this book	11
2 <i>Somatosensory phenomena</i>	14
Visual phenomena	14
Auditory phenomena	33
Olfactory and gustatory phenomena	35
Somesthetic, kinesthetic, tactile, and thermal phenomena	35
The hypnopompic variety	36
Speech phenomena	42
Classifications	42
3 <i>Cognitive and affective characteristics</i>	53
Suggestibility-receptivity	53
Awareness of significance and affective response	56
Changes in the quality of thought	63
Fascinated attention	67
The mode of induction, control, and prolongation of hypnagogic imagery	71
The hypnagogic syndrome	77
<i>Summary and conclusions of Part I</i>	81

<i>Part II Hypnagogia and its relationship to other states, processes, and experiences</i>	85
<b>Introduction</b>	87
<b>4 Dreams</b>	88
Hypnagogic experiences as dreams	88
Dreams and shades of dreams	95
Some philosophical implications and general remarks	103
<b>5 Meditation</b>	110
The hypnagogic nature of meditation	111
Deautomatization	113
Sense of reality	115
Unusual percepts	116
Unity, ineffability, and trans-sensate phenomena	122
The mystical standpoint	125
<b>6 Psi</b>	131
Psychophysical induction of psi	132
Perceptual, quasiperceptual, and cognitive-affective phenomena during psi	135
Ecsomatic phenomena and the conduciveness of hypnagogia to their occurrence	145
Hypnagogic experiences as psi, religious, and mystical events	150
Psychological observations and theoretical formulations	153
Subject-state interface and other considerations	158
<b>7 Schizophrenia</b>	160
Schizophrenic disturbances and their features	160
Schizophrenic-hypnagogic features	163
The LEBs, hypnagogic mentation, and delusions	167
Hypnagogists, madmen, and absent-minded individuals	172
The logic involved	178
Dissociation and fusion	181
Hypnagogic experiences and pathogenesis	183
<b>8 Creativity</b>	186
Connectedness and 'actualized' metaphors	189
The unconscious-nonrational	200
Originality: creativity and madness	205
Openness	215
Self-actualization	217

9	<b><i>Other relevant areas of experience</i></b>	219
	Hypnosis	219
	Perceptual isolation and sensory deprivation	223
	Photic, pulse current, and direct electrical stimulation	224
	Sleep deprivation	225
	Dream scintillations	225
	Hallucinogenic-drug-induced phenomena	226
	Eidetic imagery	228
	Epilepsy	229
	<b><i>Summary and conclusions of Part II</i></b>	231
<b><i>Part III</i></b>	<b><i>Brain mechanisms and function of hypnagogia</i></b>	235
	<b><i>Introduction</i></b>	237
10	<b><i>The old versus the new brain</i></b>	238
	Hypnagogic visions are not generated in the eyes	239
	The implication of subcortical structures in hypnagogic vision	240
	Subcortical involvement in other hypnagogic phenomena	243
	Concerning hemispheric lateralization	248
	The inarticulate brain	250
	Self-assertiveness vs. self-transcendence	256
	The thalamus, the pineal, and the caduceus	260
11	<b><i>The function and significance of hypnagogia</i></b>	267
	The loosening of ego boundaries	267
	The periodicity of hypnagogia	270
	The functions of hypnagogia	272
	In evolutionary perspective	274
	The multifariousness of oneiric experiences	279
	The multiplicity of realities	281
	Some practical and research implications	283
	Appendix I <b><i>Methods and procedures</i></b>	286
	Appendix II <b><i>Physiological correlates</i></b>	289
	Appendix III <b><i>Some incidental observations on psi and meditation</i></b>	293
	<b><i>Notes and references</i></b>	297
	<b><i>Bibliography</i></b>	321
	<b><i>Index</i></b>	351