

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

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I think this is a fascinating topic, and the discussion is interesting. There are some parts that are very strong, but others that need some work, and by addressing them, the article can be improved and could receive much better ratings.

General comments: Overall, many references are needed throughout the text, a few typos in the Lit review, lots of repetition, and many concepts can be explored way more in-depth. Some sections need to be merged with others as they are repetitive.

More specifically:

1. In the introduction...

1. The authors mention that "the dream is a way of processing daily experiences", yet, they failed to discuss the physiological processes that happen during dreaming and the different theories that have been posited about the evolutionary perspective of dreams.
2. In the same paragraph, they talk about "dualities," but it is not clear what they mean by it.
3. The authors mentioned: "veneration has evolved to more scientific scrutiny." Although I understand what the authors mean, it is misleading. I suggest they explain a bit better in this part or rephrase.
4. Authors discussed Freud's psychoanalytical theory of unmet desires through symbolic language. However, I think it needs to be explained better. Can you explain more about his reasons and why he got to these conclusions?
5. REM sleep is most commonly associated with dreaming (vivid or non-vivid, lucid or non-lucid), and dreams have also been reported in different sleep stages. Not only is it associated with vivid dreams, as the authors wrote. They also mentioned that it is characterized by heightened brain activity, yet they do not explain what that means. I think a more thorough explanation can help the arguments the authors are making.
6. Authors entertain the possibility of dreams as experiences of a non-ordinary state of consciousness. But, I can't conceive dreams as non-ordinary states of consciousness when most of the people experience them when they go to sleep, whether they remember them or not. Therefore, dreams are quite ordinary in the sense that they happen daily to almost every human being.

2. Literature Review

1. They mentioned that Jung's view of dreams was connected to a larger universal plane of archetypal symbols, can

the authors explain it better how he reached such conclusions?

2. More references are needed in this section.
3. What is the mind-body problem? I didn't know there was a mind-body problem. Can the authors define this and explain what they mean?
4. The authors define wakefulness as alertness and the ability to interact with the environment. This same definition applies to some lucid dreams, where people are alert and do interact with their environment. Therefore, I don't think this is accurate.
5. Same with the rest of the definitions of wakefulness in this section.
6. I think a clear definition of consciousness needs to be explicitly developed from different references before even talking about it.

3. Dreams and Consciousness.....

1. Lucid dreaming is mentioned as awareness of being in a dream and the ability to exert control within it. But the control over a dream is sometimes not quite there, so it seems that can't accurately define what a lucid dream is. With training, people can have some volitional influence over the dream, and you can get lucid without having much control over it.
2. There is some evidence against the hybrid state of consciousness you mention. It might be worth discussing this as well.
3. "Agency or sense of control is often associated with wakeful consciousness." This needs a reference.

4. Dreams as Experiential Realms....

1. This part is somewhat repetitive and needs to be consolidated with the previous one.