

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

Geoffrey S. Navara<sup>1</sup>

<sup>1</sup> Trent University

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The article is an interesting springboard into the discussion of the form, roles, and functions of dreams. As both a quantitative and qualitative researcher who has produced work on the connections between the waking and dreaming worlds (e.g., the Continuity Hypothesis as proposed and studied by Hall and Van de Castle), I am familiar with the literature. The current article, while not using the term, is congruent with this hypothesis and posits that waking concerns and daily activities are reflected in individuals' dreams.

The authors provide a great 'primer,' provoking the readers to consider the considerable evidence for the cognitive, neurological, and psychological underpinnings of the continuity hypothesis, and then lead the reader to some interesting dialogue as to the possibility that dreams are portals to other realities. The authors' work appears to be heavily influenced by both Freud and Jung's thinking on the nature/purpose of dreams.

As mentioned earlier, this article is a good primer to elicit debate (perhaps even heated) amongst not just psychologists, but also among those interested in quantum mechanics principles rooted in physics. The scope of the topic inherently places constraints on any one article, and as such, the complex concepts are sometimes presented without empirical nuance, but again provides a foundation for further discussion in the field.