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THE SANG BOK LEE NEUROSYNCHRONISTIC DREAM SCALES: AN EMPIRICAL EXPLORATION OF JUNGIAN SYNCHRONICITY

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**Aim:** The purpose of this study was to verify the Jungian concept of synchronicity and to utilize lucid dreaming techniques for the selected dreamers to experience synchronistic dreams more frequently.

**Methods:** 1248 dreams were collected from 416 Korean college students, Yongin, South Korea: 198 males (M age=20.46 years, SD=1.32) and 218 females (M age=20.17, SD=1.26). The collected dreams were coded by the Sang Bok Lee Neurosynchronistic Dream Scales. 36 dreams (2.88%) were evaluated as synchronistic and 10 dreamers were selected randomly and voluntarily: six females (M age=20.19, SD=1.24) and 4 males (M age=20.47, SD=1.35). Total twelve sessions for lucid dreaming technique training (one-hour session, twice per week, and six-week duration) were conducted and the trained dreamers reported their dreams during and after the twelve sessions.

**Results:** 50 dreams that were collected during and after the lucid dreaming sessions were coded and found as significantly increased in terms of synchronistic dream frequency mode (9 dreams, 18 %, when compared with the untrained dreamers:  $p < 0.0001$ ). The results were empirically supported by "Lee Acculturation Dream Scale" (Lee, Sang Bok, 2005: Psychological Reports, 96, 454-456), "The Sang Bok Lee Neurocognitive Dream Orientations Scales" (2010, European Psychiatry), and by "Dreaming Brain and Acculturative Mind" (Lee, Sang Bok, 2010, European Psychiatry).

**Conclusion:** Lucid dreaming constitutes a future-oriented intentionality, adaptive function of brain/mind, neural plasticity, and a certain realization of the Jungian concept of synchronicity with measurable differences from untrained dreamers.