Dream imageries, reveries, and the possibility of developing a relationship with our “unconscious” mind

By Sirley Marques Bonham, Ph.D.
Define: Consciousness

- ‘Consciousness’ – has been a term frequently talked about
- Consciousness is related to the functions of the ‘mind’
- ‘Mind’ – is considered as the result of the functions of the brain – and I believe it should be also added to this equation the ‘Central Nervous System’ – CNS
- The ‘mind’ is usually divided in two parts: the ‘conscious mind’ and the ‘unconscious mind’
Define: The “Unconscious”

The “unconscious” is that part of the mind that is not freely accessible to the “conscious mind.”

It is frequently divided into:

- Sub-conscious mind
- Super-conscious mind
What is *Hypnagogia*

- Hypnagogia is a generic label given to the sensorial perceptions that happen “automatically” [without conscious control] - while falling asleep, or while awakening from sleep.

- Hypnagogia may happen while a person is meditating - or while in similar situations

- Two types:
  - Hypnagogic - reverie or dream imagery that happens while falling asleep
  - Hypnopompic - reverie or dream imagery that happens while awakening
The concept of reverie revisited

• The word ‘reverie’ comes from the French word ‘rever’ (to dream) - the set of perceptual imageries we become involved with in the process of dreaming.

• The perceptual imagery so formed tends to be ‘automatic,’ stemming from the unconscious processes of the mind.

• Sometimes ‘reverie’ is also applied to mean the imaginations a person develops while awaken.
The term “Hallucination”…

• In the literature the term ‘hallucination’ is frequently linked to the imagery seen while falling asleep or while awakening: hypnagogic and hypnopompic hallucination.

• However, hallucination is more aptly linked to the (supposedly) pathological imagery a person may see – ‘visions’ of non-existing events or persons.
Important!

• It is important to note that ‘visions’ may be just a healthy phenomenon of perception

  • a form of communication from the ‘unconscious’

  • or a real extra-sensorial-perception of an event happening beyond the physical world
The goal of this talk:

- I suggest that hypnagogia is the shortest path for communication from our unconscious.
- I will review the several facts that show the way we receive messages from the unconscious.
- I will then suggest possible two-way means of communication with the unconscious.
Facts and Stories

- Meditation reveries or perceptions that appear naturally
- ‘Energetic’ (Kundalini) phenomena produce visions
- Remote-Viewing sessions may take us to hypnagogia
- The Alpha-Theta reveries (from Neurofeedback or biofeedback technologies)
- Visions due to hallucinogenic drugs
- Hypnotic reveries (waking somnambulism…)
- Dreams - Of Course!
- The hypnagogic and hypnopompic reveries, by themselves (falling asleep & awakening)
Let’s check the “Facts”!
Meditation

- Irrespective of the source, *meditation* in general tends to produce hypnagogia

- Yoga - The source of meditation from the East: There are various techniques

- Religious meditations: also follow appropriate prescriptions with similar results
Remote-Viewing

- Personal histories of Remote-Viewers are published in their many books, since this ‘protocol’ was un-classified by the government at around 1996

- Remote-Viewers describe many instances of radical experiences of ‘being in the target,’ or of going to the target, even after the session is over for a while
Remote-Viewing protocol is an important example of a systematic approach to access to subconscious information.

This protocol was specifically developed for a two-person operation:

- The receiver - who receives the information
- The operator - who observes the receiver’s behavior and directs and re-directs the goal of the session
Biofeedback, Neuro-feedback, and alpha-theta training

• This is a technology developed in the seventies and eighties

• Used for creativity training (alpha-theta training)

• Also used successfully for re-training of people with ADD/ADHD, as well as other problems like epilepsy and even alcoholism
Use of Hallucinogenic drugs

- Aiahuasca used by South-American Indians: present regular uses in religious ceremonies
- Peyote: similar uses, but I’m not informed on specific religious ceremonies, other than the traditional rites inherited from the Central-American Indians
- Rick Strassman and his research with DMT
- Of course: the so common Hippie era’s experiments with LSD

ALL bring “mystical experiences” or visions that may be interpreted as the development of hypnagogia
Hypnotic reveries

- Historically - Mesmerism used to cause “crisis” and later the “somanbulistic state” was discovered by Marquis de Puysegur (1984), and which nowadays is more commonly known as hypnotism
- Also, it is the origin of the concept of “trance”
- Erickson during the 20th century discovered “lighter states of trances,” or common everyday hypnotic states (or trances), usually not recognized by a person in normal “waking” life
• Trance is where a hypnotized person is focused in the imagery suggested by the operator

• Every day “trance” - The surprise of the usual!

• Deep trances may cause “hallucinations” [Visions of things that may not be there]

• Some modern explorers of lucid-dreaming and out-of-body experiences suggest that the process used to enter the sleep onset is also a type of “trance”
Dreams

• Dreams without awareness
  • Common dreams
  • Special dreams
  • Radical dreams

• Dreams with awareness
  • Lucid-dreaming
  • Out-of-body experiences & astral-projections
The issue of Awareness

- **Awareness:**
  - **Example:** *‘Look around and remember you are here!’*
  - This causes your level of awareness to increase.
  - Lucid-dreaming *‘reality testing’* – I consider the best practical training technique to produce awareness within the restrictive condition of dreaming.
  - Awareness & Levels of Attention – may be the same thing.
  - High levels of awareness tend to result in a good memory of the moment in time it happened.
Hypnagogia

• Hypnogogic reveries
  • Falling asleep while keeping awareness
  • Wake-initiated lucid-dreams
  • Out-of-body experiences
  • Exceptional remote-viewing where the “viewer” feels entering the targeted environment
  • Alpha-Theta session when imagery begins
  • Meditation session when imagery begins
  • “Visions”?

Hypnagogia

- Hypnopompic reveries
  - Continuation of dream imagery while awakening
  - Awakening from a lucid-dream
  - Returning from an out-of-body experience or astral projection
  - Residuals from a remote-viewing session
  - Alpha-theta session - residuals… (probable)
  - Meditation session - residuals…
  - “Visions”?
My personal experience with out-of-body experiences

• Learning to have out-of-body experiences
• The need for a method, a procedure, a protocol
• A record is a must! “The precious diary”
• *While falling asleep*…

Self-observe, Self-observe, Self-observe, Self-observe...
What to observe?

- All perceptual anomalies...
- Kinestetic sensations
- Auditory perceptions
- Visual imagery
- ...and so on
Sometimes we can bring up perception!

- Remember the sunset or the sun coming up
- Remember how it feels to be floating in a swimming pool
- Remember the annoying headlights during a night-drive
- Remember an event of fireworks!
More remembering…

- The overwhelming sound of an orchestra during a concert
- A thunderstorm: the lightning and the thunder, the sound of rain falling on the roof
- The walk at a beach, with the waves crashing on your feet
- The vibrations you feel while riding on a motorcycle…
- …And a bumpy ride!
Remembering the sound of a thunderstorm
Remembering the sounds of waves!
Feeling…
Perceiving...
Seeing...
Movement
What’s that?
Phenomena: many abound…

• Sometimes we hear our names being called
• Sometimes it seems somebody touched us
• Or there is a sudden flash of light that goes by, then disappears
• Or we seem to enter a dream of the moon or the sun
• OR…………..
...You enter a dream! How?

• An image appear, and you like it
• And you go to it
• Or enter it
• ...Or you just feel yourself already there, as if by magic
…Or you don’t!

- You can get out of your body… if you feel yourself almost floating
- Then wander about your room
- Or you can go outside and fly… by going through doors or walls
Brain Correlates

• We have seen that all our perceptions may be reproduced within hypnagogia.

• Each sense - sight, hearing, kinestetic, touch - as well as emotions - may be present within a perception of hypnagogia and beyond, within the dream state.

• The brain areas where these perceptions are represented will “light up” if the person is under observation…
Example: Brain-correlate in OBEs

- Researchers from the University Hospitals of Geneva and Lausanne (Switzerland) have found that OBEs can be produced by direct electrical stimulation of a specific part of the brain.

Possible Problems
Difficulties with Hypnagogia and what to do about them
Dreams and... Nightmares!
Sleep Paralysis & Recurrent Sleep Paralysis:
- Unable to move;
- Visions of monstrous creatures (incubus and sucubus, for example);
- And the perception of evil nearby… Or “none of the above”
- Sleep paralysis may happen at the same time as intense “vibrations” throughout the body
The “visions” of Incubus or Sucubus
What to do?

- **Get informed!** For example read the article on “Recurrent Isolated Sleep paralysis” on: [http://www.TheConsciousDreamer.org/Sse.htm](http://www.TheConsciousDreamer.org/Sse.htm)

- Book by David J. Hufford: *The Terror that comes in the night*
Phenomena!

They may be overwhelming surprises!
What’s that?
And what are these?!

- The sun (or the moon) is coming up in my reveries. Why?!
- Why in the world am I dreaming these annoying car-head-lights moving by?
- Why do I feel itchy, when I am trying to relax?…
- VIBRATIONS!!!!!! What in the world is THIS?!
- Thunder?! - From where? There is no storm coming by…
- Strange… I thought I heard a bell, a glass being broken, a weird sound…
- Weird… A window opened on my forehead!!
Phenomena...

- HEY!!!!...
Ohhh....
• The perceptual phenomena observed in hypnagogia may be related to what is know as KUNDALINI …stirrings.

• Robert Bruce calls the lights we see suddenly during hypnagogia as “STROBBINGS” of the “third eye” (the Ajna Chackra).

• Vibrations and itchy or currents-like sensations are supposed to be related to Kundalini-stirrings, as is the sudden dizzy feeling while falling asleep.

• Of course - There will be brain and CNS correlates to these perceptions - and these might span the whole brain and the nervous system throughout the body!

• Kundalini awakening is a powerful event for our brain & CNS. It has been assumed as very rare…
Problems with “energetics”?  

- Sometimes “energetics” become stormy!
- Kundalini “stirrings” may be confusing or overwhelming!
- Kundalini awakening is a serious business!
- ...And this “awakening” may happen naturally, without any practices of meditation or similar techniques
- There may be little recognizable warnings that something radical is about to happen!
What to do?

- Again: Get informed!
- The internet has loads of information
- If possible, find an expert
- Read case-histories & books on Kundalini awakening
Putting all together: Mind Situations

Conscious Mind

Unconscious Mind

Hypnagogia
awake/asleep
Trance...

Dreams & lucid-dreaming
& out-of-body experiences
[sleeping]

Remote-viewing & meditation
& alpha-theta sessions
[awake]
[or - in the borderland of sleep]

Somanbulism
A special type of mind-situation?
Trances
Subtle influences & Learning
Developing the Mind

The issue of training
The issue of schools
The issue of developing expertise
The Tough Question:

• How do we communicate with the unconscious mind our intentions:
  • To be conscious during a dream, or while falling asleep (for OBEs)?
  • The need for an answer to a difficult problem?
  • The capture of a creative ‘vein’?
  • The development of a useful new skill?
  • The information from a distance location or person?
  • How to heal a disease in a person?
  • The future, given the present situation?
  • …And so on
Mechanisms:

• Have we developed methodologies to achieve an effective way to communicate with the unconscious?
  ▪ Yes!

• Is the knowledge accumulated about the brain and mind enough to effect a good methodology?
  ▪ Yes!
Mechanisms: A Review

• The ‘Meditation’ know-how. Ex.: Tibetan monks – who ‘lucid-dream’ throughout their sleep-period!

• Self-Experimentation! Ex.: Momir Maksimovic’s case: He was able to develop his own develop a method where he would ‘astral-travel’ throughout his sleep period.

• Lucid-dream mechanism of ‘seeding the unconscious’ – will bring about ‘awareness’ during the dreaming state

• Alpha-theta training to learn to recognize - and change - brain-frequency (beta, alpha, theta, delta)

• Remote-viewing protocol(s) to reach for remote-information

• Modern Learning-technologies
Learning Situations

• **Obtaining information** - through the various organs of perception, but with emphasis on the preferred perception (visual, auditory, etc) - *A conscious process*

• **Processing of information** - An interactive process between the *conscious* and the *unconscious* parts of the mind

• **Learning & memory** - the establishment of the processed information - *An unconscious process* --- Short-term memory/Long-term memory
The problem of ‘seeding’ of the unconscious

- It’s much more involved in problem solving (it grows with input of knowledge or information)
- Free-wheeling in creativity (except by the use of developed skills)
- ‘Tricky’ with lucid-dream and out-of-body experiences (we are sleeping!)
- ‘Tricky’ with remote-viewing (information comes up ‘fuzzy’ – when the person is awake….)
The results of learning in general may excite the brain and central nervous system (CNS) to such an extent that will cause the upsurge of hypnagogia, or may produce energetic-like events.
Learning uses the state of ‘trance’

• This may happen from all methods of learning:

  ▪ Traditional and modern (academic) methods

  ▪ Methods that uses neurolinguistic-programming, which uses Ericksonian techniques of hypnotism

  ▪ And others, like the uses of neurofeedback for (re)-training of the brain-waves (alpha-theta training), though it is not considered a traditional learning-method
The **unconscious** is therefore understood as:

- **Subconscious part**: the one where we encounter our memories, our habits, and the physiological processes necessary for the living organism.

- **The super-conscious part**: the one that contains ‘wisdom’… The part that knows the past and the future, what the organism needs to be healed, and **when** to jump-start the next step of evolution, by upgrading the ‘Kundalini process’.
Reaching for the Source of Wisdom: Examples

• Surprises in 19th-century explorations of Mesmerism - The somnambulist brought out ‘The healer within’

• Everyday intuition, creativity does reach for the wisdom of the super-conscious part of the unconscious

• Difficult problem-solving: Remember Kekule’s famous dream!

• Dreams of events in the future!
• So, the ‘super-conscious’ mind is **wise**…
  
  - Also -

• I propose that the ‘super-conscious’ part of the unconscious may bring about events of **synchronicity**

• **Synchronicity** are situations or events that brings up an opportunity for the resolution of problems, or to learn knowledge pertinent to a ‘question’ or ‘search’ by the conscious mind
The goal of a two-way interaction with the unconscious

• I will now *suggest* possible two-way means of communication with the unconscious

• …with the use of [Consciousness and Hypnagogia](#)!
I propose that two-way communication means with our unconscious is possible:

- By reaching to the unconscious (sub & super parts of it) through the continuous practice of any protocol or method that includes techniques similar to meditation
- We pose questions or requests or intentions, then “we listen” - Preferably while in a meditative state -
- By choice of a special timing to go to sleep and/or get up [to favor periods of REM-periods, when dreaming is more likely]; by taking purposeful naps and repeating the process of meditation before falling asleep
- By practicing “energy-type” exercises [as for example, the one proposed by Robert Bruce]
Therefore, the “process” includes the regular practice of a method similar to meditation

- It includes what is known as ‘seeding’ of the subconscious mind (from lucid-dreaming techniques)
- It also includes a ‘listening’ or ‘expecting’ attitude: the relaxed posture within the right condition (meditation, sleep threshold, alpha-theta session, remote-viewing session)
- And an attitude of trust on the wise part of the unconscious -- The so-called super-conscious mind
- Exercises to increase awareness – ‘reality testing’ (also from lucid-dreaming techniques)
Finally - Make it a Habit!

- There is the need to make a habit of the ‘listening’ or ‘expecting’ attitude that follows our everyday activities.

- The question or problem-posing is naturally done during our everyday activities.

- More awareness (or purposefulness) of this process means more results – the purposeful ‘seeding of the unconscious’.

- Awareness is increased – and attracted – by ‘reality testing’.
The Format of the messages from the unconscious

- Symbolic imagery in dreams and hypnagogia
- Precise information, as in Remote-Viewing
- Synchronous events
But... What’s new?

• What is new is the **UNDERSTANDING** of the process and the need for rational and persistent use of - *a method, a protocol, a schedule* – for contacting the unconscious.

• The implicit *‘learning process’* within these methods

• It is also new *the understanding of the global and far-reaching aspects of the meditative techniques and the trance state*, as well as its “energetic” consequences

• *Let’s call Meditation ‘the Trance within’!*
Understanding

• By understanding the processes of the mind
• By exploring new avenues
• By understanding, and being open to, phenomena
• By persistently posing as a ‘listener’ of the inner wisdom

…We will certainly reach the searched for ‘relationship’ with our unconscious that is progressive, productive, and evolutionary — The Kundalini phenomenon has given us a hint of what is to come!
Conclusions

• From the religious practices of meditation
• To the intense efforts in studies or problem solving
• To the search for inspiration in creative challenges
• To the lucid-dreamers and OBEers explorers
• HYPNAGOGIA – seems to be an important form of communication from the ‘unconscious’ mind
• Else, we need to reach back the unconscious mind through a specific method and its persistent practice
Do we know everything…

...needed for a final picture of the process?

- I doubt we do.

- So, we need to keep exploring...
Human Mind, know thyself!
References:

  - My personal “protocol” - The method I have thoroughly tested
  - Kundalini phenomena, lucid-dreams and out-of-body experiences
  - “Is Recurrent Isolated Sleep Paralysis …” with Jean Christophe Terrillon
The proposal of a study group:

- I would like to invite you to participate in a study group for this “relationship with the unconscious mind.”
- I envision the group members to choose a method of practice, and to keep a record of experiences.
- The group needs to meet regularly to share experiences, new information from books and articles, and to share the results of their specific practice with a common record.
- I will hope that eventually, the common record could be analyzed in search for new understanding of the ways this relationship happens.
The proposal of a study group:

• **Location**: the home of one of the members
• I propose the first meeting to be in my home, which may accommodate about 10 people, may be more
• **Time**: I suggest that we meet each 15 days, or at least once a month, for about two hours in the evening, during a week-evening
• If you are interested, please leave your name, email, and phone number with me, so that we can agree on a date for the first meeting
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Questions, suggestions, arguments