

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.

The article posts intriguing and relevant questions relating to human consciousness and the concept of reality. It includes references to both psychoanalytic theories and neuroscience, and as a whole, the authors seem mostly concerned with arguing for dreams as portals to realities that are not open to everyday consciousness.

I think that the article would profit from the authors watching out for repetitions of their points, especially in 3,

But this is a minor thing. The idea of portals to other realities is by nature rather elusive. Whereas both Freud and Jung are concerned with the dynamics of dreaming—why one would dream and how it could be interpreted—it seems unclear to me how we can understand the dynamics behind exploring other realities in our dreams - what could be the inherent dynamics in it? Why do we search for it in, e.g., our lucid dreams? And in our lives as therapists, how could a healing therapy benefit from these nightly experiential explorations?

Although I recognize the difficulties, it would be exciting if one or two case studies were included - i.e., a lucid dream with potentials - a therapy that makes use of dreams from the mentioned point of view, etc.

But as an important inspiration to pursue research into human consciousness and dreaming, I recommend this article for publication.