

Review of: "Dreams as Portals to Parallel Realities and Reflections of Self"

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This paper is mostly a selective review of some of the literature, exploring the idea that one function of dreams may be to provide a portal into realms beyond the individual – perhaps into Jung’s collective unconscious or even into spiritual or other domains in a possible multiverse. The idea is intriguing and catches the reader’s interest (and perhaps skepticism). The article does not go much beyond positing this possibility. That cautiousness might be viewed as wisely not making assertions that surpass available data.

The authors indicate that their contribution is purely a conceptual endeavour. It is not enriched (or lengthened) by illustrations. Do the authors have good examples of dreams that suggest the portal into other realities that they posit? If so, might their paper benefit from including a couple of those dreams and discussing them? I believe that would be highly desirable, but it may go beyond the authors’ intentions, or even beyond the data they possess.

This paper might be a bit repetitive at times. Perhaps the authors want that element of repetition to drive home their points. They might consider tightening that up a bit, especially if they are going to lengthen it in other ways, such as adding dream illustrations as mentioned above.

This paper might also be enriched by discussing the literature on possible extrasensory perception in dreams. That literature opens a portal into experiences that transcend the ordinary. One very good paper in that area is:

Hadley, M. (2009). To know without being told and to allow oneself to say. In B. Willock, R.C. Curtis, & L.C. Bohm (Eds.), *Taboo or Not Taboo? Forbidden Thoughts, Forbidden Acts in Psychoanalysis and Psychotherapy* pp.291-304. London: Karnac.

The authors should re-read their paper for possible typos and unclear terms. For example:

“Lucid dreaming, a phenomenon where individuals attain awareness that they are dreaming within the dream, introduces a layer of **reflexivity** usually absent in typical dreaming...” Is reflexivity the word you want? I imagine **reflectivity** might be more appropriate.

“impossible feats often performed in lucid dreams, such as flying or meeting with **entities**...” Can you clarify what you mean by entities? Alien entities?

I wish the authors the best as they continue to develop their ideas in this area.

