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DREAMTIME

M A G A Z I N E



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Amazing Dreamer: Dr. Jaan Reitav

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Have you ever had a telepathic dream? Some dreams make us think deeply about the nature of mind, consciousness, and how dreaming works. Telepathic dreams can shake up our world view and invite us to meditate on how information transfer with a sleeping person is possible. Today, an amazing dreamer shares the story of a telepathic dream which made him feel “a combination of wonder, perplexity, and pride.”

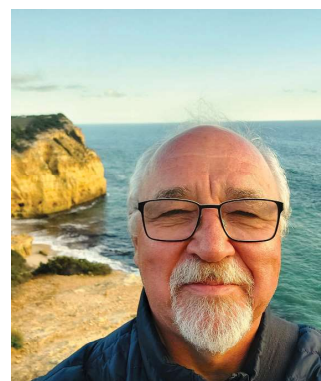
Dr. Jaan Reitav attended one of the earliest IASD conferences in the mid 1980s, and has always been a big dreamer. A clinical psychologist and certified complex trauma professional with a diploma in behavioral sleep medicine, he completed his dissertation

on “Dreams and Psychological Defences” 40 years ago, and his clinical practice focuses on treating sleep disorders.

Jaan explains: “My clinical interest is increasingly on what can be done to resolve the dysfunctional autonomic and sleep problems of the traumatized population. A few years ago, I became aware that none of the existing trauma treatment guidelines even mention sleep, yet most trauma patients have disturbed sleep. I decided to write a book that integrates what I have learned about the treatment of sleep disorders that trauma patients struggle with. The working title is *Trauma, Attachment, Body, and Sleep*.”

I met Jaan for the first time a month ago, when he participated in my Lucid Dreaming Ocean Retreat. I was struck by his enormous respect and love for dreams, and his knowledge about the brain science of dreaming. He was refreshingly open-minded when I suggested we all play a dream telepathy game together. Dream telepathy does not fit comfortably into science-based approaches, as these tend to operate from the assumption that dreams are purely subjective experiences created by the brain.

Of course, our informal telepathy game was not scientific: anyone would have a 20% chance of getting the target object right. It doesn't fit into the same category as the IASD Dream Telepathy Contest, where a computer randomly selects



four images from a pool. These are then hidden from sight in envelopes, and the target image is only seen by the sender. Our game was much simpler: I grabbed five items from my hotel room – a purple T-shirt; an orange Frisbee; a red apple; a blue and gold dream journal; a pink calculator. These items were passed around the twelve retreat participants for everyone to see, touch, and connect with.

Before I went to bed that night, I picked one of these objects with my eyes closed, and this was the telepathic target. I then spent the night with that object in my bed, transmitting it throughout the night, and I even had a lucid dream about it. The job of the retreat participants was to tune in to the target in their dreams. The next day, everyone first shared their dreams and said what they thought the target object was, before I revealed it.

When Jaan shared his spot-on telepathic dream, everyone's jaw dropped. Here, he shares it with you, along with his latest thoughts on dream telepathy. One of the benefits of playing dream telepathy games is the mind-blowing experience of getting a hit!

CJ: How did you prepare yourself to tune in to the target object?

JR: Before going to sleep, I primed myself for receiving the telepathic signal. I realized that thoughts about the five potential targets would not resonate with my dreaming mind. So instead, I related to all five objects the way *my body* would interact with them. I imagined pulling the purple T-shirt over my head and wearing it. I imagined taking the pink calculator into my left hand and punching in numbers with my right hand. I imagined taking the blue dream diary and writing down a dream into it. I imagined throwing and catching the Frisbee. And I imagined biting into the red apple and chewing it. I spent about a minute relating to each of the five objects in this way. Then I went to sleep.

CJ: Could you share your telepathic dream with us?

JR: *I am at a baseball game, in the upper seats, when something sails by me and lands in a lower section. I'm not sure what it was, but I go down to retrieve it. When I get to the lower section, it has now moved down to an even lower section of seats. Finally, I am able to catch up with it. It is only when I pick it up that I realize it is a Frisbee.*

In the next scene, I am sitting on the top of a tall telegraph pole, watching two couples playing a version of golf. They are hitting some kind of soft ball straight up into the air. I am watching it carefully. It arches very high and lands somewhere way off in the distance. It travels like a badminton birdie, not a golf ball. I am suddenly aware that I have Frisbees sailing toward me. Each comes one after the other, with little pause between them. Even though I am

balanced on a telegraph pole, I manage to catch the Frisbees just fine. I stack the Frisbees together.

CJ: I love that you're bombarded with Frisbees while sitting on top of a telegraph pole – designed for transmitting messages! The unusual behavior of the Frisbee at the baseball game is also noteworthy – it moved away from you, obliging you to make more effort to reach it. When objects behave in strange ways in dreams, they are trying to get our attention. How did you feel when you realized you had tuned into the target image with startling accuracy, and won the telepathy game?

JR: This dream was entirely unexpected. It was only once I had awakened that I realized this could be a telepathic dream in response to the broadcast of the target image of the Frisbee. My first thought was that these Frisbees were smaller, all of them were white, and were made of hard plastic. My logical mind was discounting that this could be a telepathic dream.

Then I reflected on the progression of the dream and how the image only gradually changed to Frisbees coming directly at me. How could these dream images be random? This had to have been a dream in response to the telepathic Frisbee signal being sent out. Four Frisbees had come to me: one at the baseball game and three that I caught on the telegraph pole.

At this point I felt certain that the Frisbee must be the telepathic signal. I felt a combination of wonder, perplexity, and pride. I checked the time, to see that it was 3:58.

CJ: What did this wonderful telepathic dream teach you?

JR: I have given quite a bit of thought to what this all means since the contest. I am aware of stories of twins who live continents apart where one awakens

in the middle of the night, aware that the other may be ill or dying. I always understood those phenomena as stemming from the emotional closeness of the twins.

But this telepathic dream is a totally different matter. The sender and I had never met before; we grew up on different continents, and with different ethnic backgrounds. The only common denominator that I can identify is our shared passion about dreaming, and the importance we both place on connecting and communicating with others.

What this dream has taught me is to be even more respectful of the magic of dreaming.

CJ: Yes, dreams are far vaster in their scope than we tend to imagine. Do you believe dreams are limited to the brain, or are they part of a larger mind that can connect with other minds?

JR: This experience suggests that there are more intersubjective aspects to our dreaming mind than I would have believed before this experience.

CJ: Dreams that transcend time, space, and the perceived separateness of individual minds are still on the outer fringes of science. How do you think dream telepathy might work?

JR: What aspects of brain function facilitate that intersubjective connectivity, I have no idea. At the very least, it requires a communicative capacity (both the sender and the receiver), and the subsequent ability to resonate to it, creating imagery from the captured signal. And those capacities would have to be present in NREM, in REM, or both. Whether these capacities are innate, or developed with consistent attention to dreaming, I honestly have no idea. In this case, both of us are seriously practiced dreamers.

CJ: It does appear that some people have a greater tendency towards telepathic dreaming than others. You are clearly one of them! Thank you so much for sharing your amazing dream, Jaan, and for your valuable research in the field of sleep and trauma.

Dr. Clare Johnson loves dreams, hypnagogia, lucid experiences, and even nightmares. She is author of seven books including *The Art of Transforming Nightmares* and *The Complete Book of Lucid Dreaming*. Her video classes and guided dream audio meditations can be found at deep-lucid-dreaming-video-courses.teachable.com. Her main website is www.DeepLucidDreaming.com.

