

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 Abstract and Introduction are very well defined, and they assure the reader understands what is being researched. I love the Literature Review, especially the fact that it starts with ancient paradigms, including the one noting ancient Egyptian and Greek reverence for and attention to the potential depth within dreaming.

This article is in harmony with the varied conversations taking place concerning consciousness. The discussions on lucid dreaming and its implications are particularly beneficial for working with psychological healing practices, as noted in portions addressing PTSD.

I was particularly interested in the sections on dreams, portals, multiple universes, and the multiverse theory in that I often receive guidance through dreams. In the last two vivid dreams, I've received direct guidance relating to character development from the collective unconscious while receiving beginning instructions for a seven-step model on human preparation for transformation.

This paper on dreaming makes a significant contribution to consciousness studies. It addresses points that illustrate differing dimensions of consciousness being illustrated in dreaming patterns. Yes, dreams as "conduits to alternate realities" culminate in a profound re-evaluation of the dimensions of human experience and the fabric of existence itself."

It has been a pleasure and an honor to review this very important paper. I hope that it is a prelude to an upcoming book.

Editorial suggestions:

Intro para 1: "This paper" - vary wording. After this, noting, I found a lot of "This paper" wording. I recommend doing a word search to create more variations. I see variations here and there, so perhaps edit the word "paper" itself.

I suspect this citation may contain an error: (J. Allan Hobson & Pace-Schott, 2002). There are a couple of places where every letter of an author's name was alphabetized in the reference section, i.e., FOULKES, D.