

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

Carlo Monsanto¹

¹ Ronin Institute

Potential competing interests: No potential competing interests to declare.

"Dreams are our brain's way of processing daily experiences, while others posit a deeper, more mystic interpretation."

Dear David and Oxana,

While I appreciate your article and the direction you take it, there is an important alternative interpretation that you're leaving out. I will explain it in more detail.

Our observation is that dreams, more than anything else, are conduits for our unresolved unconscious past experiences to find alternative ways of being completed and resolved. They are like open cycles that are seeking to close through either dreaming or conscious processing that can lead to catharsis. The more we consciously resolve, the more this reduces the amount of processing that takes place through dreaming.

We also recognize there are different kinds of dream states, such as lucid dreams, which may be described as portals.

Wishing you all the best!