

Conscious spirituality in search of truth...



CYNTHIA PEARSON: DREAMING THE FUTURE CAN WE CHANGE IT?

Concepts of predicting the future, especially where dreamwork practices and interpretation are concerned are often fraught with various misconceptions. Cynthia Pearson an experienced dreamwork practitioner featured an article on her resourceful website "Dream Journalist," titled "Dreaming The Future Can We Change It?"

Her article was presented at a plenary for the International Association of Dreams conference in 2000. Dreamwork students and seekers of Truth can draw two key inferences from the above presentation and dreams generally, that being distinguishing between a precognitive dream and premonitory one. In 1973 I experienced a 'precognitive dream' fully manifesting the following year. This event, was a complete epiphany, and totally transformed my whole life's direction. More importantly it lead to maintaining maxim of always "honouring a dream." An extract from Cynthia Pearson's above plenary presentation "Dreaming The Future Can We Change It" follows.

—Philip Crouch, Tasmania, 2020

DIFFERENCES BETWEEN A PRECOGNITIVE AND PREMONITORY DREAM

'Precognition and premonition are two abilities between which a key difference can be identified. These terms are used extensively in psychic studies and are considered as parts of clairvoyance. In this sense, both precognition and premonition deal with events that have not yet taken place. First, before comprehending the difference between precognition and premonition, let us define the two words.

Precognition refers to foreknowledge by paranormal means. On the other hand, premonition is a feeling that something is about to happen. The key difference between precognition and premonition is that while premonition is more of a feeling that the individual has that something negative is about to happen, precognition is a deeper sense of knowing that extends beyond the emotional realm' [see suggested resources].

CYNTHIA PEARSON: DREAMING THE FUTURE-CAN WE CHANGE IT?

'As some of you know, I have been a dream journal enthusiast for quite a while. Those of us who write down our dreams have made dream study possible across the board, but it has only been for the past five years that we've focused on the journal keeping at IASD, [International Association for Dreams] providing some truly stimulating cross fertilization.'

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DREAM JOURNAL KEEPERS

“Journal keepers are empiricists—we observe and document what actually happens (as opposed to what may fit a model or theory). And many of us who keep dream journals eventually find that future events have been liberally and casually scattered about our dreams as a matter of course.

In my journal, "synchronicity" serves as an umbrella category for precognition, déjà vu, mutual dreams, clairvoyance, telepathy and related phenomena, for all can be characterized as "meaningful coincidence."

My dream synchronicities are often domestic and trivial, as when-- to cite one example-- I had a dream about searching repeatedly for peanut butter to make a sandwich, and then upon awakening, opened the morning newspaper to find a picture of a 37-foot peanut butter sandwich at a "Peanut Butter Lovers Festival."

Here is another, more dramatic example from the news:

CYNTHIA PEARSON: EXCERPTS FROM A DREAM-JUNE 6TH

"...I'm waking up in a hotel/motel room. I get up to use the bathroom. As I'm about to flush, I see a hand come out from behind the tank and press the lever. I realize there has to be someone hiding and then see him. I yell for my husband and we demand that he leave.

Then it's the next day, and I'm at home. After my husband has left, I catch the same guy stepping into the broom closet in our kitchen. I threaten him, then do call 911... but he is lingering in spite of this. I yell at him to get out, scam, and tell him I'm calling the cops, but he seems not to care." On the weekend of June 17th I was away from home, staying in a motel outside Boston when a series of crimes occurred in my neighborhood of Point Breeze in Pittsburgh.

Here are excerpts from the city daily, the Pittsburgh Post-Gazette:

“POINT BREEZE REELING AFTER HOUSE ATTACKS, TUESDAY, JUNE 20, 2000”

"... In three separate incidents that may have been related, an intruder broke into an occupied home, terrorized the residents and robbed them... I don't think anyone in the United States should think that this can't happen to them,' said Richard Ehmann, whose 30-year-old daughter was alone at the family's home... on Friday night around 10:55 p.m. when she heard someone open the front door...



She tried to slam the door but the man reached around and jammed a screwdriver against her back. It did not wound her. The woman ran into the kitchen, grabbed a knife and called 911 -- all while the man was threatening to kill her if she didn't cooperate. While she was talking to emergency officials, the man grabbed her purse, a shopping bag full of new clothes and a video cassette recorder, and fled."

This occurred within four blocks of my house, as did the other two crimes.

My dream seemed to pick up on many details of this event— my staying in a motel, that both the real and the dream perpetrator reached around from behind, and that I, like the victim, was in the kitchen dialling 911 even as the perpetrator was failing to leave. And the next day, when headlines announced an arrest, **I learned that, as in my dream, it had been the "same guy" in all the break-ins.** While she was talking to emergency officials, the man grabbed her purse, a shopping bag full of new clothes and a videocassette recorder, and fled."

HERE ARE SOME OF *THEIR* ANSWERS TO: "THE FUTURE CAN WE CHANGE IT?"

These and experiences like them occur commonly, and when I first signed on to join this panel, I had intended to focus solely on dream journals as repositories of examples of precognition. However, when the panel's name was announced, I was given pause. **I thought about the question-- The Future: Can We Change It?** and decided to poll some of my fellow long term journaling enthusiasts, to see what they had to say about the subject. Here are some of their answers to "The Future: Can We Change It?" They range from sincere:

- "I myself wouldn't put it in terms of "changing" the future, but rather 'striding more self-consciously into' the future....";
- to facetious: "I can, I'm not so sure about you." But others were more thought provoking, such as:
- "If you don't try, you'll never know, but if you do try, you'll never know either."
- "Yes, if there is one."
- And finally, "No, but you can lean into it."

I think these last capture best my own ruminations on this question, because my dream experiences persuade me have that "the future" is an array of probabilities that present themselves in dreams. ¹ Some probabilities are stronger than others, but I do not think we so much "change" the future" as "tack" and sail among probabilities, navigating ourselves among the head and tail winds that blow through our lives.



The practice of entering past dreams in the database led to discovering many synchronicities that I hadn't known were there. For example, I hadn't remembered that I dreamt of my sister's house being damaged, but I had, exactly one year before it was rendered uninhabitable in the Los Angeles earthquake. When I first read through this account some years later, I figured that I must have had this dream right after the big earthquake in Los Angeles.

That had been a frightening day for my sister and her four grown children, who all lived around L.A. They were unable to telephone one another, but were able to call me in Pennsylvania and thereby learn of one another's safety.

A dream of her building's being damaged and her not being able to get a call through was an apt reflection of her circumstances, and as you might guess, I was surprised that the actual earthquake had been a year after the dream, January 17, 1994. **But in this experience, and in my dreaming in general, I did not know until well AFTER the dream that it alluded a future event.**

So the question of whether dreaming can lead to changing the future in a direct sense is, thus far, moot for me. Indeed, I only discovered this one because I was entering it into the database. Now I know the importance of reviewing past dream records, a practice that becomes more onerous with age, but can lead to continuously discovering unsuspected premonitions.

I have heard accounts from other dreamers who did attempt to change the future. When she was in college, my friend Liz had a vivid dream of looking down to find herself covered with blood. One day soon after, she was a passenger in a car driven by a friend whom she knew was suffering from sleep deprivation. They were on a winding and dangerous road and so, thinking of her dream, Liz offered to drive.

Soon after taking the wheel, Liz missed a curve and crashed. She found herself covered with blood, as her dream had foretold, and ended up in a hospital for a week. We can debate for many hours whether or not Liz changed the future that day. Might there have been a worse accident if she hadn't taken the wheel, or none at all? The possibilities and permutations are endless.

¹ **A footnote here--** I was very interested to read in Dale Graff's book, *River Dreams*, that "in Louisa Rhine's study of 10,000 cases of realistic and symbolic spontaneous psi events, over 50% of the most dramatic experiences were premonitions of fire." (p. 35) In my dream from the night of January 17, 1993, my sister learned "that her building has had a fire"-- perhaps an easier disaster to symbolize than an earthquake! Then in the dream, my sister picked up the phone to find out what happened, but the operator refused to connect her.





Suggested resources:

Dreaming the Future – Can We Change It?

An article by Cynthia Pearson for ASD-Psi plenary 2000

Ruminations of a Dream Journalist; ASD-Psi Panel Presentation; complete text at:

https://asdreams.org/study/dreaming_can_we_change_it.htm

<http://www.dreamjournalist.com/>

https://asdreams.org/study/dreaming_can_we_change_it.htm

<https://www.differencebetween.com/difference-between-precognition-and-vs-premonition/>

