

# 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.

As invited, I completed a peer review of the article "Dreams as Portals to Parallel Realities and Reflections of Self."

It is abundantly clear that the two authors are very good writers and that every sentence is strong, even elegant. Based on that skill, I was open to hearing their argument for how dreams, more specifically lucid dreams, could serve as portals to parallel realities and enhanced awareness.

Unfortunately, they never deliver on their promise. They repeatedly state their thesis and repeatedly remark on its potentially profound implications, yet they stop short of offering any substantial ideas for HOW it might work or be accomplished. They review the established positions about dreams in each subsection, which feels like more repetition, but each time, they balk at giving any concrete examples or suggestions about how researchers or practitioners could go about studying the phenomenon or its therapeutic or ontological potential.

At times, they blur the distinction between dreaming and lucid dreaming (or at least forget to include the "lucid" adjective), which weakens their argument as well – because it appears that there is something about lucid dreaming that would give researchers some potential control over using the unique capacity of dreams or studying the process. In my opinion, the authors are obliged to give readers at least ONE full paragraph dedicated entirely to envisioning HOW the process might be done or harnessed. Otherwise, there is nothing original in their paper. They are simply restating the ideas of other brain and dream researchers as to the potential of lucid dreams as portals to parallel realities.

Here is an idea for how they might be able to break out and offer something new to the readership. As a thinking experiment, the authors could substitute the word "psychedelics" for nearly every instance of the words "dreaming" or "lucid dreaming," and the thesis, as it stands, would align. In other words, psychedelics could also be used as "portals to parallel realities and reflections of self". But by explaining what is truly unique to lucid dreaming that would NOT hold true for hallucinogens, maybe they can give the readers something substantial to chew on (?)

I would recommend against publishing the article unless the authors can apply their excellent writing skills to really explore the topic in depth with examples or suggestions that are truly substantial. If so, they could very much offer something genuinely original.