Dreams as an engine for producing artistic scenes: A self-empirical study

Hossein Chegini

Auckland, New Zealand

Summary. Dreams are complex phenomenons that inspire researchers and scientists to think of their origins and operations. They reflect thoughts, inner affairs, desires, and intentions in the form of a story. Although studies have been conducted to realize the intentions and forms of dreams, there are many questions around dreams' operations and processes; the questions such as how the power of psychology generates dreams and what are the main operations that shape and form the content of a dream? This study is a self-empirical analysis of dreams contents based on the montage; a primary artistic operation people use for creating artworks. For dream's content analysis, they have been compared against the dreamer's real facts of wakening state. This study is an innovative and creative way of analyzing dreams' contents. It provides a more granular analysis that goes beyond the limits of traditional content analysis by Frued (1900) called condensation. The study also provides a quantified result based on primary montages helping to understand how a typical dream construction is similar to artistic montages.

Keywords: Dream, dream analysis, montage operation, sleep

1. Introduction

It is not far from the truth to say that dreams are one of the most complicated and mysterious phenomena of human brain activity. The dreaming occurs after the sleep is in a deep state, called the Rapid Eye Movement (REM). But a dream might also occur in NREM sleep as well (Solms, 2000).

Although there are people who do not dream or cannot recall their dreams, dreaming is a very usual phenomenon that many have experienced.

Some studies research the reason and motivations of the dreaming process, but the content creation of dreams and data selection for showing to a dreamer is not yet clear. (Mutz & Javadi, 2017) is a study on stages and levels of dreams in REM and non-REM. The paper states dreaming as a mental state of a dreamer that shows scenes to him/her.

The current paper uses the analogy of a dreamer to a director who shows a movie to his audience. Sometimes, the director produces a scary movie and sometimes a dark or drama story. But there is one great difference between a dream and a movie: according to the author's perspective of the current paper in movies, a director creates a movie for his audience, but in a dream, the audience and a dream-maker are one person.

Spanò et al. (2020) is another study on the role of memory in generating the contents of a dream. The paper shows how memory consolidation and memory integration construct the contents of dreams. This hypothesizes that a dream is produced by different input types, such as daily experiences, events, and normal life activities. The consolidation process then fuses the wakening facts and creates a novel story that does not repeat, fake, or mimic other dreams except some traumatic nightmares that have repeating nature. The novelty of dreams is not disputable once we can rarely remember two dreams with the same condition, scenario, location, storytelling, situation, etc. We dream every night with a very innovative imagination comparable to artworks of great cinema directors. The parts of a dreamer's psychology that create dreams are like an engine that produces artistic content and shows them to a dreamer. From another perspective, a dream is like a journey to a very strange space that has not been experienced previously in reality. (Edwards, Ruby, Malinowski, Bennett, & Blagrove, 2013) highlights the psychological values of dreams in reflecting a person's insights and his/her internal reflections and affairs. They demonstrate that by coding the relationships between memory consolidation, daily experiences, and emotional affairs in waking life and dreams insights, visions, and fears of some dreams in another side, a mapping can be constructed between the waking and the sleeping state. Another to say the study depicts how a dreamer's contents are changed from realistic facts and daily events to fantasy or abstract content in a dream. Among the studies on dream content analysis (Hall & Castle, 1966) has conducted a study on dream data and objects classification and categorization. Among a vast majority of dreamers, they have recorded the dreams and assigned definitions and categories to better classify them. (Schredl, 2010) is a study on dream content analysis that defines scales and measurements, trying to classify a dream. The definitions then set up a coding system that could be applied to individual dreams for analysis and dream characterization.

Once studies on dream content analysis depict the coding and element of classifying a dream, no one has studied the combinatory process, which mixes reality contents to create a new dream. Also, no one has specifically and meticulously studied the combinatory process in dream creation. The provided research gap has motivated an analytical study of

Corresponding address:
Hossein Chegini, University of Auckland, Grafton, Auckland 1010, New Zealand
Email: h.chegini@auckland.ac.nz

the process of dreams' contents combination. The analysis of this research was based on a fundamental and artistic operation: montage.

A montage is a technique or operation that combines, integrates, or merges elements, facts, or data to make a new image that will produce a new feeling for the audience (Li, 2014). Nemchenko (2018) defines montage as a selection of discrete elements and then assembles them to create a composite whole.

It is recognized as making scenes and frames in movies and visionary arts based on sequential frames. Various genres could be produced in movies based on different montages, such as comedy, science fiction, and horror. A part of cinema history has also been revolutionized with montage operations by avant-garde directors. Not only in arts of frames and sequential images, montage also exists in other arts such as (Nemchenko, 2018):

1. collage in painting
2. constructive photography in photography
3. fragmentation in literature

Being the main operation in most arts, montages were mainly in cinematography and became to their full potential with the advent of movies.

Galofaro (2017) shows how montage can be employed to achieve any artistic idea by assembling elements and ordering the elements.

Studying the concept of montage in architecture (Galofaro, 2017) shows how it can construct, shape, and combine facts and elements to bring new ideas and meaning to life. Montage receives basic elements such as an individual event, daily experiences, and natural perceptions. It assembles them to produce innovative works, whether an artistic work by a director or a dream by a dreamer. Figure 1 shows a diagram of the two mentioned processes and their similarities in using montage as the main operation for content production. The next section is related work. Section three shows the research methodology, section four is the conclusion, and section five is the discussion and future directions.

2. Related Work

Most but not all of the studies on dreams are psychological and neuroscience perspectives. Mutz & Javadi (2017)
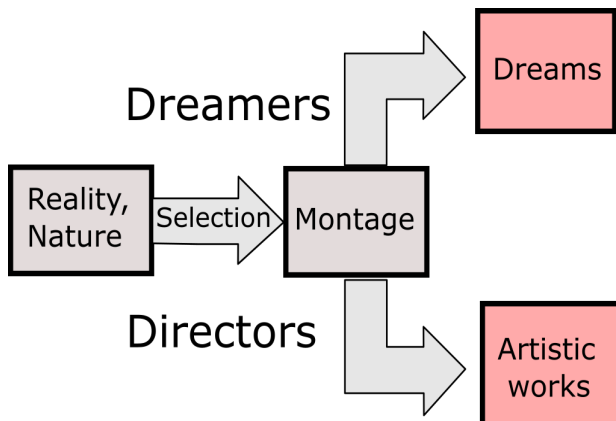

Figure 1. An illustration of artistic works and dreams based on montage.

Table 1. The summary of works on dream analysis.

No.	Paper	Motivation	Research Objective
1	Mutz & Javadi (2017)	dreamers motivation	REM study
2	Baird, Castelnovo, Gosseries, & Tononi (2018)	dream analysis	a correlation analysis on person's behaviour
3	Fogli, Maria Aiello, & Quercia (2020)	dreams reasons and contents	impact of persons desires and affairs on his/her dreams
4	Spanò et al. (2020)	dream analysis	memory consolidation
5	Carr et al. (2020)	dreams origin	motion, perception study on dreams
6	Schredl (2010)	dreams characteristics	dreams content analysis
7	our study	dream analysis	dreams content analysis based on artistic montage operation

shows once dreaming is a mental state, it is like fiction movies, or sometimes horror ones produced very meticulously with expert directors: self. The paper classifies dreams and notes that dreams in the REM stage are a movie-like story with a very strong narrative. Another to say, when a person sleeps and enters the stage of dreaming, a dream producer such as an engine starts to create image scenes frame by frame to result in an emotional effect on the self.

The author of the current paper specifies that dreams are very realistic based on facts and details of reality that a dreamer can not discriminate whether it is a dream or reality (of course, not the lucid ones). It is unknown what happens to a dreamer in a dream stage that she/he cannot discriminate the dream state from reality.

Scarpelli, Bartolacci, D'Atri, Gorgoni, & De Gennaro (2019) discusses the role of dreaming of a dreamer. It shows how dreams can be correlated with EEG signals, gamma activity, and theta activity. It is known that REM is the most influential stage on dreams where a person creates its dreams contents with his/her mental inner world coming from personal experiences. The study also states the automatic process of fusing and integrating events and personal experiences as the main ingredients which lead to a novel story or a scenario.

Once most people have no realization of their state and being in a dream, lucid dreams are a type of dream that a person knows partly that he is dreaming (Baird, Castelnovo, Gosseries, & Tononi, 2018). The study discusses the consciousness of a dreamer while he/she is dreaming with the correlation analysis of brain activity and the frequency of lucid dreams.

Fogli, Maria Aiello, & Quercia (2020) is a study on dream interpretation and analysis demonstrating a great impact on internal behavior and its understanding of a person's desires and psychological affairs. The study highlights the effects of dream interpretation as a window to a person's conscious and unconscious world.

Ruby (2011) is another study on the REM stage. They compare the parameters such as EEG and eye movements

to show differences between wakening and dream states. They say that the function of the brain in wakening state is different than in the REM stage when a dreamer is dreaming.

Zhao, Li, & Li (2018) is another study on the significant roles of memory consolidation in dreams when various facts of daily life and experiences integrate and shape the contents of dreams. The paper's main objective is to represent the relationships between dreaming and memory reconsolidation.

Scarpelli, Alfonsi, Gorgoni, Giannini, & De Gennaro (2021) is a correlational study of the physical, memorial, and regional brain system. It shows that dreams are a mechanism to reflect daily activities and daily experiences in different forms. The study supports different types of stimulation on dreams, such as visual, auditory, and olfactory.

Carr et al. (2020) discusses how dreams stimulate the mind, brain, and body in dream content generation. The study shows that each stimulus can become an experience and create a dream for a person. Any primary perception can shape an emotion or trigger a story in memory, therefore are potential for producing a dream.

Chang (1978) show that dreams are a phenomenon that makes it possible to study their contents. They show that once the brain of a dreamer is detached from reality, it starts producing scenes and images in a narrative way that represents another world, a world that is completely unique and innovative. Table 1 shows the summary of the reviewed papers on dream analysis. Once most of the works try to figure out the relationship between dreams and daily experiences, the current study tries to analyze the contents of dreams by montage operation.

3.   Methodology

The current paper is a self-empirical study that analyzed 21 dreams experimented with within one month of the author's lifetime. The dreams were recorded after they had been completely observed, and then they were written in a dream journal. It happened that in a night, several dreams were observed, but the one with a longer story and a consistent narrative (with no fragmentation) was recorded.

Then each dream was analyzed by recognizing a montage that had been explicitly observed. After reviewing the dreams and analyzing them, five montages have been defined and set up for this paper:

1. time
2. location
3. situation
4. people
5. behavior

The time montage is where a dream occurs earlier or later than the current time of reality. By a montage on past, all the objects, persons, events, etc., from the past, are brought to the present, making a dream a strange dual feeling; a feeling to the present and a feeling to the elements in the past (such as nostalgia) that appear in a dream. In other words, a time montage mixes two conflicting areas (past and present, future and present, or even past, future, and present in one scene) and brings them in one scene. Compared to cinematography, time montage could be a flash-forward or flashback, which belongs to an upcoming future or time in the past.
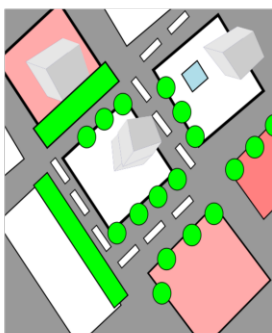
For example, the author's father of this article passed away before the author traveled to the second country. The author had deep sympathy for his father, which caused him to travel back to the time when his father was alive. In this study, a couple of dreams have used time montage for the author's father's presentation.

The location montage is when two or more different locations are integrated and show a unique scene which is not the former non the latter but both of them. For instance, considering the situation where the author of this article traveled from his country of origin to another country for studying his Ph.D., a location montage can integrate the structure of the streets of both countries and show them in a new unique location. Figure 2 shows an example of a location montage, where two streets from different places (A and B) could be integrated via a montage and be shown as a new street (C).
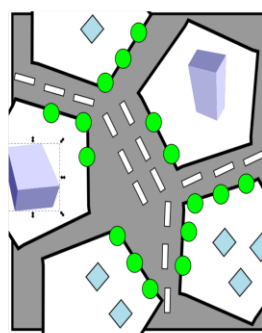
The situation montage is where a dream mixes two individual facts and shows a situation that is not familiar in reality.

For instance, an attribute of a location might appear in another location, causing a very strange feeling, such as gym machines and gym equipment in the dining part of a house.

A: The first real location   B: The second real location   C: The location montage between A and B
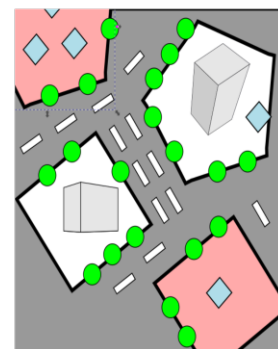
Figure 2. An example of the location montage.

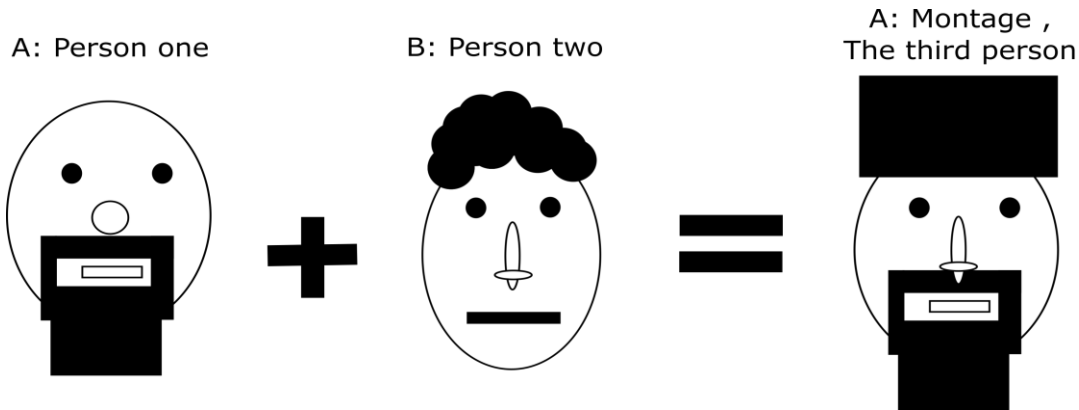A: Person one   B: Person two   A: Montage,
The third person

Figure 3. An example of the people's montage

People's montage is when a person's face or appearance is a mixture of two or more other persons. Figure 3 shows an example of a people montage that integrates two faces of two different persons (A and B) and creates a third one(C).

A behavior montage is when a person in a dream has a very strange behavior that does not belong to him in reality. An example is a person's skill, characteristics, or personal attributes appear in another person.

In the following section, the dreams have been analyzed with their contents and montages that have been recognized by comparing them to reality. The dreams sections have been ordered and written simple to more complicated, with complications as the number of montages that have been used in them.

4. Results

The section represents the main results of individual dreams. The main scene, situation, and montages being used have been depicted here. The appendix section (Table 3) of this paper shows the details and produced montages of each dream for more clarification and study.

4.1. Dream 1

Being at a strange height is the reason for the height phobia of the dreamer. Two montages of location and situation are obvious in this dream.

4.2. Dream 2

Being in a strange swimming pool, like a river, is another example of a location montage. Having the swimming skill of the dreamer(once he cannot swim well in reality) is another montage (situation).

4.3. Dream 3

The third dream results from being far away from my origin country. Seeing my relatives with my new friends in the second country is a sign of people's montage.

4.4. Dream 4

Dream 4 is another example of a location and situation montage. My mother's strange behavior and appearance also added two other montages of people and behavior, making the dream more complicated.

4.5. Dream 5

Dream 5 is a scene of a strange place that combines two montages of location and situation. Not only the street's structure but also the appearance of a store in the dream is an indication of the location montage.

4.6. Dream 6

Dream 6 is an example of a time montage when the time is back to the point that the dreamer can see his father is alive (contrary to the reality when his father is passed away). Also, location and situation can be identified in this dream.

4.7. Dream 7

Dream 7 is an example of people and behavior montages when the dreamer's cousin shows a strange behavior that is not precedential in reality.

4.8. Dream 8

Dream 8 depicts how a strange store selling wired materials can be a very convincing example of a location montage.

4.9. Dream 9

This dream is an example of a time montage when the dreamer's brother has been seen in his childhood with a vulnerable body. The montages of time, people, and behavior create a scene with an extreme feeling of mercifulness on the dreamer's brother.

4.10. Dream 10

Dream 10 shows how confronting two persons (who might never meet each other in reality) creates a situation of fear and stress. Location, situation, and people montages have been used in this dream.

4.11. Dream11

Dream 11 is another example of location and situation montages.

4.12. Dream 12

The strange situation of dream 12 results from three montages of location, situation, and people.

4.13. Dream 13

This dream is a complex situation in terms of using montages. Four distinct montages of location, situation, people, and time have been used in this dream.

4.14. Dream 14

A flashback on childhood had brought a familiar feeling when relatives gathered. The time montage is dominant in this dream.

4.15. Dream15

The montages of time, people, and behavior had created another strange scene in a dream with an extreme feeling of mercifulness. The scene becomes more strange when the cosine's face is a combination of a relative and a friend conducted by people montage.

4.16. Dream16

The montages of people and authoritative behavior created a unique feeling of being submissive and obedient. This dream has intensified employment feeling in front of two relatives. Two montages of people have intensified the feeling.

Table 2. Studied dreams and their montage analysis.

No.	Dream	Time	Location	Situation	People	Behaviour
1	dream1		✓	✓		
2	dream2		✓	✓		
3	dream3		✓	✓	✓	
4	dream4		✓	✓	✓	✓
5	dream5		✓	✓		
6	dream6	✓	✓	✓	✓	
7	dream7			✓	✓	✓
8	dream8		✓	✓		
9	dream9	✓			✓	✓
10	dream10		✓	✓	✓	
11	dream11		✓	✓		
12	dream12		✓	✓	✓	
13	dream13	✓	✓	✓	✓	
14	dream14	✓		✓	✓	✓
15	dream15	✓		✓	✓	✓
16	dream16		✓	✓	2✓	✓
17	dream17		✓	✓	3✓	
18	dream18		5✓	3✓	✓	✓
19	dream19	✓	2✓	✓	2✓	
20	dream20	✓	3✓	✓	3✓	
21	dream21	✓	2✓	✓	✓	

4.17. Dream17

Dream 17 is even more complicated than the previous dream because it uses more people's montages, leading to a more complicated and conflicting feeling. The montages of people and behavior created a duality in feelings: a feeling of being an employee in an office while a feeling of being free, walking in the streets.

4.18. Dream18

This dream is the most complicated analyzed dream in the current paper. Five distinct location montages have been used to create a very strange and conflicting space; a pool similar to a restaurant, a café, and a bar.

4.19. Dream19

Two location montages and two people montages have created another conflicting scene in the dream. Observing the grandmother as an employer and a feeling of being in two countries simultaneously are the produced scenes by montages.

4.20. Dream20

Three montages of location and three montages of people plus a time montage have created another conflicting and scary dream. This dream is a bit similar to the previous one, but having one more people's montage had made it a more complicated feeling about people visited by the dreamer.

4.21. Dream21

This dream has used four types of montages in creating a scary situation. The conflicting feeling of location and situation are obvious in this dream.

Table 2 shows the results of the analysed dreams based on individual montages on each dream. As can be seen in the table, there are dreams with just two montages (simple) and there are dreams with more montages (8, 9 or even 10) which indicate the more complex content of a dream.

Figure 4 shows the total number of each type of montages that have been observed in the dream. The location has the highest number, and the situation is in the second rank. The time and behavior have been produced less in the experimented dreams.
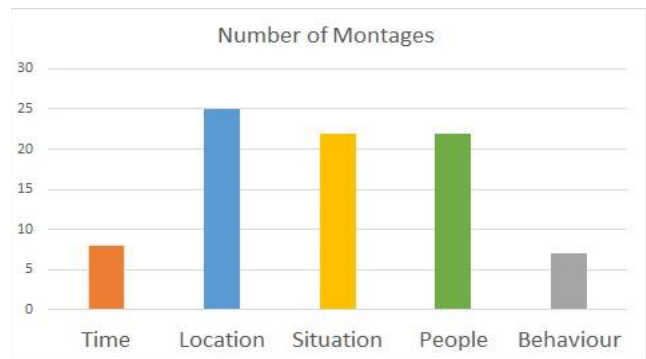

Figure 4. The counts of montages by all dreams.

5. Conclusion

Dreams are great insights and windows to the psychology and characteristics of humans. Although studies have been conducted for more than 150 years to understand dreams, an analytical gap exists for dreams' contents and forms. This paper shows an analysis of dreams from another perspective comparable to artistic works of directors. The main artistic operation of a movie and dreams scenes are montages. There are various definitions for montages, but a common definition indicates that a montage is an integration or mixture of two or more different facts to produce a unique feeling. This paper classifies the experimental montages into five categories: location, time, behavior, people, and situation.

After selecting 21 dreams, an individual analysis has been performed to realize the montages mentioned above in each dream. According to the dream's contents, a dreamer has various jobs in a dream, such as location set up, decoration, artistic director, and people's makeup. This study hopes to open new insights for dream analysis and dream's content creation that reveal a person's complexity.

6. Discussion and Future Study

The analytical results show how several montages and the variety of their type can create complicated and conflicting scenes leading to unique experiences on feelings in a dream. The results show that the location montage had the highest number; the main reason is the dreamer (author) being far away from his original country while studying in the second country.

The dream using fewer montages has less complicated feelings than those which created more montages, leading to this conclusion that the complexity of a dream depends highly on the number and types of produced montages.

The reasons behind the types and number of montages on a dream are unclear. This study aims to extend the definition of dream complexity

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Appendix

This section shows the content of individual dreams and their inferred montages.

Table 3. Studied dreams and their montage analysis.

No.	Dream narration (content)	Montage analysis
Dream1	I saw a man is carrying me to a very high spot of a machine like a derrick but with no steps or elevator. There were no leaning and reliable spots around it. He then left me alone, and I was there for a long time. I tried many ways to come down, but it seemed very dangerous and non-safety. Suddenly, I found myself close to a wall one meter down to me. I jumped down on the wall, and then I found another wall, which made my way easy to the ground, escaping from that scary situation.	The location was a mixture of a working place and a sports place such as an artificial mountain. By analyzing my personality, this dream is justified because I have a height phobia. The location montage is very obvious here.
Dream2	I saw myself in a big water pool with white watercolor and small waves, making the pool like a wavy river. I swam well from one side to another, and swimming was completely easy for me, like walking on the streets.	This dream contains two clear montages: location and situation. Also a s a fact In the reality I can not swim.
Dream3	I found myself in my original country, doing some jobs and helping my cousin to do his covid vaccine. I saw my family and relatives, and I was happy about it. I wondered a bit about my university because there was no electronic communication, and I received no news from the university for a long time. Suddenly, a message appeared that showed I needed to submit one application related to my thesis.	I felt myself in my home country and the country where I was studying. The location and situation montages are in this dream.
Dream4	I started my workout at the gym and asked about one workout and how to do it. It was a very wired workout machine whose function was not clear; also, the machine was not safe. My mother appeared and tried to help me by the machine. The gym was so familiar, like my house, filled with some lifting machines.	My mum never came to the gym by myself. I never saw a very wired lifting machine like the one I saw in my dream. The gym's location was like my house and a gym I went to many years ago. Montages: situation and location.
Dream5	I planned to go to a place that was up a hilly street. I needed to get a bus, but I lost the first bus. Then I walked a bit up the street and then tried to back to the bus station, but suddenly I found myself in a dangerous position at the height of 20 meters between two houses. I asked one of the people inside the house to help me. Then I put my foot in a step and found myself in pedestrian. I saw a bakery, but it contained some strange parts. It was unclear if I was in my original country or my immigration country.	The location was a mixture of the streets of the two countries. The store in the dream was very wired, and the objects inside the store were combined of meat/butchery and bread/bakery, two completely different stores.
Dream6	My father was alive, and he aimed to take me to a place (I do not know where) I saw a grocery store on the corner of a street that seemed familiar to me. (similar to the one in my home country). My father drove the car, and we passed some streets which were so familiar, I felt I was in the region of my home.	My father was passed away five years ago. I felt this dream was like a flashback to when my father drove us to many places, which were like a surprise for us. Montages: time and location
Dream7	I had a very strong struggle and discussion with my cousin. He entered my house and tried to interfere with my personal affairs. He also treats me with bad language and body gestures.	I never had a serious struggle with my cousin. Montages: behavior and person
Dream8	I was roaming in a very wired area, which contained several stores selling products similar to dress, boating, shipping, and sport but not exactly each of them and just similar to them. My mother told me to buy a boat because it can relax me. Then I entered some stores to buy a boat, but they were blowing boats and flexible, which allowed people to carry them, and they seemed so advanced.	In reality, I haven't seen such a store that combines sports warehouses, fishing materials, and dressmaking. Montages: location and situation.
Dream9	I dreamed my brother was in his child era. He had very skinny hands and legs and was much younger than me than the reality. I dreamed he was much vulnerable to many types of threats, and he had a sickness, which made him completely weak and close to death.	My brother is taller than me (around 195), and his bone structure is stronger than mine. It was a time that my brother was unemployed and a bit nervous. My brother was 20 or 25 years younger than me in the dream. In reality, he is just eight years younger than me. Montages: person, behavior and time.

to be continued

Table 3. Studied dreams and their montage analysis.

No.	Dream narration (content)	Montage analysis
Dream10	My mother was in my place in New Zealand, and she was living with us. I lived with a flatmate who was leased of the apartment. He was silent when my mother was at home, but I felt stressed and wondering in a dream that anytime he might complain about my mother why she was here because the apartment was small.	My mother was living in Iran much far away from New Zealand. Sometimes I struggled with my flatmate about how to use different flat spaces in an optimum way; he was so cautious about how to use spaces. Montages: situation and person.
Dream11	I felt so stressed in the dream because I needed to finish my Ph.D. I was driving a car, and for Ph.D. completion, I should have completed several rounds of a square by the car. The street structure and squares were an integration of my home country and where I was doing my Ph.D. This means the structure of some streets was similar to my home country, and some streets were similar to my second one.	I had a little stress for my Ph.D. submission but never so much intensified as I saw in my dream. Montages: location, situation, and behavior
Dream12	I was happy that I was invited to one of my favorite celebrities. It was a party, and I prepared a meal in a pan (sticky rice with mashed meat). The meal was like a great responsibility that I should complete, such as finishing my Ph.D. A guy was in the celebrity for checking and tasting the meal and qualifying my job. The celebrity was like a meetup full of people organized to introduce it to people.	I have a passion for meeting my favorite celebrities and showing my capabilities to them. The meal is a metaphor for the capabilities that I wanted to show. Montages: location
Dream13	I saw my uncle and his family in my dream. They were a bigger family than in reality. Their children ranged from 5,6 years old up to 20-25. They were doing some home construction and wall building, and my uncle's son was helping then.	My uncle has no son with a profession in building or home construction. They never helped us in home renewing. My uncles' children were much shorter than I saw in the dream. Montages: person and behavior
Dream14	My father, uncle, aunt, and other relatives were at a big party. My father and my siblings and I passed some dangerous streets and hilly paths with a non-secure car, and we reached my uncle's home. The time reminded me of when I was a child, and we met my uncle many times. Then my uncle served us various meals. The meals looked so amazing and delicious.	My uncle and my father were passed away. The time of dream was like a flashback to my childhood. The location was a montage of a very official place and a place for doing sports and entertainment. The party was a mixture of an intimate gathering and an official meeting. Montages: location, time, and situation.
Dream15	I saw my uncle at his home. We were talking about his sickness that he struggled long time ago. We talked about his sickness, and I tried to encourage him that he is in a recovery state and should not be worried about it. I also saw one of his sons; his face in the dream was strange, a combination of his beard face and a friend I could not recognize.	I wondered about my uncle's health during the lockdown, and several times I planned to meet her, but I could not because of corona banding flights. The dream time seems to be my childhood when we had many parties with our relatives. Montages: time and person.
Dream16	I saw in the dream that I was struggling and discussing very much with my cousin. He was my employer, and we were in a home construction job. He told me several times about a task, and I did not complete it; therefore, he was angry. I was stressed that I could not complete it, and I was highly worried that he would discuss it again. I also saw one of my friends at high school who ordered me with his hand gesture several times. His height was higher than mine in the dream.	The person I saw in the dream was a montage of my real cousin and my employer, who discussed my tasks many times. My friends showed themselves like my employers. My friend's height was much smaller than mine. Montages: person and behavior
Dream17	I saw a professor for whom I did a university task recently (in reality), and she invited me to her place. Her home was big and luxurious, like a village but inside the city. She then assigned me tasks such as cleaning and moving objects from the house. Then I realized she had some sexual intentions for me. Her face changed a bit and became similar to another lady who was my friend. She was also similar to my mother's friend. Then I went to a book store and saw the books in the Persian language. I wonder if I am in my home country or the second one. Then I asked a pedestrian where I was, and he told me I was in New Zealand. The streets structure was similar to both countries, and I felt myself in both countries simultaneously.	The lady was a person combined of three real persons: my mother's friend, my colleague at the university, and a relative. His behavior was a montage of a close friend and an employer. Montages: person and behavior

to be continued

Table 3. Studied dreams and their montage analysis.

No.	Dream narration (content)	Montage analysis
Dream18	I found myself in a complex sport area. The people looked like my friends. There were two main places in the complex sport: a swimming pool and a tennis court. The size of the tennis court was very small like a room in a city apartment. The swimming pool looked very strange to me. The pool walls were made from glass, making it easy to see inside the pool from outside. I saw that the bubbles were coming up to the water surface, and the people were so relaxed sitting on the pool floor with no feeling of suffocation and shortage of breath. They seemed to have no problem breathing, and each of them concentrated on doing a task: one of them was reading a magazine, another one was listening to a radio, another one chatting smiley to his friend, and another one was eating a sandwich. At first, I saw the swimming pool was like an aquarium, but then I found it like a sauna, a restaurant, or even a café, where people were gathered to have a social gathering.	The swimming pool was a montage of a restaurant, a cafe, and a pool. The tennis court was much smaller and was located underground, similar to an apartment. Tennis courts are typically located at parks, sports places, and outdoors. Montages: location and situation
Dream19	I saw myself in my previous work environment challenging my colleagues. I also saw my grandmother, who behaved like an employer to me. She ordered me to reach my office desk and do my tasks, all with a very serious gesture (my grandmother was always funny and humoristic to me). Then I felt myself in a flying box of a derrick, felt very scary to my place. I saw that another employer was not happy about my job and warned me several times to be careful. In the meanwhile, I thought of how to return to my university to complete my degree (which is in another country in New Zealand). I felt the distance between the two countries is very short, like a one-hour train or a few bus stations.	The location I dreamed of was a montage of two countries. The person who assigned me tasks was a montage of my grandmother and the employer of my previous job. In reality, the distance between two countries is 24 hours by flight. Montages: location, person, and behavior.
Dream20	I found myself in a place very familiar to my grandmother's house. The street's structures and homes reminded me of when we visited her frequently. (around 30 years ago, now she is passed away). I saw that I am driving a bus and plan to go to my university (New Zealand). There were my colleagues waiting for a bus to take them home. I saw some of them are talking and eating nuts. I went to a supplement to receive some materials; it was close to my grandmother's home. Then I saw one of my university colleagues in her car who invited me to take me to the university. I completely recognized her in a dream. Once I had some meals to eat, I told her to wait for me, but she disappeared.	I saw the main location of my dream is a montage of three different places: my workplace, my university, and my grandmother's home. Also, the region of my grandmother's home was not changed through time. The people in the dream were a montage of my university colleagues, work colleagues, and relatives. Montages: location and situation.
Dream21	I had a journey with my family similar to those I had in my childhood to the north. North of Iran has a seaside environment with jungles and beaches similar to New Zealand, where I currently study. We had a very luxurious car like the ones I saw in Auckland city. My father was alive and looked very healthy. We were close to a beach. Suddenly the native people warned us about a huge tsunami approaching us. I saw the sky become dark and once I looked up, it was a very big wave, with a height of 50 meters, the same time I felt I was in Auckland, close to a beach. The wave approached, and huge water dropped and made everything wet, a very terrific situation, though it was not so harmful.	My father was passed away, and at my current age, it is impossible to have such a journey with my father. In the north, sometimes we have storms but never a tsunami. Montages: location, time, and situation.