

# Extrasensory perception in dreams through emotions and symbols

Pavlo Kandyba

Kyiv, Ukraine

*Summary.* Based on his own experience of lucid and ordinary dreams, the author conducted a study to establish the possibility of obtaining new and previously unknown information from a dream, which can then be verified in reality, or information about future events that cannot be predicted in advance. It has been established that dreams can be deciphered as a symbolic language based on subconscious associations and contain the main meaning and emotional component of future events that cannot be predicted in any other way and which cannot be influenced. And lucid dreams can sometimes convey such events absolutely accurately. A by-product of the study was the discovery of the author's extrasensory communication with people in a state of light sleep. It has been suggested that the explanation for the reality of dreams may be the ability of the brain to unconsciously predict events based on information received both conventionally and extrasensory. It is proposed to pay attention to these phenomena and conduct a more in-depth study of them.

*Keywords:* Dreams, extrasensory perception, emotions, symbols

## 1. Introduction

From ancient times to this day, there is an opinion that dreams can predict the future. Also very common is the idea that information in dreams is contained in encrypted form as symbolic images. In esoteric practice there are collections of the meanings of such symbols, and the prediction about drought in Egypt described in the Bible, made by deciphering a dream about camels, is also known. In practice, predictions in dreams can be explained by simple identification of dreams with unrelated events (Watt, 2014), or by the dreamer's intentionality for some actions, which manifests itself first in a dream and then in reality. And it is extremely difficult to identify such a pattern because dreams can be interpreted in different ways. Also, the possibility of foresight is associated with extrasensory perception, telepathy, the possibility of which is being studied and considered worthy of attention.

The prerequisite for this study was an emotionally charged lucid dream with an out-of-body state, which the author experienced at an early age. This dream accurately conveyed a concept previously unknown to the author, the existence of which he discovered later. The content of this experience was a very realistic wandering planet and its connection with apocalyptic events, such elements as a global flood, land without water and transformation into a giant, which resonates very well with the fantastic idea popular in popular culture today about ancient alien gods from the planet Nibiru, author which was Zecharia Sitchin, as well as with

the ideas of modern science about wandering planets. One could easily assume that the visions were caused by such ideas, but at that time the author knew nothing about them, and could not interpret his experience in any way. It was perceived as completely inexplicable and extremely traumatic, leading to the decision to dismiss it as a painful hallucination and forget it. But years later, when the author became aware of such concepts, the question arose - was what he saw something real, which could be learned exclusively from a dream, or was it a coincidence when the content of a dream was very similar to something in the real world .

It was decided to learn the technique of lucid dreaming and repeat a similar experience in order to discover any evidence that the information received in such a state could reflect objects, events or concepts of the real world that were previously unknown. A number of states were intentionally achieved, from lucid dreams, when a person is aware of himself in a normal dream, which has little correlation with the real world, to out-of-body states, when a person is aware of himself in a dream outside the body and observes the environment around him as close as possible to the real place and time.

These experiments did not give the expected result, although they were interesting in themselves and will be described here. But at the same time, a pattern was discovered between dreams of different types and unpredictable future events. Thanks to this, a way was found to decipher the meaning of dreams, and in cases where dreams were repeated and were correctly deciphered, their predictability was the rule rather than the exception. At the same time, neither the time nor the circumstances under which the events would occur were known, but the main characteristics and emotional significance were accurately predicted, and the sequence of the dream and the associated predicted event was never disrupted in the case of repeated dreams and events. In one case, associated with an extreme and unpredictable event, the dream conveyed not only its essence and emotionality, but, having become conscious, very accurately reflected its most critical moment.

Corresponding address:  
Pavlo Kandyba, Kyiv, Ukraine.  
Email: pavlonlo83@gmail.com

Submitted for publication: January 2024  
Accepted for publication: March 2024  
DOI: 10.11588/ijodr.2024.1.102315

In addition to this, extrasensory perception was discovered a connection that manifested itself as a vocal and motor reaction of people in light sleep to the mental activity of the author. Despite the fact that such cases were random and rare, during the intentional transition into a lucid dream with an out-of-body state, a synchronized alarm reaction of another sleeping person was repeatedly noticed (Howard, 2018).

This research is not systematized and therefore it was decided to present it in narrative form in the form of descriptions of dreams with comments in chronological order, starting from the very first one, which became the reason for the research. Such a sequence may allow the reader to independently identify cause-and-effect relationships when viewed from the outside. The author understands that it is difficult to analyze one's experience impartially, but at the same time, this gives an advantage since the author knows himself well. And this allows you not to lose sight of the smallest details and connections. In any case, regardless of the author's conclusions, the description of his experience may be of interest to other sleep researchers.

## 2. Method

The author analyzes his ordinary and lucid dreams, out-of-body states that were spontaneous throughout life or intentionally experienced within the framework of this study for about 10 years. Most of them fall within a ten-year period, with the exception of some particularly memorable cases.

The relationship between dreams and future events is also revealed. Particular attention is paid to recurring dreams and events, as well as single dreams that reproduce events in detail. Dreams are divided into three groups:

1. Ordinary dreams - dreams in which a person is not aware of himself as sleeping. In this case, the situation does not correspond to the real place and time where the sleeper is, and consists of images of the real world. There is an analogy here with AI art, when a new unique image is created from existing ones.
2. Lucid dreams - dreams when a person is aware of himself in a dream and can control it, but at the same time the situation corresponds to a normal dream.
3. Out-of-body state - a state in which a person is aware of himself in a real place and time, the situation is close to the real one, and at the same time he can feel his existence as if outside the body.

There is no clear boundary between these three groups and they can move from one to another during one dream.

### First lucid dream with out-of-body state.

At age 8 or 9, the author experienced hypothermia in December 1991 or 1992. As a result, he experienced a severe increase in temperature and began to delirium, which turned first into nightmares and then into a lucid dream and ultimately into an out-of-body state with complete depersonalization, which is comparable to a near-death experience. Despite its long history, this experience was one of the most significant in the author's life and is well preserved in his memory. Subsequently, it was recorded several times in order to restore all the details without distortion or unconsciously fictitious details. Unfortunately, it was not possible to restore the exact chronology of these visions, which complicates their analysis. The experience was remem-

bered fragmentarily, since most likely it was interrupted by incomplete awakenings.

In the dream there will be a parallel with the Bible, although the noticeable influence of religion is very doubtful. Among the main influences it is worth noting science fiction and interest in space, which will be noticeable later. And elements of biblical stories could be known as legends without any connection to religion.

The dream began with a vision of letters on the ceiling, but the text was not clear. This is probably associated with the school primer. There is a similarity here with the biblical revelation of John the Theologian where he saw a book in a vision but could not read it.

This was followed by a nightmare in which the author was floating in a gloomy ocean under a dark gray sky and dead bodies of people were floating all over the surface of the water around him. It was known that a flood had occurred, the old world no longer existed and none of the loved ones were there anymore, the bodies were dead children. Then a large dirty steamer appeared from which a cable with steps made of the bodies of babies hung. The author climbed up it and discovered that the situation had not become less nightmarish and he was still left alone in a world where everyone was dead. This is followed by awakening.

In this dream there is a clear association of the ocean with bodies and a collection of potato beetles in a suburban area, which were thrown into a container of water and floated there on the surface. It was a fairly ordinary situation, initially perceived as entertainment and after sleep - as cruelty.

The image of the steamboat was apparently taken from the movies and was associated with a successful life. And the climb itself, as was established later, was a symbol of the social ladder, the acquisition of new knowledge, and, in general terms, development, not necessarily associated with material values. Further, the sequence is lost and fragments of experience are presented as their significance increases.

In a dream, the author sees a large asteroid in space, comparable in size to a planet and in structure to the moon, and has an irregular shape. This creates a very depressing impression, but the meaning and origin of the asteroid is not clear and no associations have been found for this.

Subsequently, it was noticed that the geoid, that is, land without water, has a similar pear-shaped shape, although in the model the irregularities are exaggerated for expressiveness.

In another fragment of the dream, the Earth appears, which is visible from space and, as if zoomed in, a familiar spring landscape with flowering garden trees and houses is visible on its surface. At the same time, it becomes known that all this will be destroyed and nothing can be done, but the reason is unclear. This evokes strong emotions that make you want to cry.

### Lucid dream

The experience begins as an ordinary dream of incomprehensible content, but pleasant. Gradually, the pleasant feeling gives way to a depressing one and ultimately becomes unbearable. There is a feeling that you have to hold a load on your shoulders that cannot be held. At the same time, one realizes oneself in a dream in the form of a giant, increasing in size and thus overcoming heaviness. This is immediately identified with the Titan holding up the sky.

The increase occurs to the limits of space and from above the place where it all began becomes visible. The place gives a pleasant impression of naivety and looks like a landscape covered with shallow seas or lakes. The author associates a similar impression with the shallow Sea of Azov, where he vacationed. What is distinctive is the unusual reddish and yellow light and dark sky, which is why the world is illuminated as if from within.

### Out-of-body experience

The experience begins as an ordinary dream in which there is a feeling of an imminent global catastrophe. This is represented by the immediately obvious symbols of a small feather and a huge shapeless mass trying to crush the feather. This conveys the incommensurability of forces and the impossibility of doing anything. There is an irresistible desire to understand the essence of what is happening.

At some point, the author realizes himself sitting on a bed, perceiving space through the walls, and at the same time, an awareness of an uncertain threat from outer space appears.

Gradually, the unknown threat begins to be recognized as a specific object and a desire to identify it appears. Attention is directed to the area of space behind one of the walls and for a while a split occurs, as if the author is simultaneously in the room and somewhere far away beyond.

Ultimately, the author finds himself in complete darkness, while realizing that he is far away in space. Gradually, an almost imperceptible red glow becomes visible in the darkness and it becomes clear that something is approaching from there.

At some point, a very frightening and at the same time fascinating view of a dark surface, covered with multiple glowing pink branches like coals, opens up. These branches look like veins and there is some kind of movement in them, giving the impression that it is something alive. This species is perceived as completely incomprehensible and supernatural.

After some time, the visible area becomes more extensive and it becomes clear that the luminous branches occupy a

colossal space. Orange and red-brown shades appear and the number of elements becomes incredibly large and it is impossible to understand any pattern in them.

In a separate period of time, an area resembling a desert plain in dim red-brown light became visible between the luminous lines. All this was covered with an uneven translucent haze, due to which a significant area of glow was indistinctly visible.

The observation point gradually moved and moved away, and the illumination increased and it became clear that this was the surface of some huge celestial body, which was hidden in the darkness and is now visible in its entirety, which is why a light pinkish-brown tint begins to pre-dominate.

Observing it, it was difficult to determine whether it was a planet or a star, since it had external signs of both and seemed something impossible. At the same time, the impression was created that it was filled with life or was a living creature with extremely aggressive, and one might say demonic energy, and the pink flesh tone and detailed realism made it completely creepy.

At the time when all this was consciously identified, identification with the individual disappeared and a critical moment arrived. There was a feeling of a point of no return, reaching which meant the cessation of existence. The consequence of this was movement inside a long spiral tunnel, reminiscent of a drain funnel. This tunnel was located in space and at the same time consisted of images, perhaps memories, that changed when moving in such a way that it was as if life was flying before the eyes. The result of the movement was the return to the solar system and the acquisition of personality.

The solar system looked natural, but at the same time all the planets were visible at the same time, as in the illustration. Some kind of solemn phenomenon took place here, which was connected with what was seen earlier, and caused joy and relief. It gave a sense of solving the problem.

After this, the author found himself in his room and ran around there with a feeling of liberation and completeness of knowledge, which was perceived as something that could radically change the situation. At the same time, there

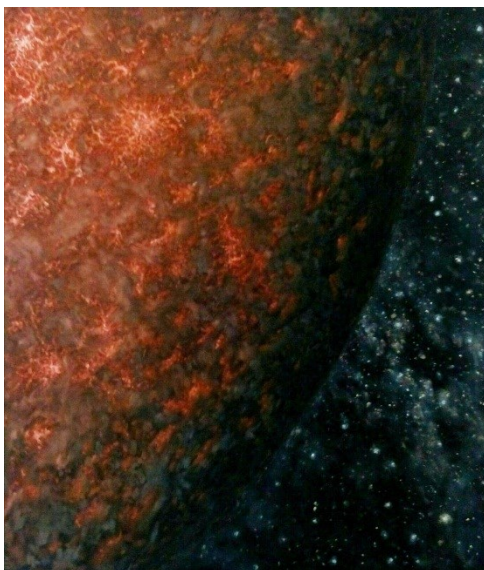


Figure 1. Image of a planet from a dream drawn by the author.



was awareness of oneself, but there was no awareness that this was a dream. The situation in the room differed from the usual in that outside the window there was pre-dawn twilight, although in reality it was deep night. After some time, an awakening occurred with a feeling of complete loss of strength, and the knowledge remained expressed in specific words “we need to put things in order, we need to tell everyone about everything,” but its essence lost its meaning. Putting things in order was a reference to the tendency to scatter things, and the need to tell was completely incomprehensible as well as the essence of what he saw.

Most of all these dreams can be explained by the interpretation of various images previously seen in the real world. But the planet seen in its most conscious state did not fit into any of the author’s ideas at that time. This image was extremely shocking, and the experience as a whole created the impression of the revelation of a terrible personal secret that prevailed over all life experience. However, it is difficult to imagine any traumatic life event that could manifest itself in this way. On the contrary, the experience itself was traumatic. Therefore, the solution was to consider it a figment of a sick imagination and not remember it anymore.

### Connection with the real world

A return to that experience occurred in 2012 when the author first learned about the idea of the planet Nibiru, which triggered a flood of memories. This idea was put forward by the famous writer and popularizer of the theory of paleocontact Zecharia Sitchin. He argued that when taken literally, the Sumerian texts and the Bible tell the story of a large volcanic planet that periodically visits the solar system and is the homeland of ancient aliens - the legendary gods. Sitchin wrote many books trying to prove this theory and was criticized by the scientific community for insufficient evidence, but nevertheless the idea became popular in popular culture.

The author familiarized himself with the books of Z. Sitchin, as well as with all available translations of Sumerian texts, the Bible and the Apocrypha, and came to the conclusion that the assumption about the existence of the planet Nibiru was made on very indirect and ambiguous facts.

But at the same time, it was surprising that what Z. Sitchin’s description of this planet exactly coincided with what the author saw. Despite the fact that initially the appearance of the planet seemed inexplicable, color photographs of the Earth and other planets from space that appeared later in large numbers made it possible to see very similar details, such as lava flows, night cities and their glow from under the clouds, and space video of a thunderstorm. And if you imagine a volcanic planet with frequent thunderstorms and moving clouds, then this will be the most accurate correspondence to what you saw in your dream. In addition, the concept of Z. Sitchin and its connection with the Bible gave meaning to previously disparate elements - an unreadable text, a flood, an Earth without water, a garden Earth, transformation into a giant and, in fact, a certain analogy of the coming heavenly kingdom in the form of a planet, as well as the idea of obtaining information in a dream. At a minimum, it seems that in a dream information was received about Z. Sitchin’s idea, which already existed at that time, but was unknown to the author.

Also interesting is the similarity between what was seen and modern scientific ideas about such wandering planets,

which the author was previously unaware of. A common type of object is wandering infrared stars and brown dwarfs. In addition, it is possible that objects of the type intermediate between a planet and a star exist, and there may likely be many such variations, and it is quite possible that one of them is now moving towards the solar system, remaining unnoticed against the background of the stars.

There is also a hypothesis of a ninth planet, another massive planet in the solar system. The exact parameters of which are still unknown, but apparently it should exist. In addition, this dream became a kind of key to information that was discovered through associations that arose when replaying the dream in the head, but was not its content. These associations led to another physics study published in a peer-reviewed journal for beginners. This was a real achievement for the author due to his initially weak knowledge of the subject.

Based on all this, the author concluded that extrasensory perception of information in a dream may be possible and this requires more detailed study.

### Out-of-body experiments

In order to test the possibility of obtaining information from dreams, it was decided to master the practice of OBE. A simple method was chosen for this: when going to bed, relax completely, stop the mental dialogue, focus your consciousness on the here and now, concentrate on breathing.

This state was difficult to maintain and required some effort, so the first attempts did not yield anything. After a certain number of such trainings, several times a state close to falling asleep was achieved, in which distant voices began to be heard, and the faces of strangers appeared from the darkness before my eyes. They were constantly changing, transforming from one to another. Their facial features were distorted with a strong expression of various negative character traits and at times they resembled or were monsters. They seemed very real and it was very frightening, forcing me to open my eyes.

Later it was determined that sometimes, in the presence of some unknown factors, this state can be achieved easily, and sometimes not. At the same time, it was possible to carefully examine faces without being afraid of them and control their transformations from normal people to fantastic monsters. It looked very similar to an AI video, where constant changes occur and there is no meaning. It is likely a similar mechanism.

Later, an addition was made to the method: one had to be in an exalted state of spirit, imagining oneself luminous and invulnerable. As a result, the visions of faces stopped and a new state was reached in which the noise in the head greatly increased, which resembled increased blood pressure or heartbeat at an unnaturally high frequency. This effect is often compared to wind noise. At the same time, a feeling of lightness, clarity of consciousness appeared more than usual and the ability to perceive the surrounding space with closed eyes, but without any clear details. This condition is almost identical to sleep paralysis, but without the paralyzing fear. It also caused fear and forced me to open my eyes. Gradually, I managed to get used to this state and maintain it for some time with the help of an intuitively felt sense of control, which was difficult.

One day after strong physical activity, I managed to very easily get into this state and remain in it. As practice sug-

gests, in this case you should make some kind of movement in order to feel your separateness from the body. Intuitively, a somersault was made over the head, which was very easy and was accompanied by a feeling of almost complete weightlessness. In this case, the location was recognized as the place on the floor where the somersault was performed, and from the very beginning to the end the spatial orientation was not disturbed. The space around was completely dark, but gradually it began to become a little lighter and take on the features of a room. This was similar to the first experience when there was a movement into complete darkness, which was perceived as deep outer space. No stars were visible there, but the planet gradually became visible, which was reminiscent of vision getting used to the darkness.

While in the room, the author was able to move naturally and met his dog, who also reacted to him. At the same time, no other people who were actually in the house were visible. It was decided to fly to the Moon and for this purpose a jump was made through a closed window. The flight was unsuccessful. When jumping from the height of a first floor window, it was possible to very smoothly cover a distance of about 8 meters along a normal ballistic trajectory, as if gravity were very small. An attempt to wave my arms did not yield any results, and after touching the ground I woke up.

The space outside the window was similar to the real one, but differed in that the moon was shining there, which was not there in reality, and objects such as people and cars were not visible, as if the detailing had been reduced.

During another similar attempt, after the feeling of separation from the body appeared, I managed to sit up on the bed. At the same time, the feeling of clarity of consciousness and lightness was higher, and the space of the room was immediately visible. There was a clear understanding that the body was now lying down, but almost immediately a split perception of oneself as sitting and lying began. This was accompanied by the gradual onset of a feeling of severe discomfort and mental fog. After getting used to this discomfort, it was discovered that this was a normal state of wakefulness.

In another such attempt, upon the onset of a superconscious state, it was discovered that the body was no longer human as it usually was, but was perceived as an oval field with a faint glow, inside which something like a nervous system with a main pillar and branches pulsated, which was also similar to discharges current. This was very reminiscent of common images of the human aura that the author could see before, but was perceived very clearly.

This state was accompanied by a very strong vibration noise, a feeling of enormous power of this vibration, a feeling of weightlessness and the awareness of possible the ability to extremely quickly overcome space, which was already perceived outside the room. At the same time, the weightless oval body was on the bed and awakening occurred before it became clear how it could move.

Most of the other attempts ended at the initial stage of perception of the space around and separation from the body without any action. In one particular case, awareness came in a dream and the author found himself floating under the ceiling. At the same time, there was a feeling of complete freedom and the only reason for returning was responsibility to loved ones. The situation was different in that it was lighter than in reality.

### The influence of external factors on lucid dreaming.

In one case, I fell into a state of sleep paralysis with a feeling of a very realistic alien presence, as if right in my head. It was perceived as a black demonic entity making a loud hissing sound and about to consume the mind. It seemed that it was the essence and the fear it caused that was the paralyzing factor. After trying to scream, there was an awakening.

Some time later, awakening occurred under similar circumstances, but there was no entity, only a hissing sound. Since the awakening was abrupt, it was discovered that the source of the sound was a faulty car outside the window, which often drove somewhere at night. Similar alarming awakenings due to sudden noise in the real world later occurred more than once.

### 3. Research result

In general, it is difficult to establish what determines the quality of entry into such states and its possibility in principle. If sometimes it was possible easily, sometimes it was not possible at all and the experience itself was different. This can be influenced by factors such as well-being and physical activity.

All of these experiments failed to obtain any information about the future or the real world that was not previously known. The exception was one case with a high probability of simple guessing, when the author was interested in the question of whether the furniture had been removed. In an unintentional lucid dream, it was discovered that the room was empty and in reality this coincided.

From these experiments it became obvious that being in such a state requires certain energy costs and it can be either long, less conscious and with less realism of space, or short but more conscious and realistic. The most conscious states that have been achieved seem much more conscious than the normal waking state. These states of awareness are close to those achieved in extreme situations and at moments of euphoria.

### Extrasensory perception

During these experiments, a problem was discovered, which manifested itself in the fact that upon reaching a hyper-conscious state, systematic interference immediately began in the form of sounds made by people in the apartment and outside the window, which each time inevitably led to awakening. The final conviction of the systemic nature of these interferences was the vocal and motor reaction of the author's sleeping wife, which for some reason began to manifest itself every time simultaneously with the intensification of the noise in the head. It was obvious that this condition caused her anxiety, although it could not manifest itself physically in any way. Moreover, some actual physical actions and noise did not cause such an effect.

Later and to this day, a similar reaction from the author's wife arose due to his active mental activity and even reached the point that he had to stop thinking. In one isolated case, he was even able to get an answer to a question in the form of his wife saying "no" and "yes" in a dream, although this was a denial or agreement with an emotion rather than a set of words.

Similar reactions to the author's mental activity were noted more than once in other people, sometimes in the next room, which excluded their reaction to any weak signs of mental activity such as increased heart rate, etc. At the same time, the presence of a reaction was not observed in all people, regardless of how well they were known to the author, and those who had a reaction did not always have it. Either it was continuous one day or it was absent another day. But each time it was very natural, it stopped with the cessation of the author's mental activity and immediately manifested itself in the event of its resumption in the same direction. In the case of the wife, this could happen many times in a short time, and even when she is awake, there is often a frequent coincidence of her activity with the beginning of the author's active thought processes. One case was recorded when the author was in a state of strong emotional agitation due to a situation that was perceived as very extreme. At that moment, he received an unexpected call from his wife (usually she called at a different time) who was alarmed and asked if everything was okay.

In this case, no attempt is made to intentionally obtain or transmit specific information, such as location or the correct choice of action, to another person by extrasensory way were not successful.

Obviously, it was the emotional component and not the logical constructions of thoughts that caused the reaction and can be perceived extrasensory. The reaction usually manifested itself precisely in moments of experiencing or thinking about something that was given important or even existential significance, or other mental activity that caused emotional arousal. Apparently this emotional principle is the reason why psychic abilities cannot be detected using the usual approach in which specific information is expected to be conveyed. When exploring psychic abilities, you should first of all try to detect the transmission of an emotional mood.

### Lucid dreams and out-of-body experiences with the use of psychotropic substances.

For experimental purposes, plants such as *Datura* and *Atrópa belladónna* were tested and simply eaten. Their use requires extreme caution; in particular, belladonna can easily lead to death.

*Datura* gave a negative result, leading to a state where dreams mixed with reality and were similar to ordinary ones. Initially, being in the real world in a specific place, it seemed to the author that he got up, walked, did some business and then came to his senses at the starting point, and this was repeated many times. When the effect of the drug intensified, the author dreamed of his deceased father, who tried to convince him of something, which the author did not want to agree with. Then his father began to beat him, and an attempt to respond led to his awakening.

*Belladonna* gave good results, but with significant side effects. An indefinite amount of the plant was taken, which was taken in small doses intermittently to monitor the condition. An excited, but generally adequate state was achieved without obvious signs of altered consciousness.

When falling asleep, the state of awareness was achieved very easily, almost without effort, but at the same time very strong realistic sound and visual effects immediately began, which forced us to take some action, which led to awakening. It was the voices of people, the surreal bending of the

roof and the transformation of a pillar into a hand. These objects were outside the field of real vision but were perceived in this state. It seemed that reality was turning into an ordinary dream where objects could behave strangely. At the same time, awareness remained normal and this created a feeling of madness. Therefore, I had to stay awake until the effect of the drug wore off.

A milder effect on falling asleep appeared one day after administration. In one case, with my eyes closed, the starry sky was visible through the roof of the house. However, in reality the sky was cloudy. In another case, a nightmare turned into a calm, lucid dream in which, by increasing the body in size, a rush to the night sky occurred.

After experiments with drugs, it was concluded that the most controlled and conscious state in sleep is achieved without their use, although belladonna gives a strong positive effect. It was not possible to obtain any new information from these experiments except for the dream of an unusual message written in red letters under the influence of *datura*. After waking up, the author actually found a message addressed to him in red letters, but he could have seen this before, but not paid attention.

### Predicting the future in a dream

#### 1. Detection of associative images in sleep.

In parallel with the beginning of the experiment, the author began to have recurring dreams in which he climbed in different buildings, sometimes in an elevator, sometimes on foot. Moreover, the author's work was related to construction. One day he had a dream about how buildings quickly grew towards the sky like spiral crystals and eventually became painted.

At the same time, the author began to remember forgotten drawing skills and thus some kind of reflection of reality in these dreams became obvious. Later, art became his main occupation.

Another type of recurring dreams associated with the mode of transport was noted. The author kept having dreams where he rode the subway and went underground. At the same time, he worked a monotonous job and sometimes traveled by subway and sometimes by car, but he very rarely dreamed of driving a car.

Then there was a break in work and these dreams stopped, but after some time the author dreamed of riding a motorcycle quickly and soon after that he found a more profitable job. It was suggested that a vehicle in a dream is associated with financial status, social status and the speed of earning money. This was due to the complex due to the lack of a car.

A similar analogy was chosen for dreams about climbing in buildings. Ascension was associated with acquiring new knowledge, developing skills, and expanding one's worldview. The buildings symbolized the social hierarchy due to the fact that elite housing was often located on the top floors. These dreams occurred during the period of the beginning of the research and the occupation of art. Art meant higher qualifications than previous construction work. Descent and fall, on the contrary, meant a departure to the old way of life or moral degradation. Some negative periods of life were preceded by dreams of descent and falling. In general, horizontal movement was associated with achiev-



ing material success, and vertical movement with intangible success.

## 2. Discovering the predictive power of dreams.

The author's professional activity was organized on the principle of fulfilling orders from people who applied for advertising. And it was never known how profitable the next order would be. At the same time, dreams about horizontal movement were dreamed with an indefinite frequency, and it was noticed that sometimes some symbolic moments of the dream reflect the characteristics of the next job, which is unknown at the time of sleep.

For example, I have a dream about a plane whose flight has been delayed. After some time, the client offers a profitable job, which can be started in a few weeks. The author goes on vacation and after a while has a dream about a racing car that goes fast but breaks down and stops. Moreover, the dream is already associated with the place where the work agreement was made. After a while, the author is informed that he can begin and he gets to work, but due to unforeseen reasons on the part of the client, the work has to be suspended. After some time, I have a dream about traveling on public transport with reference to the same place. Work resumes, but it turns out to be not as profitable as previously expected.

## 3. Other examples

I dream of driving a tank over rough terrain and this is followed by work in new life circumstances, when additional difficulties must be overcome;

I dream of torn sneakers, which in childhood were associated with a car, and after a while the author receives an unprofitable order, which he has to refuse completely without payment after starting work;

Dream of a train that might be late for and an order appears that might be missed;

Dream of flying on a spaceship and after that the creative activity of the author, which he liked, brings material benefits.

In the future, such coincidences become the rule rather than the exception. Before receiving profitable orders, you dream of driving a car or flying on an airplane, and before orders with minimal benefits, you dream of riding public transport. At the same time, the profitability of orders is never known in advance. The time and circumstances of the event are also unknown, but at the same time, the dream very accurately conveys the emotional impression of future events and the dream-event sequence is never disrupted. In some cases, the circumstances of an event may be similar to those seen in a dream, but have a different meaning.

Other, more rare types of recurring dreams have also been identified. Dreams about dogs were very revealing. For the author, a dog is associated with a friend, according to the expression "a dog is a man's friend." In one case, the author dreamed that he was greeting a tall, thin wolf on two legs. After some time, a new neighbor with a criminal past appears in his house, whose type completely corresponds to the image of a thin, tall wolf. The wolf itself has an association with the criminal proverb "man is a wolf to man." At first, a conflict situation arises with this person, but subsequently the relationship becomes friendly.

On another occasion, the author dreamed of a bulldog. Through some time he has been approached by a large per-

son who becomes a regular customer and also has common interests and worldview. In another case, the author dreams of angry dogs and subsequently has to work with his old acquaintances, relations with whom are strained. In general, a dog in a dream became for the author a symbol of friendship or partnership.

Murder dreams were also noted, where the author killed someone in a dream. After such dreams, controversial financial issues were resolved in favor of the author. The murder was most likely associated with the words from the Bible that whoever does not pay a worker is as good as killing him

Of particular interest is a dream that consisted of a set of different symbols and to which, after incomplete awakening, we managed to return to change the situation. The dream was about a building where the author climbed the stairs but at some point went down to the basement where there was something terrible, which led to awakening. But since the awakening was not complete, there was a return to sleep where two dogs were killed in the basement.

During this period, the author devoted his free time to one study, but after a while at work, a controversial financial issue unexpectedly arose with two business partners about liability for losses. The situation became very tense but unexpectedly decided in favor of the author. Moreover, neither the cause of the problem nor its sudden solution could be predicted in advance.

A particularly interesting dream occurred in the fall of 2021. In this dream, the author's teeth began to fall out in unnaturally large quantities and did not stop. And then the floor of the apartment where the author lived began to disappear from under his feet and the dream turned into a lucid one. At that moment, the thought arose that we needed to remain calm in order to balance everything, after which an awakening occurred.

The author associated tooth loss with a superstition that he remembered from childhood. In this sign, tooth loss in a dream predicted the death of relatives. The author had dreamed of tooth loss more than once before, but he did not see any connection with real events except for rare coincidences when, after such a dream, he learned about the death of a relative or friend.

In the case of this dream where an infinite number of teeth were falling out, it was assumed that a large increase in mortality from COVID could soon follow since it was a time of pandemic. But a few months later, a war began in Ukraine, where the author lives. The most exciting moment for the author was when a bomb fell near his house. At the same time, the house made of thin concrete slabs began to shake, and on the fifth floor where the author lived it was felt exactly as he had dreamed it in a dream - the floor seemed to be disappearing from under his feet. This moment was predicted by the dream with parasitic accuracy.

Although the start of the war was unexpected for the author, assumptions about it had existed for a long time, and it was possible to unconsciously predict its beginning. But the fall of the bomb, the behavior at home it caused, as well as the course of the fighting were completely unpredictable.

In addition, there were other isolated dreams that in one way or another foresaw the situations that occurred later. There was no consistency in them and it was not immediately clear whether they should be understood literally or figuratively, but after the event one of the two options or a combination of them could be applied. In all cases, it was

the emotional component of the event that most closely matched, which correlated with the emotional intensity and memorability of the dream. It is very likely that all the other dreams that could not be deciphered were also predictive.

### Hypothesis

This result shows that it is likely that the human brain has a latent function to unconsciously predict the future based on possibly unlimited information perceived extrasensorily. Moreover, this perception can go beyond interaction only with living beings and spread on a cosmic scale. Back in 1924, A. L. Chizhevsky, in his work "Physical Factors of the Historical Process," using statistical data, showed the connection between the activity of society and solar activity. This phenomenon has not yet been studied and may contain answers to many questions about the human psyche, and also provides the opportunity for long-term forecasts.

But extrasensory perception and prediction alone do not fully explain the meaning of the existence of predictive dreams. Indeed, despite the ability to foresee the future, the author never managed to change the course of events, except when this was done in a lucid dream. Thus, the dream provided an opportunity to, to some extent, mentally prepare for the future but not influence it. And although dreams often consist of isolated images removed from memory, they represent, as it were, a model of emotional experiences assembled from improvised means. After all, it is the emotions that a dream conveys that determine the quality of the experience, and not the circumstances, which can be perceived differently by different people. It may be simply because complete reproduction of the future in all details is extremely energy-consuming and occurs only in exceptional cases. It turns out that the decision about what to do in a predictable future is often made unconsciously in a dream, and then the person steadily follows the rails of fate, even if they lead to death? Or, being lucid in a dream, can a person be the master of his own destiny, regardless of the circumstances? The answers to these questions remain to be found.

### Dream prediction experiment

In order to experimentally establish the reality of dreams, you can conduct the following experiment. A group of experimental subjects should be selected who will keep a dream diary and a diary of everyday life events for a month or longer. At the same time, for each dream and event it will be necessary to note the emotional significance: good; Badly; neutral and intensity of emotions on a three-point scale. It will be possible to draw up a psychological profile for each participant and, as the experiment progresses, try to find out what associations certain images from dreams evoke in them.

The result must be determined according to such criteria as the coincidence of the event with the symbolic image and emotional significance of the dream.

It should be taken into account that the most vivid dreams may be associated with events that will occur long after the end of the experiment, and participants may also remain silent about some dreams and events that will be too personal. Therefore, the most indicative will be recurring dreams and less intense dreams about everyday life, considered within the framework of the dream continuum.

### Extrasensory experiment

Typically, experiments to detect telepathy are based on attempts to establish the acquisition of specific information that can be verified in this way. The author does not deny this possibility, but believes that a much better and more unambiguous result will be provided by the detection of a person's unconscious reaction in a dream to the emotional states of another person. Surely this will not be difficult to establish by recording synchronous bursts of brain activity of two people, one of whom will be sleeping and the other will be engaged in active mental activity that causes emotional arousal.

Most likely, such a connection will not appear in all cases and not always. There probably must initially be an emotional connection between these people. These should be close people, friends or recent acquaintances of potential friends. In addition, the result may depend on a predisposition to extrasensory perception and some unknown factors that influence a person's state differently at different times, such as weather or emotional state.

### References

- Watt, C., Ashley, N., Gillett, J., Halewood, M., & Hanson, R. (2014). Psychological factors in pre-cognitive dream experiences: The role of paranormal belief, selective recall and propensity to find correspondences. *International Journal of Dream Research*, 7(1), 1–8. <https://doi.org/10.11588/ijodr.2014.1.11218>
- Howard, M. C. (2018). A Meta-Reanalysis of Dream-ESP Studies: Comment on Storm et al. (2017). *International Journal of Dream Research*, 11(2), 224–229. <https://doi.org/10.11588/ijodr.2018.2.52040>
- Chizhevsky, A. (1924). *Physical Factors of the Historical Process*. <https://cyclesresearchinstitute.org/pdf/cycles-history/chizhevsky1.pdf>