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AN OSTENSIBLE PRECOGNITION USING A 'DREAM-MACHINE'

by

KEITH M.T. HEARNE, PhD

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NOTE

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ABSTRACT

A case is reported of an ostensibly precognitive dream occurring to a female subject while using a portable bedside 'dream machine' invented by the author. The device was used in a mode whereby the subject was automatically woken by an audible alarm when her respiratory rate reached a pre-set level.

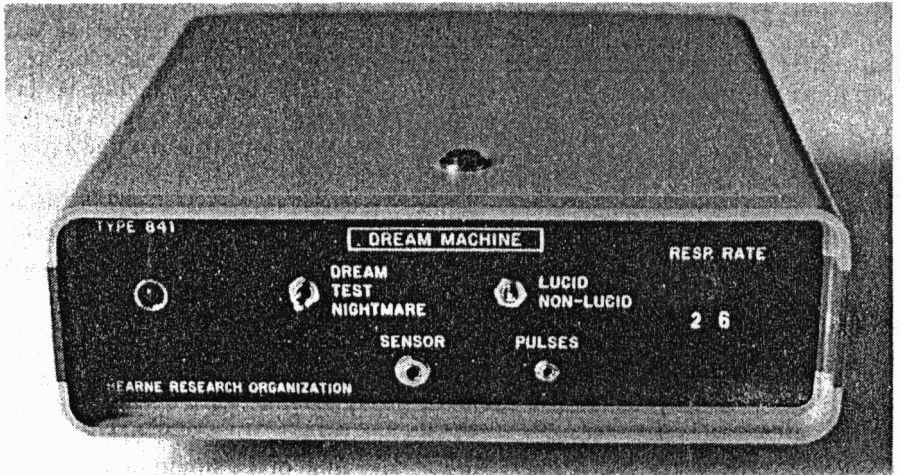


Figure 1. 'Dream machine' invented by author.

INTRODUCTION

The author has invented a 'dream-machine' (Fig. 1), which has received some publicity.^{1,2,3,4} The device is a small, simple, portable bedside unit, for use by anyone, at home. A nasal sensor monitors respiration. On reaching a preset respiratory level, the device can (a) immediately sound an audible alarm ('Nightmare' mode), (b) wait for a variable time and sound the alarm (Ordinary-dream interruption mode), or (c) wait for a pre-set period, administer stimuli to the wrist, wait a further set period and then sound the alarm (Experimental 'lucid' dream induction mode).

Pamela (a subject in her 30s), while using the dream-machine in the 'Nightmare mode', for only the fifth night, experienced a vivid, coloured dream (brief details of which were written down) concerning a view from a high building in a city. (The device was set in the 'Nightmare mode' not to arrest

nightmares in this subject, but to act as a dream-detector—identifying emotional peaks in ordinary dreams and waking the subject immediately.) I was informed of the dream in more detail the next day. The day after that, Pamela visited Bradford in West Yorkshire and found that the dream was very similar to what she saw from a location in the city. Pamela could not recall having such a precognitive dream before in her life.

THE DREAM

'I was in a high building. There was a large plate glass window, and a balustrade with a wooden top. There were pink and grey zig-zag curtains.

I looked out of the window, down a hill. There were buildings, and roads with traffic. At the bottom of the hill I saw a building which I 'knew' was a cinema. It had lights on it, but I could not make out the name.

The building I was in had two entrances at the front (on left and right corners), and I 'knew' that parking was not possible in the front and that I had come from a car-park at the side and had to walk the whole length of the front of the building to an entrance that was open.'

EVENTS AT BRADFORD 2 DAYS LATER

Pamela had planned to visit Bradford with a friend on this day. It was a place she had been to before when she was 12, and had appeared nightly in a pantomime for a week (she was taken to and from the city each evening).

On arrival this time, Pamela went to the information section of a library and obtained a list of local museums and places of interest. The couple decided to visit the National Museum of Photography in Princes View.

Parking was not possible in front of the building, and a walk was necessary from the side to the far front corner entrance of the building. The other entrance, on the front-left corner, was locked.

The couple went to the 5th floor of the modern building, and Pamela reports being utterly amazed at seeing the details of her dream, although the curtains were not there. On looking out of the window, she observed the scene just as in her dream, and where the cinema was in the dream she saw a cinema with lights spelling out the word 'ODEON'. The sense of recognition was very considerable and Pamela telephoned me excitedly about the strange episode, on her return to Hull.

DISCUSSION

There is no doubt that Pamela's dream corresponded in several ways to her experience at Bradford 2 days later. Strictly speaking though, an explanation in terms of psi is not permissible because of various hypothetical situations (although unlikely). For instance, it just may have been that, say, a panoramic photograph taken from the location might have been displayed somewhere, was seen by Pamela, and unconsciously recalled in the dream. The rest might have been some kind of self-fulfilling prophecy.

Nevertheless, the case is of interest to parapsychology because it is *conceivable* that the dream did include psi material, and so the dream machine, which 'selected' the dream, might prove to be a useful tool in the investigation of

precognitive dreams. (Another technique was described in an earlier paper⁵).

On the respiratory setting used, it is unlikely that Pamela would, without the device, have woken from the dream at that point. Pamela was woken at a moment of physiological arousal, with an elevated breathing rate, but the level was not that of a nightmare where waking would be precipitated. This state of moderate physiological activation may reflect the typical bodily condition associated with psi dreams—in which case their future identification might be facilitated. Further experimentation will be conducted.

KEITH M. T. HEARNE

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