

Déjà Vu or Déjà Rêvé ?

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Abstract

*This paper examines the very real phenomena of **Déjà Vu** and how it connects to an even more profound subtype known as **Déjà Rêvé**. **Déjà vu** is French for “**Already Seen**” and **Déjà Rêvé** is French for “**Already Dreamed**”. Often people who experience **Déjà Vu** link the origin of the familiar memory to something they have dreamed days, weeks, months and even years before they experienced “**Déjà Vu**”. **Déjà Rêvé** suggests that dreams have a direct and relative relationship with physical reality. If so, then understanding and exploring this is critical to science and critical to understanding the origins of “reality”.*

Introduction

President Abe Lincoln weeks before his assassination dreamed of his death. Author Mark Twain had a dream involving the death of his brother Henry weeks before Henry would die in a riverboat accident with remarkable and uncanny detail in regards to the funeral that followed. British painter David Mandell dreamed three times of planes crashing into the twin towers. In 1996, he painted a picture of such a dream and had it timestamped in a photograph using his bank's clock for reference. German actress Christine Mylius^[1] would send her dreams to Professor Bender at the Institute for Border-line 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^[2] would keep a detailed account of his dreams and using the Scientific Method would investigate his own precognitive dreams.

This is a small sampling of cases of precognitive dreams in our Historical Record. More importantly, there is a high probability that you have personal experiences with *Déjà Rêvé*. Most people have commonly experienced *Déjà Vu*. When a person connects the memory of the familiarity to something they dreamed in the past, *Déjà Vu* can then become *Déjà Rêvé*.

Does the Arrow of Time point backwards?

Physicists Yakir Aharonov and Jeff Tollaksen^[3] from the Chapman's Schmid College of Science have produced results in an experiment that John Howell from the University of Rochester confirmed: the “*Arrow of Time*” can point backwards and the future can affect the past called “*Retrocausality*” (also called “*Backwards Causality*” and “*Reverse Causality*”).

Discoveries such as retrocausality in Quantum Physics suggest the future already exists. Quantum theory if applied to human conscious might suggest how “*Dreams that come true*” in the case of *Déjà Rêvé* relates to retrocausality as everything including consciousness scales up from the quantum universe.

In 2010, Professor Daryl J. Bem^[4] from Cornell University published findings *in support* of precognition in a paper entitled, “*Feeling the Future: Experimental Evidence for Anomalous Retroactive Influences on Cognition and Affect*”. His findings further support the reality of retro cognition and precognition. Historically, research into precognition has been on going since 1888^[5]

with the British Society for Psychical Research.

A building body of research and science both in physics and human cognition are starting to present a new model of Time in which the past, present and future may in fact be interconnected and relative. Precognitive dreams and retro causality show a non-linear aspect with regards to Time and Space.

Scaled Up from the Quantum Universe

Professors of Physics, Aaron O'Connell, John Martinis and Andrew Cleland proved with their UCal Resonator^[6] that quantum predictions can be observed with the naked eye when scaled up. Their findings demonstrate that when the Ucal Resonator is cooled to the quantum ground state and excited by a single qubit; this would put the resonator in a state of *superposition* effectively being on/off at the same time as expected by quantum theory.

We know within reason that everything scales up from the quantum universe into the macro universe. The *Laws of Physics* change between the quantum and the macro scale. It is in the quantum scale that we observe all the “*strange physics*” such as quantum entanglement, superposition and particle/wave duality. It is here also that we observe the arrow of time changing direction and flowing backwards.

The Quantum Universe may connect answers regarding how precognitive dreams and human perception could be affected by quantum states and be subject to the same “*spooky action from a distance*” as observed in quantum mechanics.

Biophysicist Stuart Hameroff and Sir Roger Penrose^[7] proposed a model of consciousness known as the Orch-Or model. In this model, they provide research and evidence that quantum states are naturally occurring within the neuron of the human brain. That such states are required for information processing within the alpha/beta tubulin within each microtubule.

Henry P. Stapp^[8] from Lawrence Berkeley National Laboratory at the University of California published an article entitled, “*Quantum Mechanical Theories of Consciousness*” that describes where classical mechanics fails to describe the mechanics of Consciousness and how quantum mechanics succeeds to describe.

Does consciousness which derives itself from quantum states as it scales up into larger compartments also exhibit behavior found in “*spooky action from a distance*” events? Can Quantum Theory explain that superposition and entanglement does in fact affect consciousness? It is here that all the anecdotal evidence of precognition since the written record may offer to science a mechanics with regards to how such a human potential is realized.

How Frequent is Déjà Rêve?

In 2010, Authur Funkhouser and Michael Schredl^[9] published “*The frequency of déjà vu (déjà rêve) and the effects of age, dream recall frequency and personality factors*” found in their samplings that the cases of people who have had these types of experiences could be as high as 95.2%

Based on this research, there is high probability that you may indeed be one of these people. This paper then will be of some benefit providing some insights into the reality of this phenomena.

What Does Dreaming The Future Suggest?

If we look at the relationship between a precognitive dream and the future event, what we will observe is a *Causality Paradox*, where the dream precedes the future event within the chronological order of

time. The dream itself becomes the origin of this future event with regards to causality.

What is then observed is a relationship between a dream, and an actual physical event from a non-linear perspective. Like particle/wave duality, are we observing a type of dream/reality duality? If you weigh in on the gravity of this relationship the implications are quite profound.

- 1.) *Are we simply dreaming of an already existing future event brought about by scaled up quantum mechanics at work in human cognition?*
- 2.) *Are we creating a dream which in turn actualizes into a future event?*

When we take a hard look at precognitive dreams, the evidence of a dream/reality duality presents itself. The science perhaps is just emerging where we may start to examine and explore this potential.

To question the potential of such a relationship, we can question: *“If one was to change a precognitive dream, would such changes occur when the dream comes true?”*

Affecting Causality Through Dreaming

In 1997 and 1998, one of my areas that I explored was related to lucid dreaming and how this type of dreaming also can access precognitive potential in the same manner as the more common non-lucid precognitive dreams. If you are not familiar with lucid dreaming, it is another phenomena of human cognition that allows a person to be awake and aware that they are dreaming during sleep.

In the late 1970's dream research laboratories and researchers such as Stephen LaBerge^[10] provided empirical evidence that people can indeed be lucid and awake in their dreams. When you are lucid or awake in a dream, you carry over the important logical, analytical and cognitive functions related to memory and perception that we naturally have when we are awake. It is another area of dreaming that is both fascinating, exciting and filled with enormous potential for future research.

If people can be awake and aware that they are dreaming, can they take the logical and analytical aspect of human awareness and observe this covert precognitive relationship between dreams and future reality?

Can someone actively engage a precognitive dream and affect causality through changing the dream?

If we examine this question, answering it may provide some valuable insights into the nature of a dream/reality relationship. The biggest challenge for most Scientists is coming to terms that indeed such a relationship does exist; and it awaits our investigations and research.

To begin to explore precognitive dream potential fits naturally in the progressive science of Lucid Dreaming. If there was a bridge to be crossed in precognitive dream research, that bridge would be founded on lucid dreaming mechanics.

Lucid Precognitive Dreams

Lucid Precognitive Dreaming is another potential within the Science of Dreaming. A lucid precognitive dream simply merges the waking state awareness associated with a lucid dream within the precognitive dream context. It is simply a natural progression with dreaming and some lucid dreamers report such experiences. Robert Waggoner^[11] recent President of the International Association for the Study of Dreams writes about this in his book entitled, *“Lucid Dreaming: Gateway to the Inner Self”*

When in any lucid dream, the person dreaming has the potential to act upon directed thought and make rational, logical and analytical choices. If the lucid dream is precognitive then do such conscious choices affect causality?

There is *not a lot of research* into this field of dream science. Fortunately, Lucid Precognitive Dreaming is something I have personally experienced and explored since 1990. From this area of research and personal investigation I have discovered that *there is a way* by which we can affect causality within the context of a *lucid precognitive dream*. It is through these findings that I feel obligated to share the results of my investigations with this next level of precognitive dreaming.

In 1985 at the age of 15 I was introduced to an article published by Stephen LaBerge^[12] in Omni Magazine called, “*Power Trips: Controlling Your Dreams*” which detailed how a person could have a lucid dream and control the outcome of such dreams. As a teenager this potential inspired me to start to explore this potential within dreaming. Within days of reading the article, I started to have spontaneous lucid dreams.

What was not discussed in the article was the other potential for precognitive dreams. In the wake of lucid dream exploration quite likely it acted as a catalyst that allowed me to remember much more of the dreams at a conscious level than all the dreams that occur within unconsciousness. Through the ages of 15 and 16 the wave of precognition that followed would firmly establish in my awareness that such a potential to dream the future did indeed exist. **Precognitive dreaming is fact, not science fiction.**

The progression in this area of non-lucid precognitive dreaming started to progress into lucid precognitive dreams. In 1990, I would have the first of several lucid precognitive dreams. Robert Waggoner^[11] in his book, “*Lucid Dreaming: Gateway to the Inner Self*” calls this type of dream an “*Ambient Lucid Precognitive Dream*”.

An ALPD is a lucid dream that occurs within the precognitive focus state within dreaming. ALPD is where you are awake and aware that you are dreaming but not actively changing the dream as one might expect from a usual lucid dream. Several years would pass with more ALPD experiences to follow which finally lead to my curiosity to start to affect change to such dreams when these rare opportunities would surface.

In 1997 and 1998 I set out to explore this potential to satisfy my own inner curiosity about this now fully emerged realization that “*some*” dreams are future events. With the introduction of lucid dreaming as a vehicle to observe this relationship, the next step was isolating what type of dream qualifies as precognitive in nature. This in itself proved to be a difficult challenge.

The premise for exploring this potential was to satisfy a personal question, “*Can I change a precognitive dream. If so, will those changes occur in physical reality when the dream actualizes?*”

This is quite important in this field of research as what followed from this investigation did indeed prove that during the originating precognitive dream, the introduction of a lucid and conscious observer does indeed allow for change. The change does affect causality and the changes to actualize when the future event catches up with the relative dreamed of experience.

A Conscious Look at Precognitive Dreaming

Most people who have precognitive dreams will have them in a dimly conscious and spontaneous manner. To really get at the heart of this relationship, introducing lucid dream techniques is optimal for allowing further investigations into this system. It is merely a natural progression from a dimly aware consciousness, to a fully awake and aware consciousness to observe these types of dreams.

Where lucid precognitive dreaming differs from the usual non-lucid version comes with the more intense feelings of Déjà vu and a more concrete and coherent state of memory and awareness. Lucid dreaming tends to allow for more short and long-term memory with regards to the initial dream. This

helps when such dreams are precognitive in a nature allowing a very firm observation between the originating dream, and the now actualizing future event.

The challenge in accessing precognitive dreams stems from the fact that dreams appear to be multi-faceted and spectrum based. Depending on where our attention is focused during a dream will ultimately decide what memories and experiences surface when we wake up. Dreams appear to have a layered structure as expected from any spectrum.

Within this dreaming spectrum one specific focus state or layer allows for precognitive access to future events. I have coined this the “*Precognitive Layer*” and in researching this layer one must try to focus through all the other ambient layers and noise to become aware in this unique layer of the dreaming spectrum.

The only measure of success when one does finally access this layer can only be determined once the dream actualizes into the future event that it represents. This act of actualization is also very key in understanding this covert relationship within the dream / reality dyad.

One can only suspect a dream is precognitive in potential at the time of having the dream, however there also appears to be a factor of probability which in turn prevents certain potential precognitive dreams from actualizing. This may fit in with Hugh Everett's Many-Worlds Interpretation of Quantum Mechanics and the Schrodinger's Cat thought experiment.

In approaching this vastly complex system of dream based information, my goal was to see if one could isolate and affect change to a precognitive dream. To do so means that my locality or focus in the dreaming spectrum needs to be entirely based within the precognitive layer. However, many branches and layers also seemed to exist so finding this elusive future probability was very problematic.

The solution was to simply blanket every lucid dream with some type of footprint or mark in hopes that by doing so, such changes would actualize if the currently observed lucid dream was precognitive. My method was very simple, using “dream control” for a lack of a better term. Change the dream by inducing a triangle, circle, square or other mark into the surface of the dream.

Previous experiences with ambient lucid precognitive dreams suggested that such changes to such precognitive dreams did seemed plausible. What was left was waiting to see if such changes did indeed occur within a future event when the dream actualized.

In 1998, these symbols started to actualize when the lucid precognitive dream would come true. This is another very important point of focus in this article as these events did occur and actualize following this largely unknown mechanic of precognitive dreaming. These changes were dramatic and quite intriguing as they clearly showed at the point of origin (the precognitive dream) changes could indeed occur that would ultimately affect causality and change “physical reality” when the dream actualized.

It is probable more important to note, that it was the dream that was changed. How such dreams then actualize into a physical event will be discussed later in this article. Suffice to say several of these changes did occur and I was quite impressed by this new potential that I uncovered in exploring this non-linear reality of precognitive dreaming.

Robert Waggoner^[11] also writes about this type of dreaming in his book describing it as, “*Active Lucid Precognitive Dreaming*” where the dreamer engages the dream and affects causality. Having explored and experienced this reality first hand, I can only encourage further investigation from any interested party to see it for yourself. It is absolutely real.

For the sake of some evidence I will share one example within the 1998 era of my research. Like all precognitive dreams, there are small windows and variables that come into play regarding how much time one is in that focus state, and how literal and clear the information is perceived. The “*Window of*

Opportunity” can be very brief, merely a minute or less before the dream changes to non-precognitive information. This flux and incoherent flow may merely be an issue of skill and discipline to overcome. However, in my observations the window of opportunity within this research is short and can change suddenly and without warning.

In 1998, a small window of opportunity opened up in a lucid dream during this mapping phase where I became lucid in a dream that seemed to match my current workplace at the time. For the brief time that I was in that dream, I had to take quick action to map the dream before the window closed. For the lack of a better target, I focused on a person I recognized in my waking life and induced a triangle on this person's forehead. In the dream, I was over 6 feet away from the person and they stood behind a concession counter.

The dream concluded and I woke up not knowing if this dream had any relevance to precognition. Changing the dream was easy to do; it was after all just a dream. The triangle formed perfectly and as expected; something you would know if you have ever willfully changed any of your dreams. It is not an issue of mind-over-matter in this case. It is an issue of mind-over-dream, and it is well established that people can indeed control their dreams. The question I am raising and answering is, “*Can we control the precognitive ones?*”

It would be weeks later when this dream actualized. I would be at work unaware that such a dream was about to occur, and that the triangle that I induced on the dream would also surface in physical reality when the dream actualized. When time finally caught up to this dreamed of future event, the usual Déjà vu and synchronicity one experiences was present.



In this “physical reality” I merely went through the motions that I went through in the dream. I became aware of my window of opportunity, I saw the same person standing in the same location and raised my hand and the triangle formed perfectly as it did in the dream. What makes this more interesting was I could also photograph and document the event.

I will present more photographs in the appendix of this document.

This event amongst others set in stone the fact that not only do some dreams convey future events; but we can willfully act on such dreams and affect change. The changes can be very dramatic and have phenomenological scale results. I cannot stress enough however, that it was merely the act of changing a dream which set the causality paradox in motion.

During 1998, many of these types of symbols would emerge and I would satisfy my curiosity that one could indeed through lucid dreaming access the precognitive layer and alter the current event that one observes. I feel that this breakthrough in this field of interest for anyone who has precognition is the next phase in exploring human potential. Hopefully you of such a caliber that by passing on this torch of knowledge you can run with it also.

If we look at this event and see the underlying mechanics involved, what we are describing is a dream that has future potential and is altered before the future actualizes. What this also suggests is a direct relationship between precognitive dreams and our physical reality. The bigger question is, why is there is relationship and how do we



understand this mechanics in a more scientific and meaningful way.

We know from all the anecdotal evidence that precognitive dreams has relevance through the historic record. In our modern age it is as relevant and experience as it was during 350BC when Aristotle^[13] published a paper entitled, “*On Prophesying by Dreams*”.

Lucid Dreaming also stems deep into the historical record, but was not accepted as fact until the late 1970's when dream researchers started to develop a system to validate that a person could in fact be awake and aware that they were dreaming. Just because science finally caught up with the technology in the late 1970's didn't mean Lucid Dreaming had just happened in the 1970's. It has been on going since the written record. The same will hold true for precognitive dreams. It could be 2035 before humanity finally is capable enough through technology to measure precognitive dreaming in an empirical way. There is no question in my mind that this will become a universal science at some point in human history.

What makes understanding this relationship important is the direct relationship observed between dreams and reality within this precognitive context. The dream is itself a future excerpt of what will become actualized in the “physical world”.

The Probability and Actualization of Precognitive Dreams

If we return to Jeff Tolkassen's work with “Retro Causality” and Bern's research into “Retro Cognition” we have some interesting insights scientifically to the causality paradox that precognitive dreams present. What we are left with is an understanding that a “Future” potentially already exists and can be measured from the past.

Huge Everett presented a “Many-World's Interpretation of Quantum Mechanics” that addresses probability in the essence that many potential branches of future events may simultaneously exist. How precognitive dreams fit into MWI does have some further area of interest. There will be dreams that have a high-probability to actualize and those that do not.

In my 23 years of exploring precognitive dream potential, I have seen first hand what appears to be probability within the type of information one can access while dreaming. Probability implies that certain events need to take place leading up to the observed dreamed of event. However, if such an event does not actualize, then it merely exists within a probability matrix within this dreaming spectrum.

In seeing dreams that come true and changing them, one might suspect that I adhere to a model of Solipsism. This is not the case. I do not subscribe to the notion that “Reality” is an illusion. Rather, I argue that our understanding of reality is still evolving and science still needs to look closer at such phenomena as precognitive dreams and how this is relative to what reality is within a larger theory of everything. Quantum Mechanics is already shifting the paradigm from long standing classical physics. The idea of a physical Universe is quickly becoming replaced with the idea of a probabilistic and informational Universe.

Reductionist Materialism desires to strip the conscious observer away from “Reality” as being meaningless and irrelevant to what “physical reality” actually is. Yet in Quantum Mechanics we have the observer effect and wave-function collapse. It is the observer that is entangled with everything it observes.

This holds even more true if we look at the Big Bang Theory and accept that everything in our known Universe originated from a point of singularity. Does this suggest as observed with quantum entanglement that everything could be entangled with everything else? That the observer and the

observed are equally entangled?

Particle/wave duality and wave-function collapse do suggest such entanglement exists. The observer and the reality it observes are both part of the same system and interconnected through entanglement. The dream / reality duality which comes from precognitive dreaming further suggests entanglement within a non-linear and non-temporal state suggests consciousness is ultimately entangled with the past/present and future that it exists in.

Consciousness itself is derived by the very systems that govern quantum mechanics. Everything scales up from the quantum scale, to say consciousness is excluded from this obvious fact is simply incorrect. Everything from quarks, leptons, protons, neutrons scale up from wave-function and contribute to a larger system that they represent. These systems become the basic building blocks of matter, and from that the basic building blocks of life and consciousness. The Universe exists in factors of scale and in many ways appears fractal in how information and structures are arranged.

If the past/present and future already exist as probability, then our Universe is more than just a physical system, it is a much larger information system and allows for more promising interactions as we evolve within the mysteries of our own existence; even the ones we dream of. For me, all there is, is "Reality" and it's astronomically scaled beyond even my own imagination and dreams.

Hopefully this publication presents some interesting views on the reality of precognitive dreaming. Knowing how real this phenomena is, my only wish is that more people take the science of dreaming and how this relates to reality through precognition more seriously. Perhaps even you will take the next step in exploring this unique and promising relationship between dreams and reality.

For further information and questions, please use the following contact information. If you found this information useful, feel free to share it with your peers, it is public domain with no copyright and free to reproduce as needed.

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Credits

I would like to thank Dr. Art Funkhouser, Anthony Peake, Dr. Robert Waggoner, Dr. Ed Kellog, Tom Campbell, Dr. Brian Whitworth and a long list of other influences which have inspired me to share this research and exploration in the hopes of broadening an understanding of this covert relationship between what is dreamed of and what actualizes in our waking reality.

Recommended Websites

Please check out Dr. Art Funkhouser's website on Déjà vu and Déjà Rêvé

<http://www.deja-experience-research.org/>

I often enjoy discussion these ideas on British Author Anthony Peake's forum:

<http://www.anthonypeake.co.uk/forum/index.php>

For more researchers related to dreaming check out the International Association for the Study of Dreams.

<http://www.asdreams.org/index.htm>

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Appendix A: Photographic Evidence

These are two photographs, one Polaroid that show the triangle in relation to the discussed alteration to a precognitive dream. The triangle is viable on both original photographs and will be enhanced in this appendix to help illustrate the location.

Image 1: Original Scans



Image 2: Close-up of First Image



Image 3: Close-up of Polaroid



Image 4: Enhanced to show location only.

