

Theory of Precognitive Dreams

By Ian A. Wilson

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Abstract

This paper examines the phenomena of precognitive dreams which are part of anomalous cognition and occur during physical sleep. Precognition Dreaming is the act of observing future events that take place later in the objective world. The duration of time between the dream and the future event can range from days, weeks, months and even years. The quality of information observed during a dream can vary, depending on psychological models of *memory*, *awareness* and *perception* [MAP].

Introduction

This paper shows how various degrees of MAP affect precognitive dream content, provides theories on precognition, provides instructions on lucid dreaming, dream recall and precognitive dream exploration, provides examples of shifts in perception from waking to dreaming during the onset of sleep and details evidence in support of precognition. Frequency studies conclude that a sizable percentage of the general adult population has had some measure of experience with precognitive dreams.

Frequency Studies

Arthur Funkhouser, a psychologist in Bern, Switzerland, and Michael Schredl, a professor of psychology at the Central Institute of Mental Health, Mannheim, Germany, used a questionnaire about déjà rêve (already dreamt, a form of déjà experience) which was included in a large “sleep, dreams, and personality” survey of 444 (mainly psychology) students at three German universities. The incidence of déjà rêve was high (95.2%) and, like most other déjà experiences, was negatively correlated with age (i.e., younger persons experience it more often than older ones).[1]

David Ryback, a psychologist in Atlanta, used a questionnaire survey approach to investigate precognitive dreaming in college students. His survey of over 433 participants showed that 290 or 66.9 percent reported some form of paranormal dream. He rejected many of these claims and reached a conclusion that 8.8 percent of the population was having actual precognitive dreams.[2]

Rense Lange, Illinois State Board of Education, Michael Schredl Central Institute of Mental Health, and James Houran, Southern Illinois University School of Medicine report 17.8 % to 38 % persons of large samples of individuals reported that they experienced at least one precognitive dream.[3]. See also Palmer [4], Haraldsson [5], Ross & Joshi [6] and Thalbourne [7]. Most studies indicate that women report more precognitive dreams than men, while the frequency of precognitive dreaming declines with age. The percentage of persons who believe that precognitive dreaming is possible is even larger with estimates ranging from 63 % to 98 %. [5,8]

History

In 350 B.C.E Aristotle skeptically debated precognitive dreams in his paper, "*On Prophesying by Dreams*" and states "*As to the divination which takes place in sleep, and is said to be based on dreams, we cannot lightly either dismiss it with contempt or give it implicit confidence.*"[9]

The prophecy of the assassination of Julius Caesar on March 15th 44B.C.E came to fulfillment as he was warned, "*Beware the Ides of March*", according to Plutarch, a seer had warned that harm would come to Caesar no later than the Ides of March. On his way to the Theatre of Pompey, where he would be assassinated, Caesar passed the seer and joked, "*The ides of March have come,*" meaning to say that the prophecy had not been fulfilled, to which the seer replied "*Aye, Caesar; but not gone.*"[10]

The first thorough collection and critical review of such spontaneous cases was created by the British Society for Psychical Research (SPR). Reports of these cases were authored by Eleanor Sidgwick in 1888,[11] and Herbert Saltmarsh in 1938.[7] Sidgwick believed the evidence warranted further investigation as to the validity of the concept of precognition, and Saltmarsh offered that the evidence based on 349 cases of precognition. It was found that over half were proven to be true and accurate based on record and data verification.[12]

German actress Christine Mylius [13] sent her dreams to Professor Bender at the Institute for Borderline Areas of Psychology for archiving. When she would have a dream come true, they would reference it in the archives. Irish aeronautical engineer J. W. Dunne [14] kept a detailed account of his dreams and, using the scientific method, investigated his own precognitive dreams (see http://en.wikipedia.org/wiki/John_William_Dunne).

Louisa Rhine at the Parapsychology Laboratory at Duke University compiled the best-known and largest body of dream evidence. Dr. Rhine collected over 7000 accounts of ESP experiences. The majority of these accounts were dream related and were seemingly precognitive in nature.[15]

Neurological Changes During Sleep

There are several neurological and psychological factors during sleep that affect the quality of precognitive dream data. The most measurable are the neurological effects of brain activity during sleep which affect memory, awareness and perception. The brain undergoes dramatic changes in activity with areas that become inactive. The dorsolateral frontal convexity, for example, is inactive in REM sleep periods in order to shut down motor function.[16]

Dream content generation becomes apparent in the [frontal lobes](#) and the Parieto-Occipito-Temporal junction (PTO) as evident in Solms (1997a) who showed that dream content generation ceases when the PTO is damaged.[17]

Studies have shown that during REM sleep brain activity is very similar to that while awake (thus it is also known as paradoxical sleep) and dreams during these sleep phases can be more easily remembered than during deep sleep (non-REM phases). This does not assure, however, that the dream content is always remembered upon waking.

Hobson, (2003) Finds that many dreamers are aware that recall actively eludes them as they awaken and further explains, “*The very absence of recall is a datum which any dream theory must explain, especially in the face of the robust brain activation in REM sleep!*”[18]

When memory is present but not recalled this is better described as amnesia. The neurological impact of sleep causes two types of amnesia to confront the dreamer. Sleep Induced Amnesia and Waking Induced Amnesia. Sleep induced amnesia spans the duration of sleep through the NREM and REM stages whereas Waking Induced Amnesia is the sudden decay of dream memories upon waking.

Memory still resides as evident by NREM and REM studies using fMRI. These studies show activity in the frontal lobe. Information flows out of, but not into, the hippocampus during NREM sleep.[19] Dream memory occurs in short-term memory without transferring into long-term memory. This explains why dream memory rapidly fades when a person wakes up from sleep.

Quite often memory can be regained when certain triggers during the day spontaneously allow the dream content to be recalled. In the case of déjà vu and precognitive dreams it is the onset of the future event which acts as the trigger causing the content to be remembered. When déjà vu is linked to a dream memory, it is called *déjà rêvé*[20]



The Limits of Transcribing Dream Content

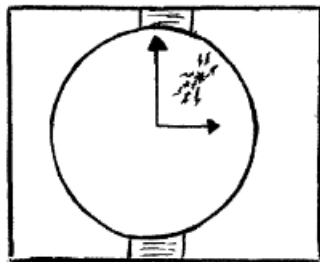
Currently, the only means by which we can extract dream content is through two methods: *Dream-to-text* and *Dream-to-sketch*. Dreams are content-rich experiences which have duration of time, and are commonly first-person narratives that take place in a “*simulated*” 3d virtual environment. The dream world has its own space/time qualities limited by the duration of the sleep.

Problems with describing dream content in textual and artistic formats become apparent as the translations linking the dream to a future event lacks photographic and video quality which is evident in dreaming. Here are some examples.

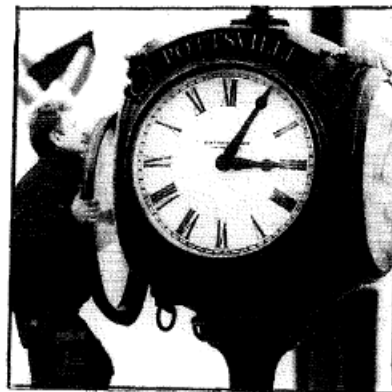
An experiment conducted by Dale Graff [21] demonstrated that precognitive dreaming could be used to see photographs that would be published in future newspaper articles. Here are some samplings from that study where sketches were used to later confirm the findings. Dates are indexed at the bottom of the images to show the relations to past and present content.

Dream-to-sketch

Image 1 – The sketch is of a broken clock that later appears in the Republican Herald

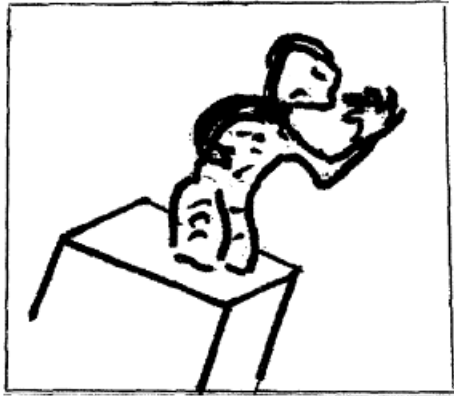


Dream Sketch (03-19-06)



**REPUBLICAN & Herald
Page A-1 (03-22-06)**

Image 2 – The sketch is of a statue that later appears in the Reading Eagle.



Dream Sketch (03-26-06)



**READING EAGLE
Page A-1 (03-29-06)**


Images from Graff, D. [21]

The sketches from a precognitive dream show an uncanny likeness to the pictures. The quality of the drawing however leaves room for skepticism that would argue that the drawings do not correspond to the future images as shown in the newspaper. Sketching an image is an improvement over dream-to-text but shows that even a 2 dimensional rendition of dream content is limited by the artistic abilities of the person who had the dream.

Dream-to-Text

Pictures are worth a thousand words, and in describing precognitive dreams, we lose the context of what the dreamer saw compared to what takes place later in the future. Here is an example of a precognitive dream involving hurricane Katrina. The selected dream preceded the hurricane by 2 months as evident by the time-stamp which is verifiable using an online historical web-page archiving website, web.archive.org.

Item 1 – Dream predicts Hurricane Katrina

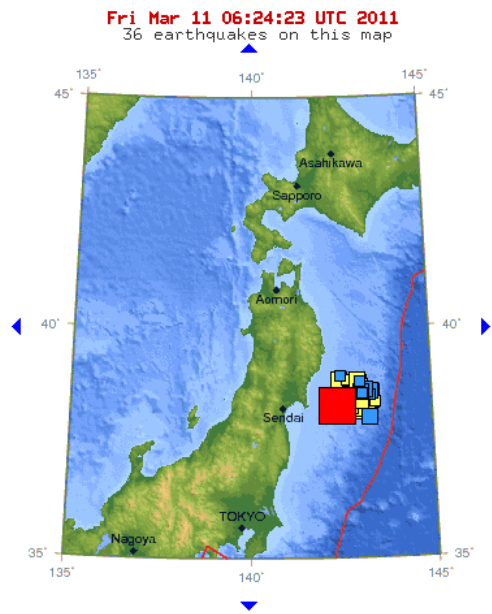
<p>Dream posted on the internet July 07, 2005</p> <p>Posted on: Thursday 07 July 2005 @ 16:43:06 nemesis writes:</p> <p><i>“I had two strange dreams last night. In the first one I was asked to help my brother evacuate from New Orleans ahead of a hurricane. For whatever reason we were unable to make it before the storm hit. I was turned back by a Louisiana state policeman who told me that the shoreline for the Gulf of Mexico was now the north shore of Lake Pontchartrain. He said New Orleans was gone, so, as he put it, my brother was either in a refugee camp somewhere or he was gator bait (not very empathetic if you ask me). “</i></p>	<p>This is flooding the Ponchartrain Park area of New Orleans that was a result of Hurricane Katrina. September 9, 2005</p> 
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Here is a link to the dream on the web archive. Search “Pontchartrain” to save scrolling to the entry.

<http://web.archive.org/web/20050720015548/http://www.prophecies.us/>

Item 2 – Dream predicts Japan Earthquake

This is a time-stamped post from a forum where the user logs his dream. At the time of the earthquake this screen-capped was taken from the USGS website showing the pattern described in the dream.

March 17 th , 2010	The USGS on March 11 th , 2011
<p><i>“Last night, I had a brief dream in which I saw a map of the USGS world view (which I do check on and off)</i></p> <p><i>On it I saw a LARGE RED square surrounded by many other smaller squares just of the east coast of Japan. The thing was this square was much larger than the normal size square USGS put up for a 7+”</i></p>	

Here is a link to the entry: <http://www.abovetopsecret.com/forum/thread660276/pg1>

The Need to Externalize Dream Content with Technology

The future of precognitive dream research may lie within fMRI scanners. Research with fMRI scanners demonstrate that dream recording from visual cortex image extraction will be the frontier for precognitive dream research. Researchers at ATR Computational Neuroscience Laboratories have been able to identify some relationship to dream imagery and an image database to extract some dream content.[22]

Types of Precognition

Two types of precognition categories are presented to describe the types of precognitive dreams: *Lower Order Precognition* and *Higher Order Precognition*.

To introduce these categories and create visual references; we profile a person named Phil. Where applicable, Phil is going to meet a person named Jane in the near future while on vacation. Phil has never met Jane and never encountered any visual references to her from objective reality. Phil will have a dream journal where a dream is remembered to show the challenges with dream-to-text in how it poorly translates the vivid dream content and imagery. Phil's dreams take place on March 1st, 2013 on the left. The corresponding future event takes place March 15th, 2013 on the right hand side.

Lower Order Precognition

The content of lower order precognition is subject to problems with memory, awareness and perception. Lack of memory, faltering awareness and distorted perceptions affect how the dream content emerges when the dreamer wakes up. Evident by some dreams, probability is also a factor. Each problem that lower order precognition presents will be explained with examples.

Déjà Vu

Considered to be the most common experience with familiarity to new settings or events, déjà vu is common in most people (<http://www.deja-experience-research.org/index.php/survey-data>). The question asked is, “*Can some déjà vu be linked to precognitive dreams where amnesia is a factor?*”

In this example Phil has Sleep Induced Amnesia and has no recollection of where the memory imprint comes from. When he meets Jane, the familiar pattern triggers a sense of déjà vu.

DÉJÀ VU	
<p>PHIL IN A DREAM DURING SLEEP.</p> 	<p>PHIL IN VICTORIA BC FOR THE FIRST TIME.</p> 
DATE: MARCH 1ST, 2013	DATE: MARCH 15TH, 2013
AMNESIA DREAM MEMORY, EVENT TRIGGERS DÉJÀ VU	

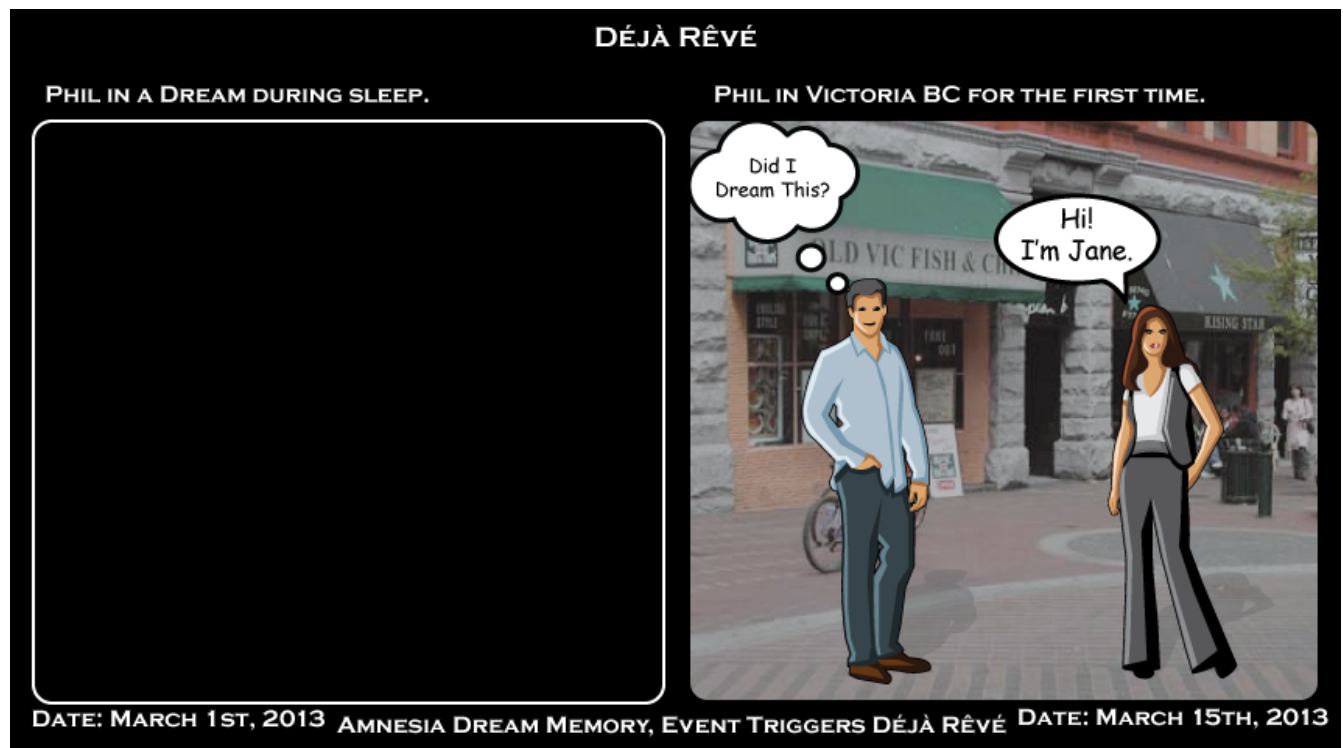
Déjà Rêve

French for already dreamed, is a type of déjà experience sub-type described by Art Funkhouser[1]

Known as déjà rêve (already dreamt), it is that form of déjà experience in which the person has the impression that he is reliving an experience he has had previously while asleep (one usually says, in a dream). This explanation for déjà vu is one of the earliest, having been put forward by St. Augustine in the 5th century (A.C.E. 416) [23] and offered among other possibilities by Sir Walter Scott (1815)[24], Funkhouser,[20] and Dr. Vernon Neppe [25].

It can bring about the same sensations associated with Déjà Vu such as the Déjà Vu aura, goose-bumps etc. however the person links the memory back to something dreamt in the past.

Like the above Déjà Vu example, Phil has *sleep induced amnesia* but when the future event triggers memory when he meets Jane, it triggers the memory stored from past dream content.



Symbolic Precognitive Dreams

Dream symbolism abstracts the precognitive information and generally is not realized up until the actual event. It can be very difficult to identify it as a type of precognitive dream; however, certain symbols in the dream can match or greatly exaggerate the future event when it actualizes.

It is here that Phil has enough memory to write a dream journal entry:

March 1st, 2013 *"Last night I had this strange dream: I was at a circus and there was this attractive woman with brown hair."*

He has enough memory of Jane that when he meets her he can recognize her from the symbolic precognitive dream as she is the only relevant symbol to survive when the other content has been distorted by perception and other psychological factors such as awareness in the dream.

SYMBOLIC PRECOGNITIVE DREAM		
PHIL IN A DREAM DURING SLEEP.	PHIL IN VICTORIA BC FOR THE FIRST TIME.	
		
DATE: MARCH 1ST, 2013	ONLY SYMBOLS MATCH FUTURE EVENT	DATE: MARCH 15TH, 2013

Third-Person Precognitive Dream

From a third-person vantage point, this type of precognitive dream can take on both symbolic and literal similarities. However, it does not suggest that the information being observed will occur from a first-person point of view.

In this case, Phil isn't part of the dream's setting or location but rather observes the details from a third-person point-of-view and later sees the image on the local news. As Phil has working memory of the dream he enters it in his journal.

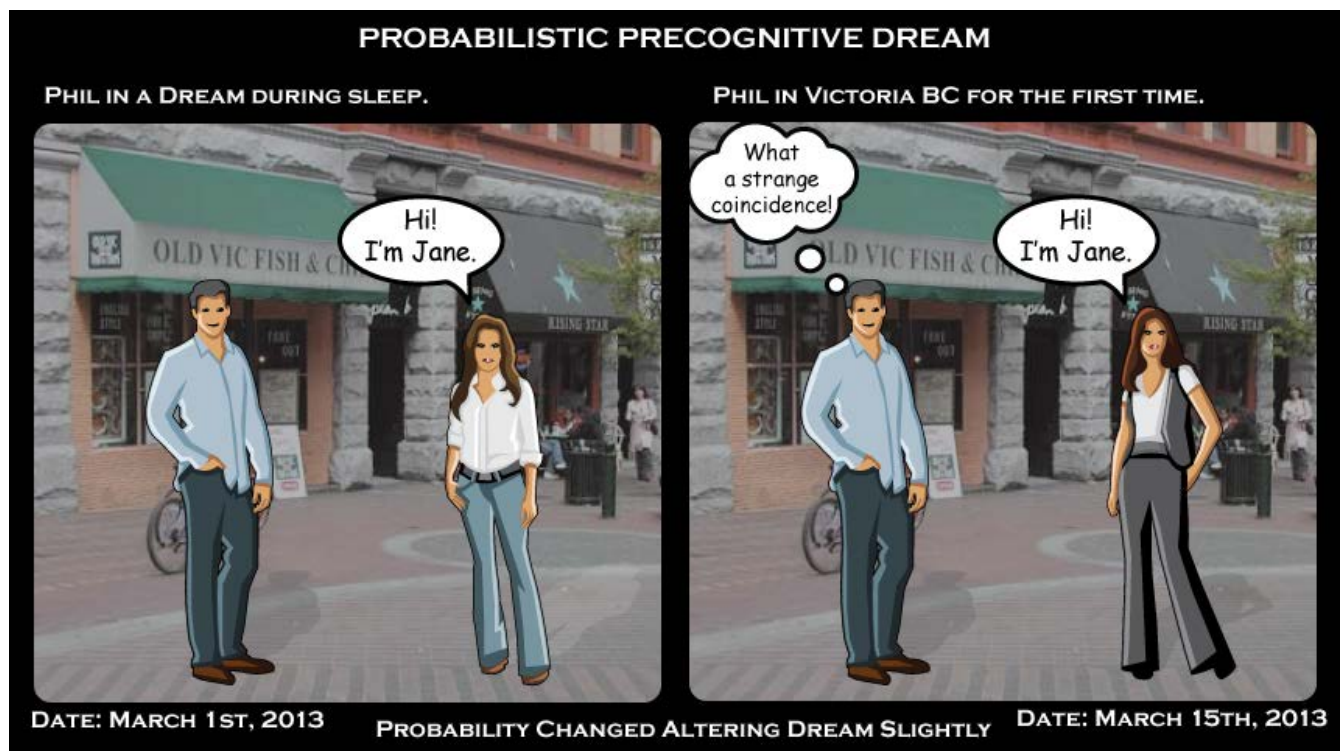
March 1st, 2013 “I had this horrible dream of a plane crashing into a building. It was terrifying.” The textual representation is easily dismissible as coincidence, what Phil saw as an image matches the same image he sees in the news. If fMRI could have extracted Phil's dream from the left frame, and matched the future event, then the arguments become less agreeable against the reality of precognition.



Probabilistic Precognitive Dream

Probability plays a role when the dream content precedes the future data and events change the future outcome slightly or even dramatically. Certain choices were made after the dream takes place cause the event to alter in some way. In this case, Jane at the last minute is deciding over what to wear and the two choices result in a 50% probability that she may wear one or the other outfit. She's decided not to wear her white dress shirt and jeans and opted to wear a gray vest and gray slacks over a white T-shirt. However, at the time Phil had the dream she had chosen to wear the white dress shirt and jeans.

Phil's Journal Entry, *"I met this woman on some brick road near a restaurant. She was wearing a white shirt and jeans. She said her name was Jane."*



Although the dream had striking similarities that Phil remembered (the road, the restaurant and Jane), it was the change of clothes that he didn't remember so he chalked the dream up as being a very strange coincidence.

As the last of the lower-order precognitive dreams, this demonstrates how the different factors of memory, awareness, perception and probability affect the resulting future event compared to what is remembered or written down in a journal.

Higher Order Precognition

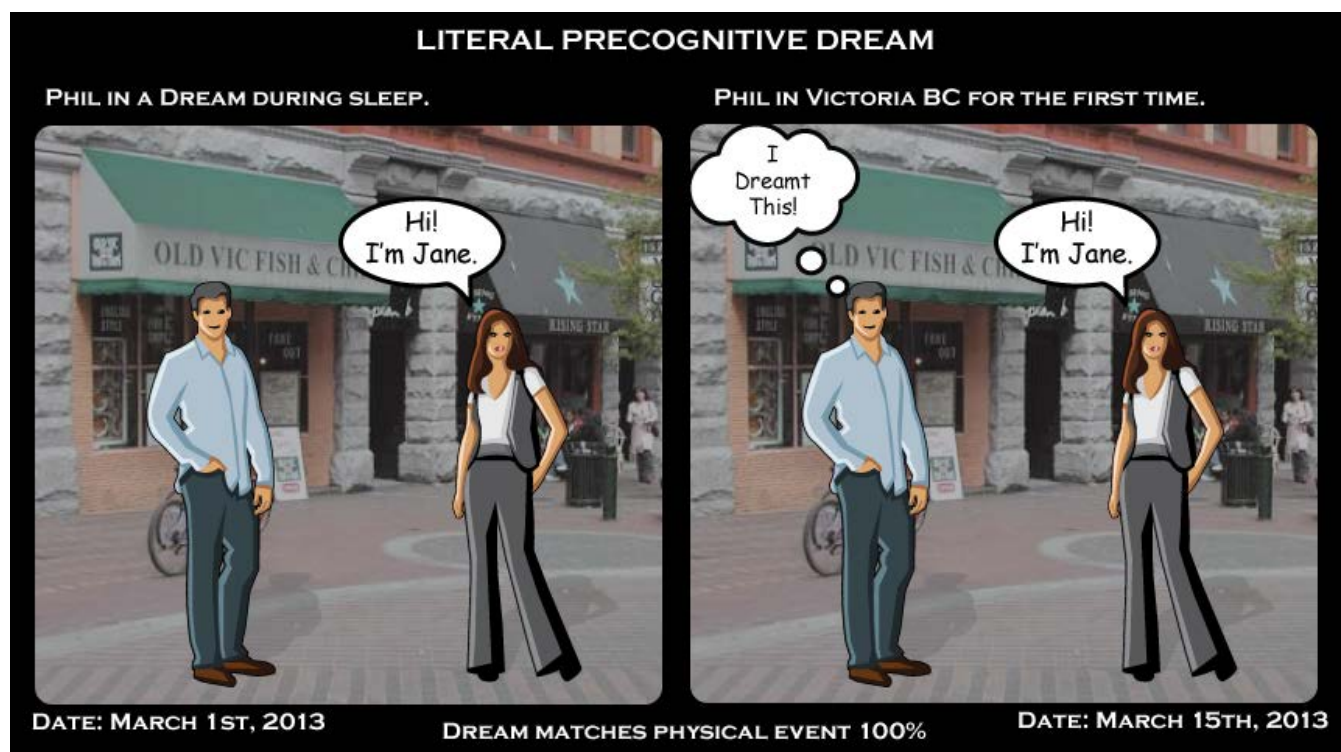
Higher order precognitive dream experiences function at a literal view-point where the memory of the dream matches the future event in uncanny detail. People who experience this level of clarity in their dream content will have a much more difficult time dismissing the content as coincidence. This quality of precognitive dreaming is where the relationship to the future event and the dream becomes apparent to the dreamer. These types of dreams are in first-person, that is, from the point of view of the dreamer as they would be when he or she experiences the future event. Thoughts, feelings and emotions can all match what takes place when the future event's chronological moment in time becomes realized.

Literal Precognitive Dream

From a first-person point of view, this type of precognitive dream is in literal detail. What you sense, think and feel in the dream can actualize in the future-tense when the dream actualizes. This dream can bring about a strong sense of Déjà Vu. Unlike Déjà Rêve, the dreamer has working memory of the dream where they can reflect and associate the memory to the future event.

Phil's Journal Entry

March 1st, 2013 *"I was on this brick road near a restaurant that said Old Vics, there was an attractive woman who said her name was Jane."*



A good historical example of a literal precognitive dream is from author Samuel Clemens ("Mark Twain") who dreamt of his brother Henry's death.

The night before they sailed, Sam (Mark Twain) dreamed he saw Henry as a corpse, laid out in a metal casket, dressed in one of his older brother's suits, with a huge bouquet of white roses on his chest and a single red rose at the center.

He related this dream to his family who encouraged him to dismiss such a terrible dream.

When the dream unfolded Sam and Henry were forced to split when Sam was fighting William Brown, the pilot of the Pennsylvania riverboat. Henry remained on board; then the tragedy occurred.

At Henry's funeral, Sam was horrified to see his dream unfold, his dead brother laid out in a metal casket in a borrowed suit. Only one element was missing: the floral bouquet. As Sam watched and mourned, a lady came in with a bouquet of white roses with a single red one at the center and laid it on Henry's chest.[26]

Further examples can be found in J. W. Dunne's book, "*An Experiment with Time*" (available for downloading at <http://archive.org/details/AnExperimentWithTime>).

Lucid Precognitive Dreams

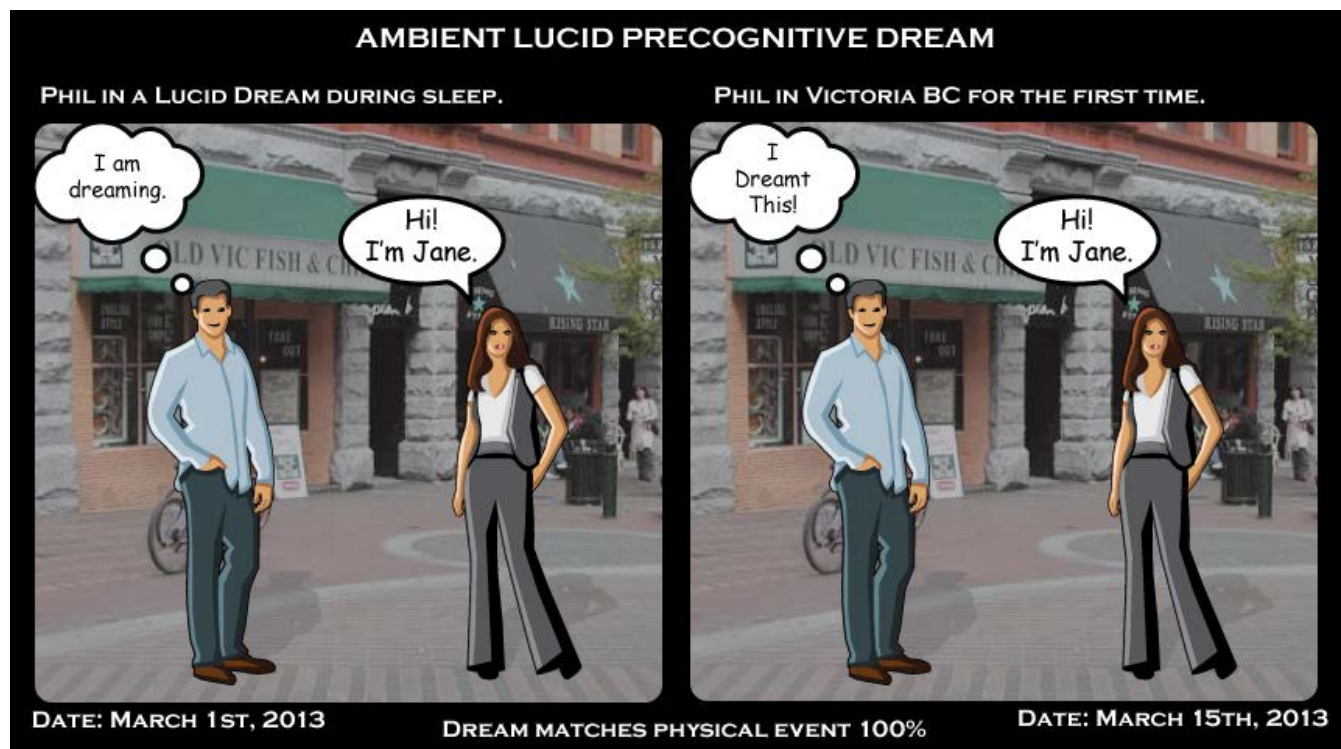
A lucid dream is a dream where a person is awake and realizes that they are dreaming. More uncommon, lucid dreaming can emerge within the phenomena of precognitive dreams. This type of precognitive dream can have an even more pronounced déjà vu aura than a non-lucid precognitive dream. Robert Waggoner explains there are two types of lucid precognitive dreams: Active and Ambient.[27]

Ambient Lucid Precognitive Dream

The next logical progression into precognitive dream content is the application of lucid dreaming. If future data is observed in a dream, it's not a large leap in logic to understand that lucid dreamers can also become lucid during a precognitive dream. An ambient lucid precognitive dream is where the dreamer observes the future content and goes with the flow. This does not mean at that time, that they will know the dream is precognitive. This fact reveals itself when the future event becomes relevant in time.

Phil's Journal Entry:

March 1st, 2013 *"I had a lucid dream where I was near a restaurant named Old Vic's Fish and Chips. There was an attractive woman there who said her name was Jane. We talked and ended up going for coffee."*



When a lucid precognitive dream actualizes, the effects of the déjà vu aura become significantly more intense. The working memory of the dream, combined with the lucid awareness that stems with dreaming, carries over into the future event. This type of dream often has the highest quality of memory, awareness (lucid) and perception matching the future event in uncanny detail and clarity.

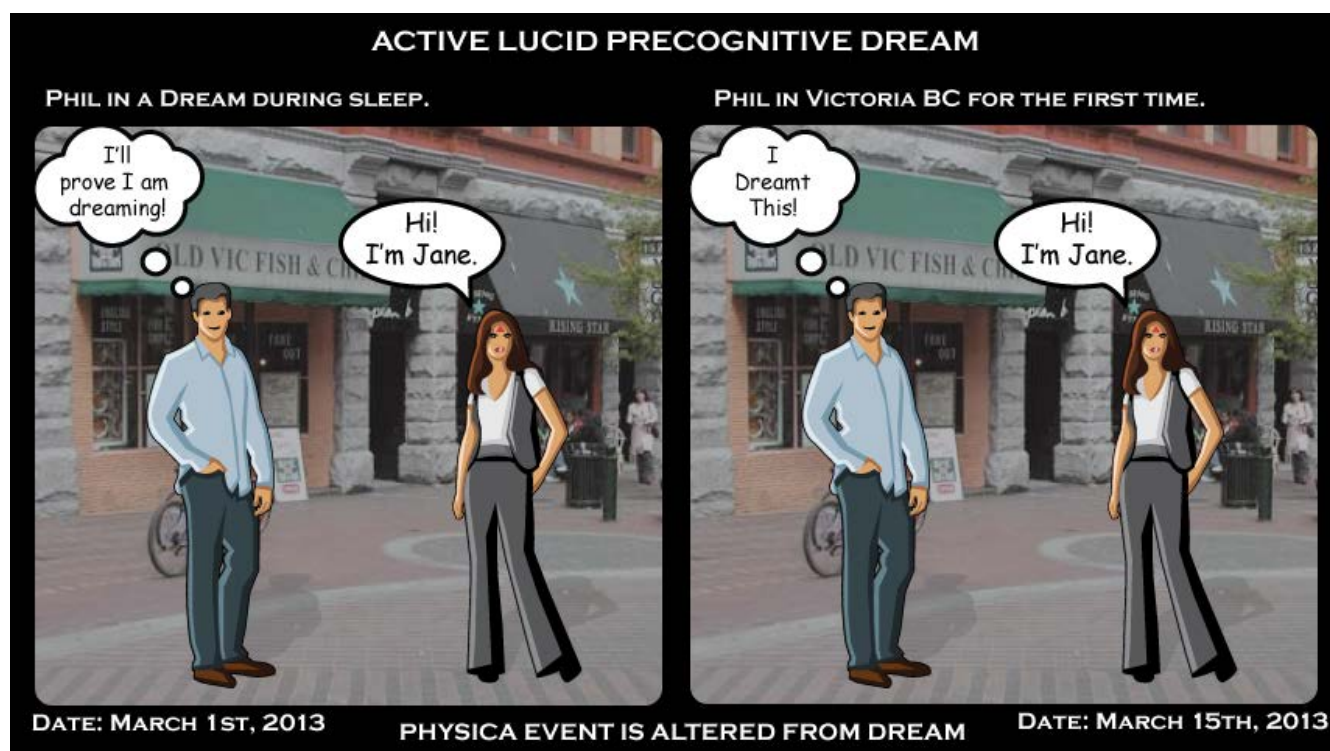
Active Lucid Precognitive Dream

Lucid dreaming allows a dreamer to control dream content. Precognitive dreams subject themselves to change by this same mechanism. In an active lucid precognitive dream, the dreamer changes the dream in some way.

In this example, Phil reproduces a result from real-world experimentation where he realizes he is dreaming. He affirms that he is dreaming by changing the dream. In this case he induces a small triangle on the forehead of Jane.

Phil's Journal Entry

March 1st, 2013: *"I had this lucid dream where I was near a restaurant named Old Vic Fish and Chips. Realizing that I was dreaming, I put a triangle on her forehead to affirm this to myself as fact."*



When the future event actualizes the dream content, the action that Phil took in the dream caused a triangle to appear on Jane's forehead in the future event. Phil's journal entry reflects a real-world example which will be presented later in this paper.

Have You Had Precognitive Dreams?

As presented in this paper, many people throughout written records have had some measure of experience with precognition. There is a statistical fact that you might have your own experiences with precognition, or you have not.

Precognitive dreaming, like lucid dreaming, will be another scientifically validated experience. The historic evidence for lucid dreaming is overwhelming, so is the historical evidence for precognition.

Lucid dreaming was skeptically debated by Norman Malcolm (1956) in his book, “Dreaming and skepticism”[28] and considered “Woo” by many skeptics. Research in the 1980's, however, empirically demonstrated that people can be “lucid” in a dream during sleep [29]. Like lucid dreaming, precognitive dreams are inherent in the human experience. With research, and advances in dream extraction, science will finally be able to understand and study this genuine experience.

Lucid dreaming is a requirement for lucid precognitive dreams. This paper will present several scientifically studied and proven techniques to assist the reader in practical techniques to achieve this skill.

What is Lucid Dreaming?

A lucid dream is any dream in which one is aware that one is dreaming. Fredrick Van Eden first coined the term “Lucid Dream” (1913)[30] in his paper, “A Study of Dreams”. Aristotle first observed: "often when one is asleep, there is something in consciousness which declares that what then presents itself is but a dream"[31] see (<http://classics.mit.edu/Aristotle/dreams.html>)

Lucid dreaming is a learned and applied skill. The benefit of being lucid during a dream spans many interests such as having the ability to think and reason, experience richer more vivid dream content and allows for more control with dream exploration.

How do you Lucid Dream?

The best practice is to follow already established and studied techniques. As each individual is different, several techniques will be presented which can allow the reader to find which technique they are most suited.

Napping

Research conducted by the Lucidity Institute with Dr. Stephen LaBerge[32] found that napping can increase your chances of lucid dreaming by up to 10x, compared to without napping. The study can be found on the Lucidity Institute website: (<http://www.lucidity.com/NL63.RU.Naps.html>)

The Napping technique when combined with other lucid dream techniques is very helpful. For people who cannot nap or fall asleep after waking up, other techniques can still be used and results are still achievable. Napping is not a requirement for lucid dreaming.

MILD - Mnemonic Induction of Lucid Dreams

By Dr. Stephen LaBerge[33]

see (http://www.bibliotecapleyades.net/archivos_pdf/exploring_luciddreaming.pdf) page 46.

This technique allows you to fall asleep without interrupting your sleeping pattern. It relies heavily on reality checks in the dream, pre-sleep programming, and is effective for those who find it hard to fall asleep while maintaining a wakeful mind as the body falls asleep.

What makes the MILD technique so powerful for new people is that results can happen quickly when combined with napping. Its shortfall is loss of waking awareness during sleep. This makes the reality-checks crucial for success to trigger lucid awareness. A variation on this technique is known as DILD, or “Dream Induced Lucid Dreaming”

WILD – Waking Induction of Lucid Dreams

By Dr. Stephen LaBerge[33]

see (http://www.bibliotecapleyades.net/archivos_pdf/exploring_luciddreaming.pdf) page 60. Unlike MILD, this technique requires the body to be relaxed into sleep while maintaining waking awareness during the progression towards sleep.

When combined with relaxation techniques and regular practice, WILD provides consistency for regular lucid dream exploration.

The pitfalls come with entering into states like sleep paralysis (“*The old Hag*”)[34] and hypnagogia.[35] When first experienced, these states may seem new and invoke some fear, but the process is natural (occurs every time we fall asleep), the only difference is the dreamer is now awake during the progression towards sleep.

Without learning to relax and fall asleep, this technique can keep a person awake while attempting to lucid dream. This is why relaxation is recommended.

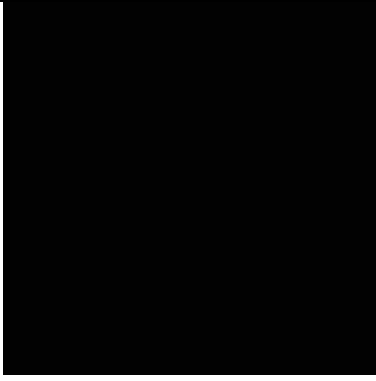
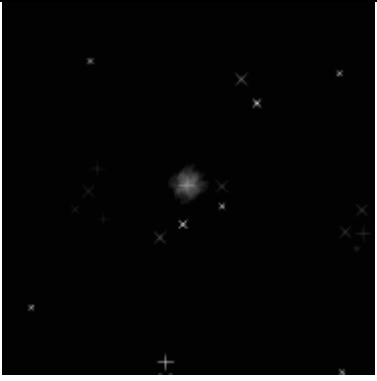

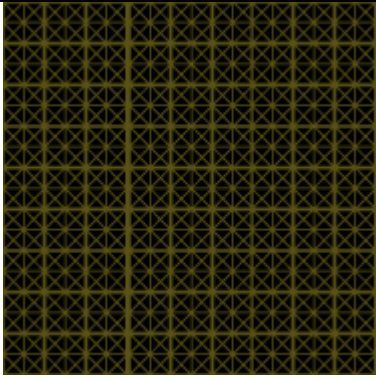
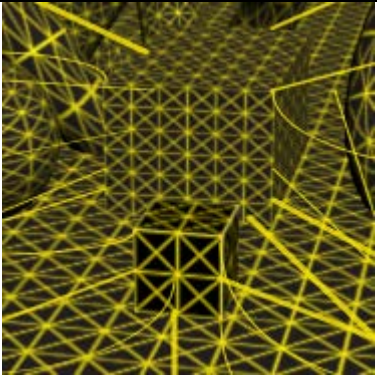

There are some very good relaxation techniques when combined with WILD that can assist you in learning to fall asleep and to achieve lucidity, even without napping. Stephen LaBerge covers relaxation in the book provided by the link above (pages 33-34).

The next section discusses dream mechanics and states observed when falling asleep.

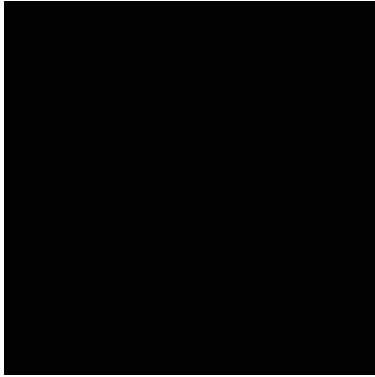
The Dream Rendering Farm

From the moment we close our eyes, to the onset of a dream there is an observable pattern that emerges. This table covers the basic mechanics of the stages of sleep, the onset of hypnagogia to the final product of a fully rendered dream experience using. These examples use simple geometric primitives with the consideration that dream content can by anything imagined. Each step is explained below, not all will be observed or remembered when falling asleep.

Table 1. Stages of Dreaming

1.1 Eyes Closed	1.2 Hypnagogic Stars	1.3 Hypnagogic Cloud
		
1.4 Hypnagogic Latice	1.5 Hypnagogic Mesh	1.6 Bitmapped Dream
		

1.1 Eyes Closed

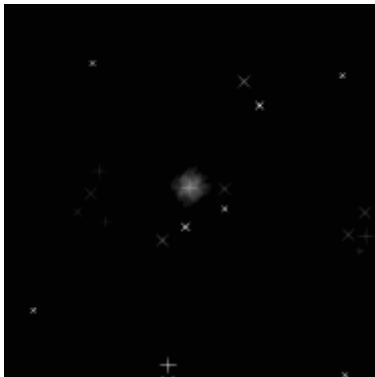


When we close our eyes to begin falling asleep, visual information sent from the eyes no longer render on our neurological equivalent of a computer screen. Known by Rene Descartes as the “seat of the soul”[36] interpreted by Daniel Dennet as the “Cartesian Theatre” which he later describes as “Many Worlds”[37] and “Bohmian IMAX” by Anthony Peake [38]. This Inner Canvas of the Mind [ICM] is where sensory content, and dream content render into a view.

With visual sensory data cut off the canvas should appear black. If there are lights sensory information can bleed through causing some illumination through the eyelids.

This process of falling sleep as observed shows that the same sensory faculty of perception that we use to perceive the objective world inverts to perceive the dream world. “*The Inversion of the Senses*” emerges as visual, audible and tactile shifts during hypnagogia.

1. 2 Hypnagogic Stars



Visual patterns start to emerge on the ICM and can start to emerge as points of light appearing and disappearing. These transitions are usually very brief as the progression can happen quickly depending on how fast the body falls asleep.

1.3 Hypnagogic Cloud

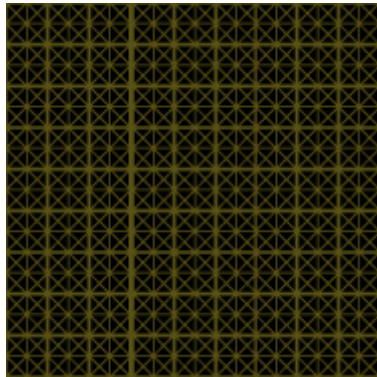


Bursts of color and cloud like fractals can emerge during this pre-dream process. It is a natural progression as the mind starts to generate dream content. The patterns that emerge do not always appear fractal and can be coherent images like people, places and things as visually thinking can overlay the fractal pattern.

The clarity and contrast as depicted in the pictures can be as vivid and real represented by these examples.

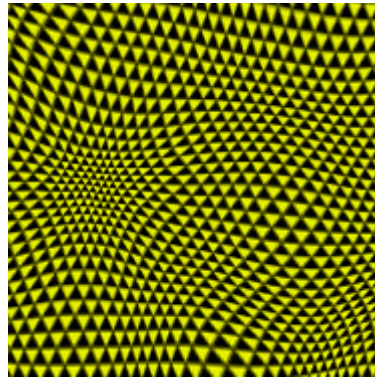
1.4 Hypnagogic Lattice

1.4.1 As Example



observed is a yellow triangular lattice.

1.4.2 More Fractal and fluid

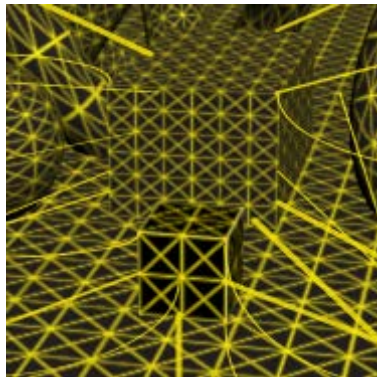


During the advanced stages of sleep, when the visual imagery becomes vivid and crisp, uniformed geometric patterns can emerge.

This starts like a fluid two-dimensional pattern that animates and morphs with a triangular mesh that swirls and flows.

During hypnagogic observations the most common pattern that I've

1.5 Hypnagogic Mesh



The 2d lattice quickly transforms into a 3d mesh. This transition happens quickly. It can be less than a second where the flash of 2D fractal patterns stretch into a 3D grid.

It is this observation that lends evidence towards a theory that the mind uses geometric patterns to underlay the 3D appearance of a dream.

This underlying mesh demonstrates how the mind uses a system similar to Cartesian 3D (XYZ) coordinates to create the illusion of space in the dreamstate.

1.5 Bitmapped Dream



The final transition from hypnagogic patterns is the final rendered product of the dream world. This characteristic appears similar to how bitmap images are mapped onto a mesh in 3D computer software.




Although very similar to how 3D computer graphics are constructed, this system is a natural product of information processing within the brain. This is worth mentioning as it becomes self-evident when examined during the process of how dreams form during sleep.

Dreams as Organized Thought

When the onset of hypnagogia occurs, we experience more than vivid visual patterns. Audible and tactile patterns also emerge as part of the hypnagogic experience. The closer we are to actually dreaming. (not just imagining ideas loosely on the ICM), the sensory rich 3D dream world emerges with full audible sounds, feelings and sensory perfection.

To understand how all of these sensory models are based on different thought forms, there are simple self-evident exercises you can do to see in action how we can think in images, sounds and tactile sensations.

Here is a simple exercise you can do. Take a moment to read this exercise then give it a try. Close your eyes and start to imagine an apple. If you start to see a faint apple appear on the ICM, then you are observing first-hand your thoughts organized in a visual way to convey and apple. Doing this during the onset of sleep as a focus exercise the visual quality of the apple can become crisp and clear.

2. 1 Initial Visualization	2.2 With Relaxation	2.3 Vivid Realism
		

2.1 Initial Visualization



On a first try if you are successful, you should see a faint translucent apple as part of this visual thought process.

It is not a requirement to see this apple, any visual image that you observe related to visual thought processes is sufficient evidence that thought takes on visual forms when we think in a visual way.

2.2 With Relaxation



If you are successful with 2.1 this ability to think in a visual form can define itself in a higher quality of contrast. Relaxing and continuing this attention focusing technique can potential render the apple into its visual realism noted in 2.3.

Applying this same exercise during sleep can achieve the crisp detail as the dream state proximity becomes apparent.

2.3 Vivid Realism



When using WILD and progressing through hypnagogic imagery the vividness of visual thought-forms becomes apparent and self-evident.

The apple is simplistic and easy to reproduce. This is a thought exercise to demonstrate how thought progresses visually into crisp, clear photographic quality. The resolution, contrast and quality becomes apparent when thought takes on visual forms.

This technique also applies to other senses and will be discussed with exercises.

Thought as Audible Sounds

As you read this text you might notice an inner monologue in your own voice reading the text forming a faint audible sound. This is thought, in the form of sound.

For this exercise, lie down and relax thinking about a song you enjoy. Imagine the different musical instruments, the piano, the drums, and the guitar. The more you relax towards sleep, like the apple, the more vivid and audible the music will become.

As you approach dreaming, the clarity and quality of the music becomes stereophonic and clear. It's natural to push these abrupt and loud sounds away as it might shock you with how clear and audible they can become. By using music, you can be entertained enough with this attention focusing exercise to progress to full volume.

At your leisure repeat these exercises as part of your lucid dreaming practice during the early stages of sleep and see in action how the mind uses thought in all sensory types for rendering dream content.

Thought as Tactile Sensations

If you are successful with the visual and auditory exercises than thoughts as tactile feedback will not come as a surprise. Like the audible exercise this is best conducted by lying down progressing towards sleep. Sleeping and dreaming is not a requirement of the exercise rather just progressing so that you attain the crisp tactile response demonstrating how focusing your attention produces the desired response.

Imagine a door and visualize your hand knocking on the door. Listen to the sound of the knock but pay attention to how the imagined hand feels when the knuckles strike the door. Feel the sensation of the knuckles striking the hard wood. The more you progress into relaxation the more vivid these sensations become.

When you can see, hear and feel the hand striking the door you are in proximity to dreaming. This is also an exercise that if you are relaxed enough can allow you to then open the door and walk into a dream if you are already in a pre-sleep state.

As you practice these exercises you can progress into the sense of smell and taste using similar attention focusing technique by imagining a pleasant smell. Pick a smell you enjoy and using the same relaxation towards sleep keep imagining yourself smelling a flower, or cinnamon.

The same applies to taste, imagine eating chocolate and progress tasting the chocolate. Keep it simple with something you enjoy until the vivid realism is attained.

A fully immersed dream is not required to achieve results with these exercises. All these sensory thought forms can emerge in pre-dream relaxation. The point is to illustrate the role of organized thoughts as sensory forms as part of the rendering process by which dream content is formed on the ICM.

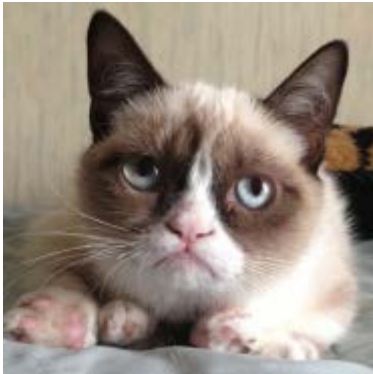
Dreams are “*Organized Thoughts*” self-evident by these exercises.

Sensory Perception as Organized Thought

Not as obvious, but apparent when you look at how your real-world use of sensory perception renders sensory data on the same ICM (Inner Canvas of the Mind) as does dreaming. Both real-world perceptions and dreams follow the same mechanics of rendering content into a view on the ICM.

As an example, take the internet Meme “*Grumpy Cat*”

Grumpy Cat™ © 2012-2013 Grumpy Cat Limited Image Source: (<http://www.lifewithcats.tv/2012/09/27/grumpy-cat/>) used in fair use for educational purposes.



Although it appears that you are looking at this cat in the objective world. The fact is what you are seeing is visual data obtained by your eyes and rendered by the brain on the ICM. If you really don’t believe your brain is rendering this image of grumpy cat, then close your eyes.

That settles that argument. Our perception of reality is based on information processing and how that information is rendered into a view on the ICM. The mind projects this image in a holographic way creating an interpretation of objective data, the final result of information processing is a fully detailed 3D rendering of that data.

The human brain is a “*reality-rendering farm*”. This ability to render a view of objective reality shares the same mechanics as dreaming. Both objective reality and dreams are rendered on the ICM using thought as the programming language and the content.

To see this relationship between thought, dreams and perceived reality may take some introspection and self-examination of the self-evident processes. One thing is clear, you are not seeing “Grumpy Cat” *objectively*, what you are seeing is a mental rendering of sensory data subjectively¹². If in doubt, close your eyes.

The reality of sensory perceptions and its limits explains itself when you look at how other organisms view the objective world. A bee for example sees in the ultra violet spectrum a flowers have data that only insects that see UV data can observe. Take the common dandelion for example.



3.1 Flower Visual Spectrum	3.2 UV Spectrum
	

Image Source: © Bjørn Rørslett/NN (http://www.naturfotograf.com/UV_TARA_VUL.html) used in fair use for educational purposes.

3.1 Flower Visual Spectrum

As you can see, the human eye perceives the dandelion as yellow however under UV imaging a vibrant pattern in the center of the flower emerges which allows the bee to identify the flower. (3.2)

The perception of reality varies greatly from organism to organism even human to human (consider color-blindness). Every living system has its own subjective interpretation of objective data based on sensory differences. According to Charles Pierce this is essentially the real world filtered by our sensory input (sight, hearing, touch, etc) which he terms the “Phaneron”. [39]

Cognitive Reality

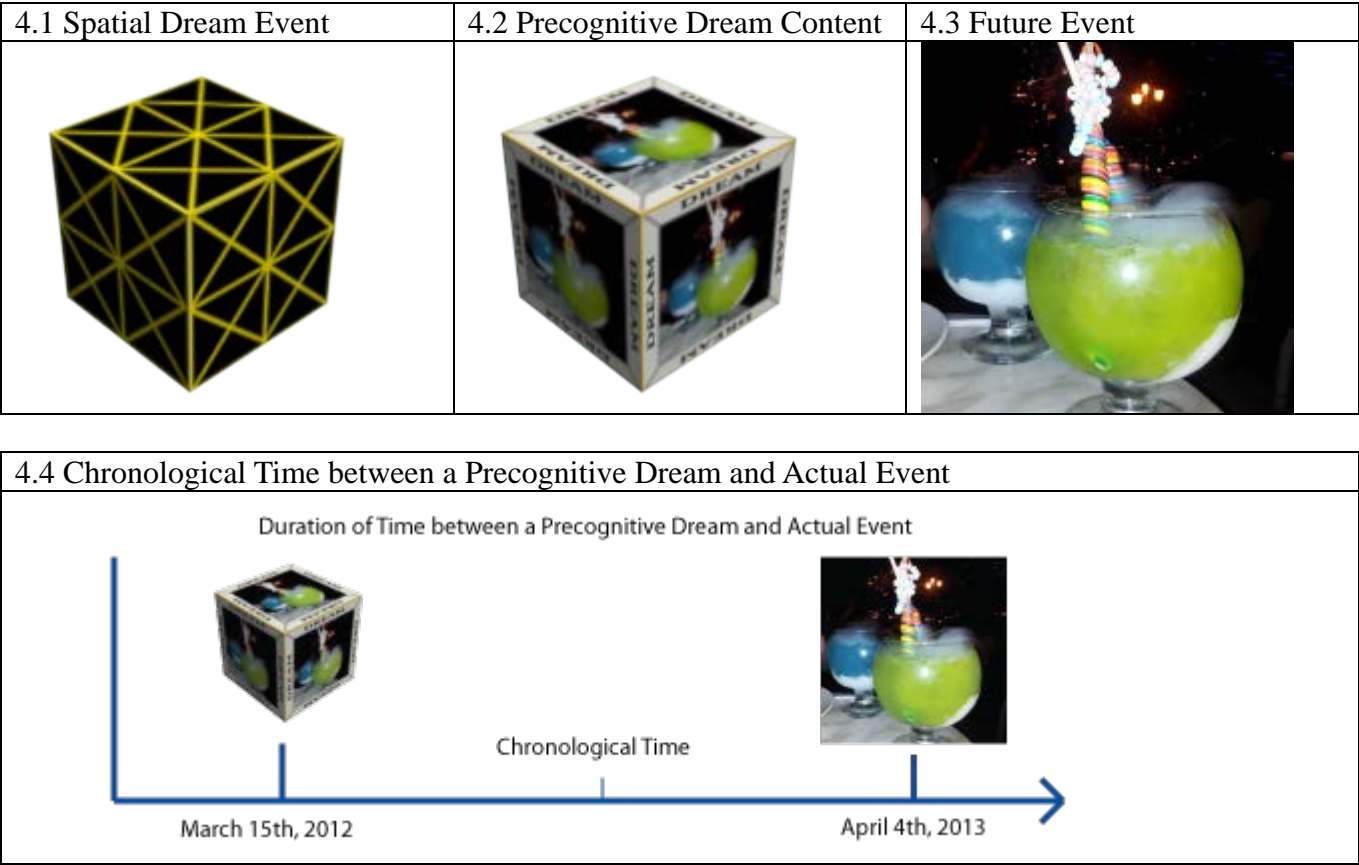
Cognitive Reality is the mind-generated result of information processing, and how that information renders. Where it differs from objective reality is evident by limits within the sensory apparatus and processing power of the brain which renders objective data into a view.

It is the subjective world view each living system renders, and transcribes our dreams during sleep. Understanding how thought plays a role in this process, is to better understand how dreams are formed and what dreams are composed of. The reduction of dreams into thought is not only self-evident but a logical description of the processes involved with dreaming and perception.

Theory of Precognition

Dreams are events that have duration of time and are described in a third-dimensional spatial form. When a dreamer encounters precognitive dream content, it presents a challenge to understand how this is possible. What this suggests is -- the future event already exists.

In deconstructing precognition based on the evidence it presents, we will represent the dream as a cube. This is a visual metaphor to describe space, time and the limited event which the precognitive dream relates.



4.1 Spatial Dream Event



During sleep, the dream content as it relates to precognition occurs in *Cognitive Reality* and the data is rendered on the ICM. This allows the dreamer to have a first-person view of the precognitive dream data.

This cube represents the fact that the precognitive dream is a third-dimensional spatial construct. That it has a framed duration of time. And that it represents an event relative to the dreamer.

4.2 Precognitive Dream Content



The cube has precognitive data rendered on it as it would appear to the dreamer. Like any data we experience, the information must be rendered into a view on the ICM. The content of the precognitive dream varies depending on what degree of MAP (memory, awareness and perception) the dreamer has at the time of the dream as discussed on pages 8-14.

This cube represents a literal precognitive dream as viewed in first-person by the dreamer.

The duration of the dream event can last seconds to hours; this variable is seemingly arbitrary. More scientific investigation can perhaps answer why precognitive dreams capture small events in a person's life.

In this example, the dreamer sees himself at dinner having strange and unusually large drinks. This experience seems exaggerated and dream-like until such time that the future event that this dream represents comes true. The duration of time is less than a minute. This example sets the time of the dream on March 15th, 2012.

4.3 Future Event



When the literal precognitive dream comes true and the future event is now present. The dreamer based on the data will have personal veridical evidence that confirms the link between a past dream and a future event.

In cases of unique events, such as this example; the person has never seen a drink like this except in the dream. When the dream comes true and matches the literal pattern of the event, the dreamer will connect the working memory of the past dream with the current event.

This event takes place in Las Vegas during a vacation on April 5, 2013.

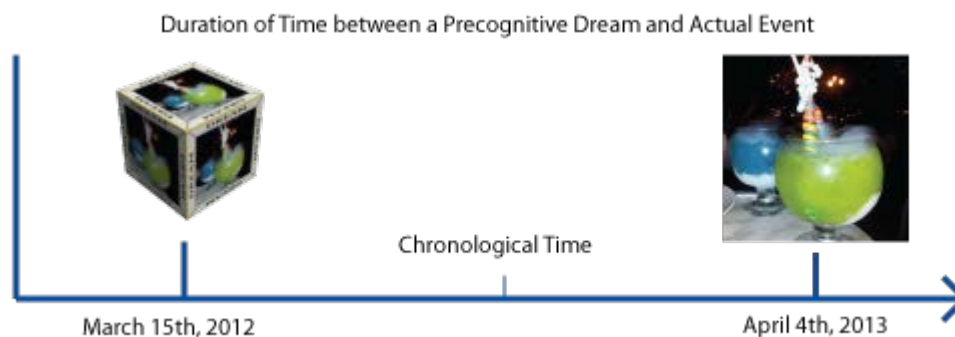
The person who had the precognitive dream finds themselves randomly picking a restaurant with patio's to sit on. While walking down the strip, the patio at a restaurant called the "Sugar Factory" meets the requirement. The person sits down and discovers that the restaurant features 36oz specialty drinks in Goblets.

In a seemingly random choice, the person orders the "Lollipop Passion". At this point in chronological time, the event hasn't matched the precognitive dream content. The person has forgotten the dream from a year ago and hasn't the slightest idea that what happens next. When time catches up with the relevant precognitive dream content, the familiar patterns in objective reality that match the dream content will trigger the memory of the dream. The details such as the lollipops, the dry ice evaporating from the glass, the position of the ice on the bottom and the green color triggers the memory. This brings about the déjà vu sensations and occurs when the server brings the drinks and positions them in the same location as in the dream. The person who had the dream is now left with the realization based on the working memory that the dream accurately matched the current event.



4.4 Chronological Time between a Precognitive Dream and Actual Event

When the precognitive dream content matches the future event, the duration of time between the dream event and the actual event varies. There is no obvious rule-set stating that the duration of time between events is a fixed value, this is a variable that changes from the days, weeks and even years before the content of the dream surfaces as an actual event in objective reality.



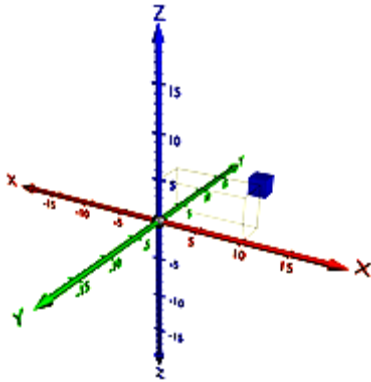
In this example 386 days or 1 year, 21 days have passed from when the person first had the dream until such a point that the dream came true. This is just an example with an arbitrary date range to demonstrate how long precognitive dream data can relate relative future content.

The access to precognitive data from dreams is anomalous not following a predictable rule-set. The duration between the dream and the actual event can vary as discussed. This presents a difficult challenge for science to measure and extract precognitive dreams. If we can consider that the future already exists as a distribution of probability, the precognitive dream is a vector in time when a person simply accessed some of this data during sleep.

If the event takes place on April 4th, 2013, any vector of time in the past during a dream would suffice. It could be a year, a month, a week or the next day. When the data is accessed and dreamed about vs. when the event comes true seems arbitrary but when viewed as accessing already existing data explains why the durations are so varied. The precognitive dream is simply when that future data was accessed.

The Relationship between Dreams and Objective Reality

The Third Dimension



Both dreams and objective reality are observed in the third dimension.

Space in objective reality is measured in distances between sub-atomic particles and atoms.

The space we observe in a dream is derived from information processing. Like a computer which renders 3D graphics, space in a dream is also a rendered calculation. This suggests that similar laws that we observed in Cartesian 3D mathematics using vectors to plot XYZ coordinates may be observed in how the brain also calculates and projects an illusion of 3D space.

(image source: http://www.rab3d.com/tut_blen_started.php in fair use for educational purposes)

Time

Both dreams and objective reality observe the passage of time between events.

Where objective time is measured by how particles change, dreams sequence time frame-by-frame similar to animation as thoughts change.

Physics

Dreams and objective reality adhere to their own physics. Where objective reality is well defined through gravity, thermal dynamics and entropy; dreams mimic these laws. Using the computer metaphor, physics in dreams would be similar to a physics engine in a computer game. When a dreamer walks through a wall, this would be the equivalent of no-clipping mode in a video game.

How the physics rule-set is defined in a dream, determines how the dreamer behaves and interacts with dream world. People fly, teleport and perform all manners of amazing feats. This is to be expected when you change and control the dream content. That said, some dreams still present rigid realism thereby mimicing physical laws.

Sensory Perception

Both dreams and objective reality present information (data) that must be perceived and rendered on the ICM.

In objective reality, the observer extracts information from the objective world using five physical senses. The brain interprets these signals and renders a view of the data using organized thought. (Discussed on pages 28-29)

In a dream, the mind has to create the “objective world” and also must create the dreamer in a dream body to perceive this “objective” yet subjective dream world. The dream body is much like an avatar

in a video game, keeping with the computer metaphor. How a dream simulates both the dream world, the dream body to perceive the world and the virtual physical senses is quite astonishing. If we compare how real-world computer graphics generate a single 3D frame for an animation, this can span over 32,000 computers and take full day to render one frame of animation. The human mind puts all of that to shame as it renders an entire 3D virtual reality effortlessly during sleep in the form of one dream.

Content and Experience

Both objective reality and dreams provide content and experience. How the content and experience varies is that dreams can generate any fantasy, desire, belief into a complex virtual reality where the objective world is constrained by physical law.

Where the objective world has constraints, dreams do not so the range of content and experience in dreams vastly exceed what we can experience physically. Take your best flying dream as an example.

The Observer

Both dreams and objective reality represent information that needs to be observed. Not singling out humans, but any living organism that observes objective data and also has dreams such as cats, dogs to name a few play a role in how the data is observed.

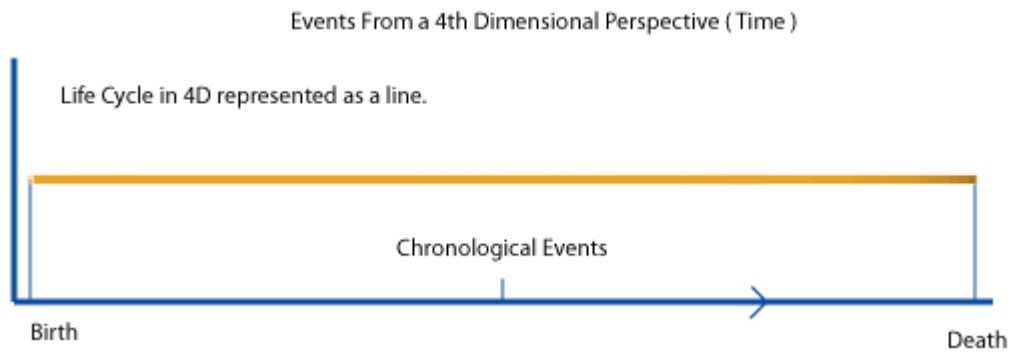
In the objective world the observer is generally a consistent personality. In the dreamworld, the consistency can change so that we can observe dream experiences as something or someone completely different. Fundamentally the observer is the same in both systems but changes somewhat even dramatically in the dreamworld. You may be familiar with Zhuangzi who was a Chinese philosopher around 320BC who dreamt he was a butterfly to wake up then wonder if he was now a butterfly dreaming he was a man.[40] As strange as it sounds, we can change into different archetypes in dreams so we are not always as we seem in the objective world when we enter the dream state.

As discussed, the dream world and the objective world when addressing similarities have a lot in common. Understanding that dreams are far more dynamic and present a wider-range of experiences where then can we find specifically precognitive dream content as opposed to non-precognitive dream content? Time and probability factor into how dream data relates to future events. The next section addresses that relationship with some ideas.

Event Orientated Systems and Time

Both dreams and objective reality define a series of events that shape and describe our life cycle. Where we see our life in a series of chronological events from a 4th dimensional view, would observe our birth and death as a line stretched from our beginning to our end.

5.1 Events From a 4th Dimensional Perspective (Time)



Where objective reality observes the arrow of time moving forward, dreams can move into non-linear and non-local probability. Due to the anomalous nature it appears that this future data access being independent of chronological order is more specific to small events. For example one could dream a future event that takes place in December 14th, 2014 then dream another event that could take place in August 12th, 2014, chronological order in precognition has not been observed.

Precognition and Probability

5.2 Life Cycle in 5 th Dimensional Probability	5.3 Close up of Probability Matrix

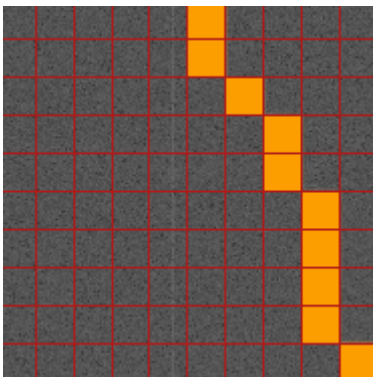
5.3 Life Cycle in 5th Dimensional Probability



Precognition demonstrates that the future in some way already exists. This suggests that all events leading up to the dreamed up event also exist. As probability is observed in precognition, then different timelines may also exist.

The fifth dimension, or probability explains in theory why this is so. If we observe our life-cycle in the fifth dimension we would see a distribution of probable events, and one set timeline of actual events represented by the gold line.

5.4 Close up of Probability Matrix



In this zoomed view, we see several 4th dimensional trajectories as columns. Only the events that actualize are marked in gold, the rest remain as probability only.

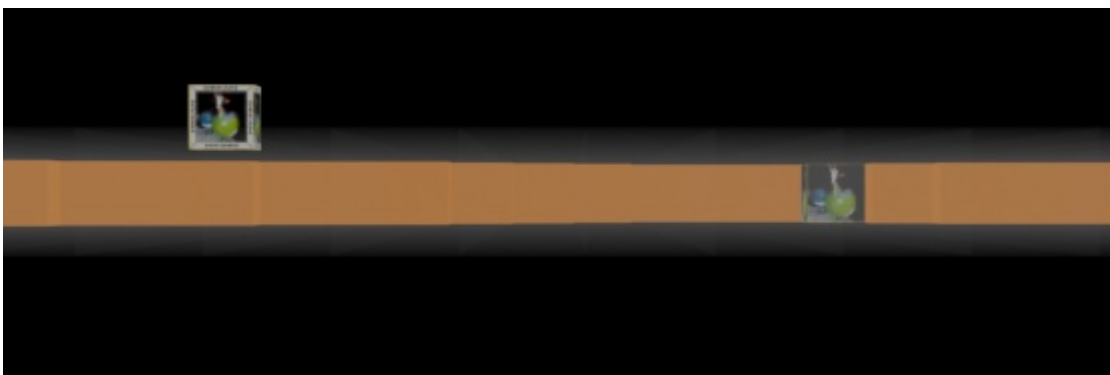
Probability may also be supported in observing quantum superposition, and wave-function collapse.

For now, this theory is a logical exercise in how the data presents itself from the perspective of precognitive dream experience.

5.5 Precognitive Dream Event vs the Actualized Future Event

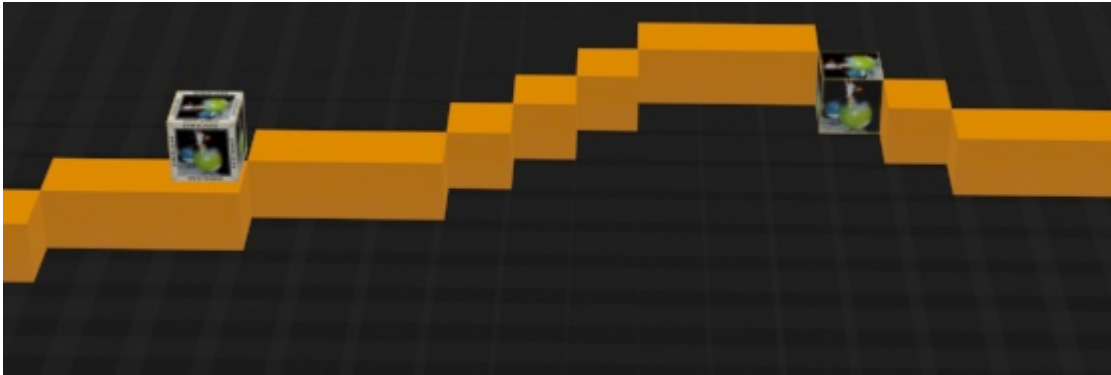
If we observe precognition from the 4th dimension, we see the actualized timeline of our life-cycle. In this example, the precognitive dream event is elevated to represent that it's being dreamed of in non-locality. The orange square underneath is when the dreamer is having the dream.

The future event is represented in the timeline. This example is to help visualize the suggestion that every event leading up to the future event also somehow exists as “accessible information”, including probable events.



5.6 Rotating into a 5th Dimensional View of Events.

As we rotate the 4th dimensional view; the trajectory of events in the 5th dimension show all the probable events represented by gray transparent cubes. Since we are no longer observing the events from a 4th dimensional perspective, we see our actualized life-cycle line staggered amongst several 4th dimensional timelines as actualized events from the non-actualized probable events.



5.7 Topological View of the 4th Dimensional Trajectory in the 5th Dimension

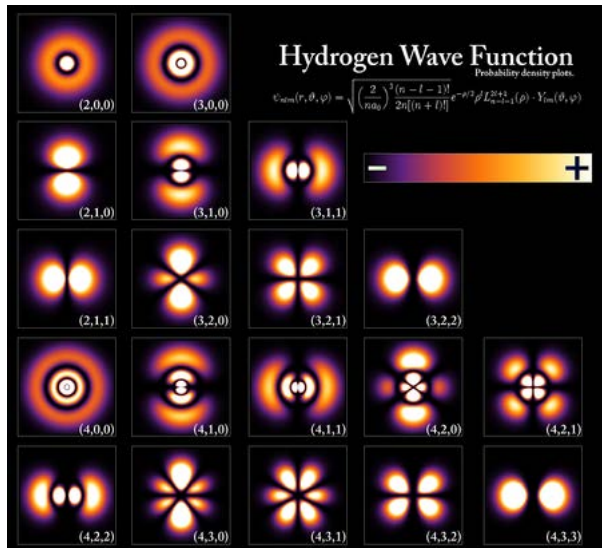


From our 3rd dimensional perspective, we only see these events in first-person. The larger dataset in the 5th dimension truncates so that the 4th dimension only sees a straight line, as does the 4th dimensional dataset truncates so we only see events frame-by-frame in an apparent chronological order from our 3rd dimensional perspective.

This is a natural constraint between dimensional datasets as explained by Carl Sagan [41] with his Flatlanders analogy where 2 dimensional flatlanders only see slices of 3rd dimensional information.

Quantum Mechanics and Probability

In Quantum Mechanics probability is extensively discussed. Although we cannot see the fifth or fourth dimension this doesn't mean we cannot see their effects or "shadow" in the 3rd dimensional world. An electron for example in a state of superposition around a hydrogen atom observes all possible states of spin at once.



The electron spinning around the hydrogen atom is said to be in a 'cloud' (i.e. simultaneously in all energy eigenstates at once) until measured causing wave-function collapse.[42]

This diagram shows 19 different states of superposition that the electron is in. If the 5th dimension exists, could superposition be its shadow in the 3rd dimension?

(image source:
http://upload.wikimedia.org/wikipedia/commons/thumb/e/e7/Hydrogen_Density_Plots.png/400px-Hydrogen_Density_Plots.png) used under GNU license fair use for educational purposes.

Spooky Action from a Distance and Consciousness

We observed spooky action from a distance with quantum mechanics, and everything that people describe when talking about precognitive dreams, out-of-body experiences and near-death experiences is that their awareness, their consciousness is somewhere else. These are not claims, but predictable effects if we observe consciousness as also exhibiting qualities found in quantum mechanics.

Consciousness is not a physical system. It is an information system. Consciousness is software running on neural hardware. Two schools of thought suggest that consciousness is a field of information that attunes itself to the brain, like a radio-receiver. Or that consciousness is derived from information processing in the brain.

When observing the flow of information between synapses, there are two major players: The electron and neural chemicals. If we dig deeper than synaptic electrical discharges, we find the uses of photons within the microtubules which stimulate alpha-beta tubulin (carbon-atom pairs). [43] Two of the most fundamental "spooky-action from a distance" sub-atomic particles are at work building the information field that is our conscious mind. *When an electron passes through a synapse, is it a particle or a wave?*

Consciousness is exhibiting similar behavior as described by modern Quantum Mechanics. How spooky-action from a distance affects consciousness is likely observed in more mysterious experiences and phenomena like precognitive dreams, out-of-body experiences, near-death experiences, remote-viewing and many of the claimed phenomena that people have talked about over the ages.

Precognitive Dream Explorer Material

This section deals with exploring dreams for the purpose of having precognitive dream content. The first exercise is designed to focus your attention to form a question directed at your subconscious mind. If you ever slept on a problem, and woke up with the answer after a good night sleep, this technique is based on that ability to query the subconscious to gain a result.

When you enter sleep, your focus and your intent plays on this ability for the unconscious to organize and present information. It's our neurological equivalent of Google search, although the results might vary. Querying the dream state for answers or experiences is precisely what you want to do, it doesn't have to be precognitive dream content, and it could be problem solving questions. This is a technique that lets you tap into this unconscious potential by directing your intentions.

When framing this query, don't impose any beliefs or expectations, the idea is to allow yourself to remember experiences that you are already unconsciously having. You are simply trying to be aware of these already existing unconscious processes within you.

Exercise 1: Querying the Unconscious.

This exercise is very simple. It will take very little time to implement during your regular sleeping patterns.

Step 1: Pre-Sleep Attention Focusing

At the foot of your bed, before you go to sleep, affirm your intent that you are allowing yourself to experience and remember your precognitive dreams.

Frame in your mind, your intent to remember any dreams that may be of you in a future event. Feel any past experiences of *déjà vu*, what those feelings felt like; frame those feelings in with the query. Affirm that you know you are falling asleep and that you will be dreaming. Affirm that you will remember all your dreams when you wake up.

Step 2: Initial Sleep Attention Focusing.

Eyes close, as you lie in your bed affirm that you are now lying in bed and are about to fall asleep. Remind yourself that you will be dreaming and that you are allowing yourself to remember your dream when you wake up. In the REM screen, frame your query and project your intent to remember and experience any dreams that may be of you in a future context. Think, *"I am allowing myself to remember any dreams that may be of me in the future. I am allowing myself to remember and experience this in my dreams."* Push that intent into the dark void as a query and let it go, fall asleep as normal.

Step 3: Dream Recall and Journaling

Wake up and record any dreams you can remember. Give yourself at least 5 minutes sitting at the edge of the bed to trace back memories into dreams. Try to recall and remember any dreams you had. Record any dream that you remember.

This is the simplest exercise that I can devise during sleep, it should take no more than 10 minutes plus whatever additional time you allocate for writing your dreams down. This should be repeated every night. It will improve dream recall, teach you to query and frame intent for the purpose of having dream experiences.

Will a dream be precognitive in nature? You might suspect a few and the only evidence will come if a precognitive dream actualizes. What is important is your journal and your working memory of those dreams. Should a precognitive dream arise, the feelings of déjà vu and the link back to the working memory you cultivated by forming your intent will assist in progressing to more advanced techniques.

Exercise 2: Daily Attention Focusing

During the day, anytime a déjà vu triggers, try to see if you can recall the familiarity from a dream. If so, see if it was a dream from the first exercise and check the journal if the entry exists.

In addition, the attention focusing goal here is to create a communication pattern where in waking life you will place emphasis on details, for example you went to a hockey game with a friend. The idea is to project these impressions to your past-self in a dream. The idea is that when you actually are dreaming, this behavior carries over creating a stronger working memory between the precognitive dream and your working memory (waking memories).

Just frame a thought in your mind, “it’s September 5th, 2013 and I am at a hockey game with a friend. Here’s the snack bar, there’s a jersey booth over there.” Just take mental notes and create this dialog with yourself. Send the recorded thoughts and images to yourself in the past and let go.

Building a stronger working memory will help when those dreams do come true. If you practice this exercise you’ll have interesting effects of yourself thinking specifically about the details that emerge in the déjà vu. When this happens you will see the effects of working with intention to help build stronger working memory.

Exercise 3: Lucid Precognitive Dream Attunement

This is more advanced as it requires having the skill and ability to dream lucidly. In addition, you should have some experiences with precognition from the above exercise to better understand how attention focusing and intent play a role in directing your experiences with precognitive dreams.

Like exercise 1, you are going to focus on the feelings triggered from past déjà vu or precognitive dreams. This creates an identity and target which your lucid dream will then gravitate to. If you are already having non-lucid precognitive dreams at this point, it’s a small step to introduce lucid awareness if you are capable of becoming lucid during sleep.

Step 1: Pre-Sleep Attention Focusing

Using attention focusing and intent when you are at the edge of the bed, do the following:

- 1.) Remember the feeling of all your déjà vu and precognitive dream events.
- 2.) Focus on those feelings and assure yourself that you are allowing yourself to be awake and aware during a precognitive dream.

Step 2: Initial Sleep Attention Focusing.

In bed:

- 1.) As you fall asleep, focus your attention and intent on being lucid for the purpose of having a lucid precognitive dream.
- 2.) Continue to feel the memories and feelings that these dreams invoke; focus on those feelings as an identity and put your attention on that identity.

Step 4: Maintaining Intention in the Dream.

If you make it into a lucid dream, if you feel the dream is not precognitive in nature (i.e., it doesn't represent anything common or relative to your waking life), close your eyes in the dream and focus on the identity and feelings of precognitive dreams and déjà vu. Allow the dream to shift and then see if it matches your normal waking setting. Make note, and repeat until you think you have a hit.

Step 3: Dream Recall and Journaling

When you wake up, take the time to remember the dream and wake up.

Exercise 4: Active Lucid Precognitive Dreaming.

This is the final exercise that requires lucid dreaming and attention focusing as in Exercise 3. If you have had success with Exercise 3, then progression to this step is recommended. If you have not, then work with Exercises 1-3 until you have enough veridical evidence and confidence to actively affect precognitive dream content.

All that is different from Exercise 3 is your intent to change the precognitive dream in some way. How you chose to change it is your choice. You may not realize you are in a precognitive dream during the lucid exercise so invoking change in any dream is recommended.

You can make the change a key phrase, unique to when you dream only, an action like rubbing your nose 3 times. Make it simple, the idea is that once you perform a conscious willing choice in a precognitive dream, when the dream comes true and actualizes, you will go through the motions as you did in the dream.

Continue on with the journaling and if you start to see results, just stay on the task with these simple exercises. If you don't see results at first, perhaps they happen a year later. You can still go back and work on the material.

In Summary

This paper has covered the history of precognition, the types of precognition encountered, theory as to why precognition exists, instructions on how to lucid dream and explore material designed to direct your attention to precognitive data during dreams. This concludes the body of the paper. What follows is some personal reflection and experiences by the author on precognition and references.

Some Personal Experiences

26 years ago, no one would have been able to convince me that precognitive dreaming was real or even a part of the human experience. It wasn't a book, or a show on TV, or some novel belief that directed my attention to this profound enigma in dreaming. There was a turning point where up until the age of 15 no dreams presented precognitive data in such a way that it was genuine or noticeable. The trigger was an Omni Magazine article written by Stephen LaBerge entitled, "Power Trips: Controlling Your Dreams"[47] which loosely discussed the reality that people could have lucid dreams and control the content during sleep.

In 1987, computer graphics were still the 8 bit side-scrolled blocky video games. Movies still had dynamation and not the amazing special effects that more advanced computer technology brought about. Dreams, however, were delivering a certain type of entertainment that caught my attention as a teenager. The article from Stephen LaBerge fueled the imagination and to my surprise was valid as lucid dreaming started to emerge when attention during sleep was placed on that interest.

Once successful, lucid dreaming soon replaced all movies and video-games as the premier place for quality entertainment. Where else could you have amazing epic adventures in places that rivaled the best computer graphics and movie special effects? Lucid dreaming was and is still one of the most stunning displays of human thought in action. Never disappoints.

The side-effect was this sudden and shocking introduction into precognitive dream content. The first precognitive dream that occurred involved a beach near a fire that had a large log. There were two teenage girls, one was a redhead and the other was a brunette. A friend known to me was also in the dream. We seemed to hit it off with the girls.

Having relevance to this person, he was told them the dream. During that summer, this person and I ended up on the same beach, near the log and fire pit. There was the redhead and brunette. The person to whom the dream was told pointed out that my dream somehow predicted this event. He remembered all the details as described. This was not convincing that the dream did predict the future and at that point knowledge of precognition was unknown. The first precognitive dream was easy to brush off as a coincidence.

More of these strange coincidences in dreams started to emerge. For a while, they were easy to dismiss as there was not enough veridical evidence or working memory to really justify the idea that what was going on was some strange telling of the future from dreams. Several more emerged challenging skepticism until one very detailed literal precognitive dream surfaced that, for me, solidified the reality of this phenomena.

In this dream, my sister and her friend were downstairs in the den of an old house where we grew up. The eastern couch was where I sat, watching a movie by Sam Rami called, "The Evil Dead"[45]. A very important point in the dream was that my sister's friend was sitting on the eastern couch with me. We had a blanket draped over our legs and she was playing footsies with me. When I awoke, the memory of the dream was clear. All the details were remembered, including the footsies which sparked interest due to a crush that I had on this person at that time.

At the time this dream came true, I arrived home, went downstairs to the den and found my sister and her friend watching *The Evil Dead*. The eastern couch was available, and was the only place left to sit. The familiar patterns reminded me of the dream, which was clearly recalled. Having working memory, the important detail was that her friend sat on the couch with my sister whereas in the dream she was clearly sitting on the eastern couch with me. The other memory in review was that she was also playing footsies with me.

At that point in time, it was clear that these important details from the dream were not occurring. Still, there were details that very close, such as the movie and the actors involved. A sense of relief ensued with the realization that these strange dreams were merely coincidental, although very strangely close to future events. Had she sat on the couch with me, and played footsies perhaps I'd be more convinced that it was something else.

This led me to believe for the moment that all these strange future telling dreams were mere coincidences. What changed the belief was when my sister's friend got scared and decided she was safer sitting with me to ease her fears. She stood up, brought the blanket over, and draped it over top of both of us. Having just reviewed the dream memory and dismissing it as coincidence this change in the pattern made me more uncomfortable with the realization the dream actually could be of the future. Fear and concern crept in with the realization that the event in the dream simply had not happened yet.

Then it happened, she started to play footsies! What also became clear was that the scene in the movie was the same one as remembered from the dream. The details being literal were now overwhelming in favor of the reality that, somehow, these coincidental dreams really were snippets of future events.

At that time, this was a terrifying realization. It was absolutely the most horrific feeling of dread and confusion which swept over me. There wasn't anything fun or exciting about this realization. What was now clear was that, somehow, something dreamt about from a past dream had come true in detailed literal context.

The elephant in the closet had made itself known and thus would start many more excursions into this quality of dreaming which would not only change my world view, but also save my life.

Waves of these types of dreams emerged where my waking life began to feel like some horrible re-run but the TV station playing the old footage was this objective reality. The personal veridical evidence was overwhelming and there was no going back. Precognitive dreams were real, like it or not.

Thankfully, fears were overcome with curiosity and courage to allow open-minded exploration and inquiry into this quality of dreaming. From this experience, one can only share what is learned and thus this paper has now emerged. For that purpose examples that fit the categories as described will be presented.

Probabilistic Precognitive Dream

The dream that saved my life has strongly impacted the desire to publish this paper. Considering that had events not changed, thanks to this dream, it's likely this paper would never be written. The journey of my life would be at an end but, thanks to precognitive dreams, this proved life saving.

Last winter, a dream emerged where my daughter and I were driving down a road on a hill with a fresh patch of snow. Under the snow was black ice. At the time of the dream, my daughter would only be 3 years old. She is now four at the time this paper was written. She was in her car seat in the back of the car. Unaware of the black-ice under the snow as we drove down the hill to a T-section, ending at a stop sign, the danger became apparent when attempting to stop. The car slid out of control into on-coming traffic. A white pick-up truck t-boned the driver side of the car crushing me. In an instant, I woke up.

Disturbed by the dream, and after many years of precognitive dreams, the idea that this dream might be precognitive was not easily dismissed. In the Okanagan Valley in British Columbia, winters are not long lasting and roads clear quickly from snow and ice during the winter season. As a result, the tires on my car were an assortment of two front winter tires and two all seasons. That sufficed for two prior winters and often there are just all-season tires on the car.

Discussing this horrible dream with my mother we both decided maybe this dream should be heeded as a warning. Not knowing if this dream was precognitive, extraordinary precautions were taken where for the first time in 25 years of driving, a full set of brand new studded winter tires would be purchased for the car. Knowing this variable was not part of the dream, the hope was, in the event it proved precognitive, the studs would help the car stop and the accident would be avoided.

Interestingly, when the tires were purchased at Walmart, the clerk argued over the need for studs, based on the known history of mild winter driving in our area. The working memory of the dream was vivid and clear and this motivated me to insist; despite his several attempts to sway me, that studded winter tires were required and he eventually gave in.

My commute that year involved driving from Penticton to Kelowna BC to work and a house sitting offer opened up that allowed me to stay in Kelowna. This played a factor in the choice of road to take with my daughter when the first snow fell that year. It was early morning and my daughter and I had to drive to her daycare in Winfield.

Having had close calls during the first snowfall on the highway, the choice was made to take the back roads in hopes that no traffic would be a concern. Less traffic meant less risk of someone else sliding into our vehicle. This proved true as the road we travelled on had virgin snow. No snow plows had started the removal and no other cars had ventured on this route.

The oversight was the fact this route required that we turned onto the very same hill as in the dream. It's the only connecting road in proximity to the daycare. In turning down this hill, even while being very cautious, the black-ice became clear when we started to stop towards the intersection. As in all precognitions, this would be the vector in the dream where we would slide out of control. The working memory caught up and the dream was proving to be a real event. Even with the winter tires, the car was sliding towards the stop sign. Fear took over, and the hopes of stopping safely were becoming dim.

Remembering the dream at this point, honking the horn was a suitable choice to warn oncoming traffic that we were in trouble. This action varied from the dream as I was now aware of the danger of the oncoming traffic.

As we approached the stop sign, still sliding despite the new tires, the car did manage to stop a foot past the sign. A white pick-up truck unaware of our plight sped past the car full speed. Had we not stopped, the full brunt of that momentum would have been directed at the driver's side of my car.

That was a very real moment of consideration for one's mortality and for the first time a precognitive dream would present information in such a way that it prevented what could have been a terminal accident from happening by allowing choices to be made that changed the outcome of the probability which it presented. This precognitive dream deserves all the credit for inspiring this paper and undoubtedly saving the author's life.

Symbolic Precognitive Dream

This is a very tragic dream where the symbolism didn't provide the literal details needed to make necessary changes and, in all honesty, up until the dream with the car, no prior dream has ever inspired a need to try to change the probable outcomes.

This dream involved two children known to me at that time who lived at the end of the same housing complex. The dream had a female police officer who was short with blond hair and slightly overweight. There was also a deceased woman lying on a trail. The children were on that path and in an effort to protect them, I ushered them away from seeing this woman. It was very clear that, something bad had happened. The police woman in the dream was behind me as we walked on this forest path. The woman was lying there lifeless on her back with dark, wet hair. Kneeling down to look at the woman, her face had a horrible look about it. She was dead.

The strange dreamlike symbolism disguised the real event. At that time, it was chalked up as a strange dream which was told to my former wife at the time. When the dream became relevant, it would be a few months later. That night, my step-son who was ten years old at the time, came home and said his friend's mom was in a coma.

Casually paying attention and thinking he meant in the hospital I decided to confirm that thought and asked if she was doing ok in the hospital? He said no and explained that she was in a coma at home and continued to explain that his friend was on the phone with 911. Knowing she was a single mom, I ran to the house full speed as it was at the end of the complex.

The door was left open and I walked in, calling out for the children. They were upstairs and her daughter came down to take me up. Apparently, their mother had slipped into states like this in the past so the children were not concerned and unaware of her state. The daughter would be around seven years old and the boy only ten.

What none of us knew was that their mother had committed suicide. The boy was upstairs in his mother's room on the phone next to his mother who had rolled off the bed and was pinned between it and the nightstand. Taking charge, the children were instructed to go wait downstairs for the ambulance and I took the phone. Obviously, the children shouldn't have been there to see their mom in that state.

The 911 operator instructed me to move her body into position for CPR. Her hair was dark and wet from vomited. When on her back, it was very apparent that she was the same woman in the dream. I knelt beside her and gave her mouth-to-mouth. During that time, working memory of the dream came forward. The dream showed the woman as deceased. In real life, it was also clear she was. Regardless of that fact, I persisted in giving CPR until the paramedics arrived.

The female police officer who was with me in the dream wasn't there at this point. She did however arrive after the paramedics. This was the first time we would meet; the last time would be shortly after the incident. She took my info and it was also clear, she was the same short blond police officer as dreamt about in the symbolic precognitive dream.

Life isn't always pleasant and dreams are quite often unfiltered and equally unpleasant. This dramatic

example of symbolic precognition simply demonstrates that, for whatever purpose, information from the future can seep through, perhaps to prepare or warn of dire events. That said, many of the mundane precognitive dreams just explain normal events.

Third-Person Precognitive Dream

Having only had one third-person precognitive dream, this example is again tragic. Please keep in mind the majority are certainly not this dramatic; however, the shoe fits this example. The dream is very sparse in detail, it only shows my cousin and his friend in a pick-up truck accident where they both were deceased.

The year before their accident, my family was gathered at our grandparents for Christmas when the dream occurred. His mother, my Aunt was present and the details were related to her when the dream was recalled. She dismissed it, rightfully so, whereas my other Aunt heard the details of the dreadful dream. Although sparse in details, what was clear was that my cousin and his friend had died in a pick-up truck accident.

The next year, this unfortunate dream would prove precognitive when he and his friend were driving home and they lost control of the pick-up truck, had a head-on collision with a semi trailer, and died instantly. At his funeral my other aunt who heard the dream approached and told me she remembered the dream which I spoke of regarding the same circumstances.

Literal Precognitive dream

Of the many examples with this type of dream, only a few will be presented for discussion. The first takes place during my 16th birthday at Kelly O'Brian's in Penticton. A very unique and interesting detail was the introduction of a person dressed in a gorilla costume, delivering balloons to the table at the party. Another note of interest was the nice sweater that was unveiled when a gift was opened.

When the dream became relevant, my parents surprised me with a trip to a Kelly O'Brian's for my birthday. The restaurant was very new and it was the hot spot to go to for a birthday with a free dinner for the birthday guest. It was a surprise party; and obviously they were secretive about the event and certainly didn't inform me about the gorilla.

Having working memory similar to the Evil Dead dream, I was able to fast-forward and remember the gorilla and the sweater in advance, before those unique events took place. When physical time caught up with the working dream memory the person in the gorilla costume appeared exactly as remembered handing me the same balloons. Later it would be the same presents with the same sweater down to the exact design, color and pattern as shown first in the dream.

Another would involve a fight where I was attacked by 5 guys. It was after my 16th birthday and at the end of the summer. The dream was full of action and showed the fight was won and my attackers were disposed of. This vivid and emotionally charged dream stayed in working memory, so much so that even while the fighting was occurring in the dream, details would be remembered in advance and compared to in the real-life example.

The fight took place across from the old 7-11 near an auto sales parking lot. There was a group of five young adults, the same actors as in the dream. They were older; from what I later discovered, one person involved was twenty years old. It was a bad case of wrong place and wrong time. Likely fueled by alcohol, boredom and the fact that I was walking alone made me an easy target.

What they didn't know was that since the age of twelve, I was very active in martial arts and weightlifting. The fight didn't go as easily as they planned. It was surreal being in the same fight first in a dream and then to watch the events unfold. Fortunately, I escaped unscathed, only to have broken one person's nose and placing another person in hospital. All five persons were engaged in the fight and as the dream concluded I walked away relatively unharmed.

The next dream was carefully relayed to my mother at the time. What the dream described was that a new kind of water sprinkler system was installed in the lawn at our old house. In the dream, our family was on the patio looking down at the new sprinkler system. What made the sprinkler interesting was that it used a fan of streams instead of the usual hammer configuration that I was accustomed to seeing.

There was a fire on Munson Mountain and my father became enraged and was yelling at me. On waking, the decision was made to describe this unusual dream in as much detail to my mother who at the time was at the kitchen table having a cigarette and coffee. When describing the water sprinkler system, the details about it being a new system that fanned out streams were of interest. Using my hand, I spread my fingers out and turned the hand mimicking how the sprinkler looked and behaved. My mother thought that was interesting and she mentioned that they (my parents) had been discussing the idea of putting in an underground sprinkler system. This was back in 1989, and these systems were very new to my family.

When the dream came true, my parents were testing the sprinkler system and had us come out and stand on the patio to see it. There was a fire on Munson Mountain, the smoke was clearly visible. When the sprinkler turned on, it was as described. The problem was, this caused my mother to panic as she realized that she somehow knew the events taking place. This caused her to freak out screaming, “I know this! I don’t know why I know, but I know this!” (implying that the unique details were somehow known to her).

Remembering the dream from working memory, including the very detailed account and reenactment of the sprinkler, the point was raised to my mom that these events were the ones described in the dream I had months ago. Hearing this, my father became irrationally enraged, fuelled further by the emotional state in which my mother was behaving. He started to yell and scream out of fear that somehow I was dabbling in some dark forces and yadda yadda... parents!

For better or for worse this proved to my Mom at least that her son wasn’t lying about having these types of dreams. She may not have liked the way the information was presented and occurred but it was a relief to have finally given some proof to those close to me that something was going on.

Ambient Lucid Precognitive Dream

Having learned lucid dreaming through Stephen LaBerge’s Omni magazine article, it was only a matter of time before this quality of dreaming would emerge into the precognitive dream content. This dream is so profound, and thought provoking that I sincerely thought to leave it out of this paper. However, after much consideration, the likelihood of encountering this type of inside look at the mechanics of precognition makes it worth mentioning. Perhaps it will help better our understanding of the phenomena.

What makes this a curious observation is that the dream took place first in a “void”. The void has been reported by people who practice consciousness during sleep such as out-of-body explorers and other lucid dreamers [46]. The void is like black empty space and stretches as far as the eyes can see. During this lucid dream, the void became present. A formless voice asked in perfect English, “What would you like to experience?”

My response, almost as if in habit was: “I would like to experience people setting aside their social, religious and political views to enjoy each other’s company.”

The voice responded, “Very well.”

This perfectly square, 2-dimensional window appeared with a clear image of Okanagan Lake and beach. From a birds-eye view, looking down at the beach, there was a clear image of myself on the beach. Going with the flow, the next step was to project into the two-dimensional image and connect with the avatar that was myself represented by the clear picture.

The sensation was like stretching from one location and popping up in another. Once synched into myself at the location on the beach, and in the expected first-person point of view... the dream started to animate. A few friends known from hi-school were present as actors in the dream. Several other people unknown to me were also on the beach near a fire-pit made of concrete.

Lots of events took place and a few will be discussed. A biker and his girlfriend/wife rode up on his

motorbike. He had a guitar with him and sat on the concrete wall facing the beach. He played “Wish you were here” from Pink Floyd and I joined in singing the song. Another group of people present were from a church and they were doing some play. This teenage girl who was part of the group was chatting with me. She ended up convincing the group to do the play since we were all involved in entertainment.

When the dream ended, I returned back into this void and thanked the voice for the nice dream and woke up. This dream took place in my final year of hi-school. During English class, the details of the dream replayed over and over as I enjoyed the content of the dream. From that perspective, the thoughts were not about it being precognitive rather that it was a very vivid and exciting lucid dream. What was more interesting was the fact that during the entire dream, the lucid awareness didn’t break and this was pleasing since having a long lucid dream that rich with content was a reward in itself.

The unexpected result was that this was the first lucid precognitive dream which emerged. Having just accepted the reality of precognition, this new avenue of experience – this dream quality – created quite an impasse. Take your most vivid déjà vu sensation and amplify that feeling a hundred fold. This is what it felt like the moment my physical foot touched the location where I had vectored into the dream from the two-dimensional window that appeared in the void.

When that dream came true, it was one of the most powerful and thought provoking experiences that I had had up to that date. From the dream perspective, this event seemed to be effortlessly conjured up and created at run-time as we would imagine all of our dream content as behaving. That somehow this voice, whether real or not, played a role in organizing the content for the purpose of providing an experience based on a simple request.

Before it came true, the thoughts that I had regarding the dream itself was that it was simply created for fun in order to entertain the request with no bearing or relevance to objective reality. This point-of-view would be corrected when the dream in literal context occurred later that summer after Graduation.

All the details as described happened in literal first-person. In the waking world, knowing that I had clearly had this experience first in a lucid dream was like carved in stone, irrefutable and undeniable. Certainly those around me were not likely aware of this dream and I didn’t raise the point. If you ever wondered what it is like to have a lucid dream while awake? This is that dream. The uncanny awareness associated to lucid dreaming was also present during the physical event.

My thoughts were the same as in the dream, but I had new chatter where the inner monologue narrated my fears and concerns that this was that lucid dream. It was intimidating; fears were present that were not there before. Moreover, I already knew no one would believe the tale but suffice it to say, like it or not, it was present in my overview.

This was a very shocking dream. It suggested that not only do we have precognitive dreams, we can have lucid precognitive dreams and reality itself is derived from dreaming. At least, that is what the evidence based on the experience suggested.

Whether true or not, that is what the experience of precognition was clearly illustrating as a first-person narrative. Further examples of this type of dreaming emerged and one dream in particular set in motion a personal endeavor to test the idea that reality itself is a type of dream by first changing the precognitive dream content when lucid.

In this ambient lucid precognitive dream I was in Vancouver B.C at a pub called O'Doules. Other actors in the dream included my brother and Joe Flaherty, the actor best known for his roles in SCTV [47] who was sitting at the bar. My brother and I end up sitting with him, and having a beer. We talked with him about his acting career.

This dream in my journey was very significant as it sparked the idea that perhaps precognitive dream content could respond to dream control and those changes which occur there could perhaps also occur in this objective reality when the dream comes true. The bonus was that we did meet Joe Flaherty at O'Doules and had a great conversation and a nice beer later that year. Not all precognitive dreams are tragic.

Active Lucid Precognitive Dreaming

Can we change our waking world by changing a precognitive dream? That was the question I put forth to myself and set out to experiment on. In observing the dream world, it is obvious that information stacks in layers and the precognitive content is a specific bandwidth or frequency which we are interfaced with.

How does one navigate through all the non-lucid precognitive dreams in search of this elusive layer? That was but one of the challenges in the experiment. The idea was to change every dream regardless of content when lucid. Stick to a simple method of changing the pattern when it emerges by putting a simple foot-print, in this case a geometrical shape, on the surface of the dream.

The build up to this possibility was well established; the next step was taking action during dreams to create the foot print. Triangles, squares, circles were preferred symbols and easy to shape and focus from a lucid perspective with my current skill set.

Did any of these footprints emerge in objective reality? This dream and the photos are the answer to that question.

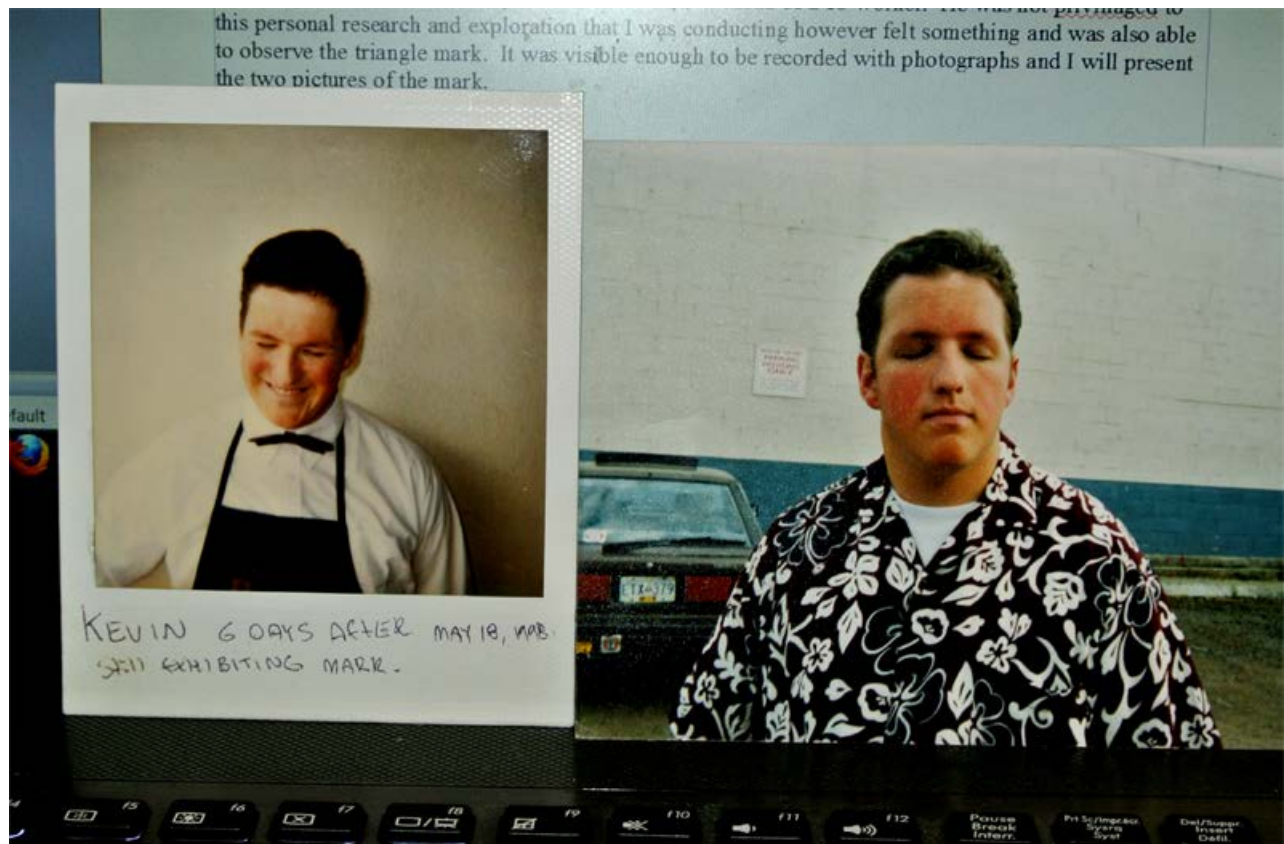
In 1998, one such event took place that proved the theory and, from my perspective, set in stone that the potential to actively change a precognitive dream was the next step in the logical progression of precognitive dream research and active change is achievable.

The dream offered no more than about a 5 minute window of opportunity where, when recognizing the location as a place of work (a movie theater) and a person known to work there at the time, being fully awake and aware that the current setting was in fact a dream, I targeted a co-worker -- only out of opportunity -- and caused a triangle to appear on his forehead over a distance of 6 feet. He was behind the concession counter and I was an usher taking tickets.

At the time when I awoke, I had no idea if this lucid dream that I had mapped was in fact precognitive. The only way to know was to wait and observe if it should chronologically happen in the future.

It did.

On May 13th, 1998, while working at the movie theater, the same opportunity observed in the dream synchronized with a strong déjà vu aura. Going through the motions of the dream at this point, the triangle did form as observed in the dream on the forehead of a co-worker. He was not privileged to this personal research and exploration that I was conducting. However, he felt something and was also able to observe the triangle mark. It was visible enough to be recorded with photographs and I will present the two pictures of the mark.



The above picture is to simply prove they are unaltered photographs in my possession as of writing this paper.

Close up Photographs

The Polaroid

This was taken 6 days after the event, showing that the mark was still visible.



The triangle appeared in the same location and size as altered by the active lucid precognitive dream between the eyes and above the brow. My co-worker is shy and uncomfortable with having his picture taken. However, he obliged and allowed me to document it as best as I could.

Close up of the 3.5”



This is for reference only to the mark in the above photographs.



This is a hand-written account from the co-worker's perspective based on his experience when this active lucid precognitive dream came true. He wrote it on May 22nd as we felt it too important to not document.

Telekinesis Summary Report			
Name:	Kevin Laycock	Age:	17 Sex: <input checked="" type="radio"/> M <input type="radio"/> F
Address:	[REDACTED]	E-Mail:	
City:	Penticton B.C.	Occupation:	Concessionist
Postal Code:	[REDACTED]	Date:	Wed May 18th
Phone:	[REDACTED]	Time:	9:30-10:00 roughly

Detailed results of the conducted experiment:	
Did you get an effect?	<input checked="" type="radio"/> Y <input type="radio"/> N If Yes, please describe:
At first, I felt nothing initially, but Ian looked like he felt extreme energy that night. I was standing behind the counter and Ian came up towards me from across the counter pointing his hand at my forehead from at least 6 feet away in distance. His energy went from the tip of his fingertips to my head apparently. Initially I felt a small amount of circular energy passing through my forehead, it felt like a small headache. Ian stopped after about 10-15 seconds realizing a triangle was forming on my forehead. He seemed amazed that it happened so suddenly and that the shape was so distinct. My co-worker also saw the etched shape on my forehead and told me to go look at it in a mirror. So I did. I quickly rushed to the bathroom and saw a faint triangle on my forehead. After I saw it I was mad at Ian for doing that to my head. I thought nothing of it. That night when I came home from work that evening, my mom noticed a bruise-like marking on my forehead. I explained that it was Ian's energy and she thought nothing of it. Now, today, a week later, some people still see the triangle on my forehead. I hope this doesn't stay as distinct as some people say it is.	
Other witnesses Where there?	<input checked="" type="radio"/> Y <input type="radio"/> N How Many? _____
Names of Witnesses:	Witnesses Signature:
Tan Wilson	[Signature]
Graham Jantz	[Signature]
Whitney Fobool	

I, Kevin Laycock Hereby declare to the best of my knowledge the accuracy of my experienced event in the company of myself and the individuals involved. I acknowledge this report to be accurate and true and by no ways fraudulent.

Participants Signature: <u>Kevin Laycock</u>	Date: <u>May 22nd / 1998</u>
Witnessed by: <u>Graham Jantz</u>	Signature: <u>[Signature]</u> Date: <u>May 22/98</u>
Witnessed by: _____	Signature: _____ Date: _____
Witnessed by: _____	Signature: _____ Date: _____
Witnessed by: _____	Signature: _____ Date: _____
Who conducted the Test? <u>T. Wilson</u>	Signature: <u>[Signature]</u> Date: <u>May 22 / 1998</u>

All participants in this test are factual and by no way are encouraged to falsify the above data pertaining to the experiment.

From his description: "It felt as if a small amount of circular energy passed through his forehead. Other co-workers saw it and told him he had to check it out for himself. He ran to the bathroom and looked in the mirror. He saw it was very distinct and was angry at me for doing this. He hoped that it doesn't stay as distinct as other people say it is."

At the time, he was 17 and myself 26 years of age

He had no knowledge of this precognitive dream and was in the right dream at the right time when, in secret, I was privately researching this phenomenon in an effort to answer my own questions. Now this research and experience has been discussed. This paper presents the tools by which others can learn to lucid dream, learn to navigate into their own precognitive experiences and expand where this leaves off.

Posteriori

This concludes the personal experiences that shaped my point-of-view regarding the reality of precognition. Although science struggles to identify and prove the reality of this phenomenon, it certainly doesn't wait for science to say if it's real or not. Rather, through first-person experience it emerges in the very lives of everyday people.

Hopefully this paper presents an interesting point-of-view on the nature of precognition. There is certainly a lot of research that needs to be done and the science of precognition must continue to expand and evolve into more coherent theories and practices.

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<http://www.deja-experience-research.org/index.php/survey-data>

Secondly, I would like to thank Anthony Peake for presenting his own ideas on precognition and establishing a forum filled with interesting participants, all sharing their own accounts. His academic approach to writing is both an inspiration and motivation with much appreciation from this author.

Thirdly, I would like to thank Richard Long who, through genuine inquiry into dreams, has become a wonderful friend and fascinating writer. Although fiction, *The Dream Palace* is a wonderful story about a young boy's journey into lucid dreaming and touches on many of the wonderful experiences that emerge therein.

Special thanks to Robert Waggoner for his friendship and support over the years. One of the few dream researchers who writes about lucid precognitive dreaming in his book, "Lucid Dreaming: Gateway to the Inner Self."

There will always be Claudia and Erik who have been incredible in their support over the last 15 years and many of my other friends and family who must endure the strange unique qualities that emerge as one tumbles down the rabbit hole.

Lastly, I would like thank Walmart for those studded winter tires. From what could have been a terrible fate, a dream stepped in allowing enough insight that these tires were needed. How does one thank a precognitive dream? By writing this paper.

Finally, for those interested in discussions related to precognitive dreaming you can contact me through my public e-mail address:

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<http://www.youaredreaming.org/>

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