

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

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Potential competing interests: No potential competing interests to declare.

I was excited to review this paper because of its provocative subject matter. I have also written about dreams as portals, though as doorways to the imagination rather than to other realities. I've also had some recent discussions about the phenomenon in dreaming in which you find yourself in a particular dreamscape that you recognize as having visited in other dreams. Might this be an experience of an alternate, yet stable reality that we enter through the doorway of dreaming?

Leong and Zinych's article got me thinking about this and other mind-bending questions about the nature of consciousness and reality. The authors suggest that perhaps through the lens of lucid dreams, we may discover more about the true nature of reality and our place in it. They point out that lucid dreaming is a unique hybrid form of consciousness that may provide a unique vantage point from which to inquire into the big questions.

However, as other reviewers have suggested, this beautifully written article, which condenses much dream philosophy and history into its excellent review section, does not offer possible answers, living examples, or original ideas about the provocative questions it raises. The authors lay out the fascinating terrain that might be explored through a cross-disciplinary inquiry incorporating the 'multiverse' idea from theoretical physics, lucid dreaming, spirituality and consciousness studies, and psychology. It is such a rich mix.

Maybe the point of the paper is to simply put all these ideas in a pot and give it a stir, inviting the reader to stretch their minds to imagine beyond what they consider possible. However, I was left wanting some anchoring examples and ideas that would give the reader a clearer sense of what avenues the authors believe might point the way forward to a greater understanding of the grand speculations they invite us to entertain.