

Explorations in Precognitive Dreaming

DALE E. GRAFF

PSI-SEMINARS-INITIATIVES

230 St. Michael's Road, Hamburg, PA 19526-8002

e-mail: mtviewer@dalegraff.com

Abstract—An informal exploratory study of psi that occurs while asleep and dreaming was performed to determine if it was possible to experience precognitive dreams about photographs that would be published in future newspaper articles. Operational constraints were newspapers (USA Today and two local newspapers), specific pages and the future time of publication. Sketches of dreams that occurred on the nights when future news photographs were the intended target were compared to all possible photographs within the operational constraints. Selection of the photograph that best correlated with the dream imagery was based on a pattern matching process of comparing forms, spatial relationships, colors and dynamics in the dreams and the photographs. This exploratory precognitive dream series yielded dream-photograph matches with a high degree of correlation, thereby providing strong evidence for precognition. This series also provided insight into the psi dream or dream state psi process. Some concepts on the source or origin of precognition are considered.

Keywords: psi — precognition — premonitions — dreams — dreamstate psi — remote viewing — clairvoyance — telepathy — time — forward causation — pattern recognition

Introduction

Since the late 1880s the investigation of psi phenomena—e.g., experiences labeled as extrasensory perception, telepathy, remote viewing (RV), and psychokinesis (PK)—has had two aspects. One is controlled laboratory experiments and the other is analysis of spontaneous psi events reported by individuals in the general population. A substantial database exists from a variety of psi laboratories that obtain extra-chance results based on appropriate statistical methods.¹⁻³ Meta-analysis techniques that combine multi-laboratory data yield statistical results that significantly exceed chance expectation. These results have been accepted as demonstrating the reality of psi by some professional reviewers and rejected by others.⁴ Regardless of the lack of acceptance of psi by many scientific authorities and others, individuals continue to have spontaneous experiences suggestive of the reality of psi. A study of these experiences, even if controls are not suitable for scientific proof, can provide

insight about the psi process and assist in developing procedures that can enhance experimental results.^{5,6}

Spontaneous cases occur in natural real-life circumstances and therefore are more realistic than laboratory situations. Achieving psi data with improved accuracy and reliability would permit the scientific proof issue to be more easily resolved and would also benefit those who seek to apply psi in various types of situations, such as assistance in police cases, for medical diagnostics or determining, via precognition emerging potential futures that pose a threat, such as terrorist plans.

Insight into the psi process can also be achieved using a third method for psi investigation that is between life and laboratory.^{7,8} It is neither under strict laboratory control nor is it a mere anecdotal story. Since psi is an individual experience, this third way of studying psi phenomena can be pursued by people in their comfortable home environment without the logistics and cost for travel, extensive coordination and involvement of others that laboratory research requires. Such field studies have the potential for identifying functional parameters of psi and contribute to the accumulating psi database. I have found that it is useful to keep track of the mental state, awake and conscious or conscious state psi (CSP), and asleep and dreaming, or dream state psi (DSP), when examining psi data.

Exploratory Psi Dream Investigations

We all experience dreams every night even if they are not recalled. The easiest dreams to recall when we desire to recall them are those that occur during the rapid eye movement phase of sleep, which occurs in about 25% of our sleep time.⁹ In the mid-1970s, when I read the psi research by Ullman, Krippner and Vaughn published in *Dream Telepathy*,¹⁰ I and several others replicated their basic procedure and experienced clear evidence of psi or telepathic dreaming. Our informal experiments also revealed that dreaming could provide precognitive information about near-term future incidents.

In early 2006, I became interested in the nature of time. I thought that accumulating a systematic personal precognitive dream database should be interesting and would provide insight into time and the psi dream process. It would also improve my own understanding of psi. I have had occasional spontaneous precognitive dreams, but they were too infrequent for systematic study.

In order to explore precognitive dreaming as an independent psi investigator, I had to identify an objective that was realistic and that would yield results easily evaluated from the later-learned ground truth.

Future News Photographs as a Precognitive Dreaming Objective

Precognitive dreaming about future newspaper articles seemed to be a convenient psi project to facilitate. All that was necessary was to establish a realistic future time frame, specify operational constraints, identify reasonable

evaluation procedures and assure that appropriate documentation was maintained. It was also necessary to clearly specify the type of precognitive data sought. The early RV research at Stanford Research Institute International and my own independent psi/RV projects clearly illustrated the dichotomy between RV seeing and knowing what is seen." An RVer can accurately sketch the distant or otherwise shielded target area or picture but can usually not identify or name what it actually is. Therefore, in addition to maintaining a narrative of the suspected precognitive dream, which requires naming imagery in the dream content, I considered it essential to also sketch the dream's key elements, especially those at the end of the dream. I had discovered from psi dreams using existing targets that the dream's conclusion often presented the best imagery of the target picture.¹² The ending was also easier to recall than other portions of the dream. The dream's ending is like a play: the play's most important message, its punch line, is presented as the finale. The most reasonable way to determine if a suspected precognitive dream was a valid precognition is to directly compare the sketch or sketches of the dream's major elements or its ending to the potential future newspaper photographs.

I have also discovered that when the target picture is complex with several dominant features, several suspected psi dreams occur on the same night. Superimposing the dream's central images or their endings into one sketch can provide a good representation of the target picture and the spatial relationships of its various forms.¹³ When the target picture has only one main element, only one dream with one central image occurs. Psi dreams are characterized by their brevity and lack of personal material or day residue. Psi/precognitive dreams can be experienced by setting a firm intention to experience and recall them, and to not recall any other type of dream that night.¹⁴

Remote viewing research and psi data in general have shown that psi perception of words, alphabets or numbers is not reliable. Therefore, for these exploratory precognitive dreaming investigations, evaluation would be based only on visual comparisons between sketches of the dreams content and the imagery in the photographs in the future news articles, and not on any of its written material. However, remote viewing data correlated to the target objective of describing distant scenes, the expectation of the experimenters and possibly the background of most of the remote viewers. The general observation of low reliability for words and numbers is not necessarily representative for other individuals who experience psi and who may function better in other cognitive styles than is typical for remote viewers.

Intending the relevant precognitive material to be presented in the last dreams of the night is a successful strategy, but it is also helpful to reinforce this intent by frequent goal setting throughout the day prior to the intended precognitive dream and to write the objective on a notepad kept within arm's reach at the bedside. Writing brief notes on this notepad after waking up from the dream facilitates its recall for writing a detailed dream narrative and preparing accurate dream imagery sketches as soon as possible. I have found through facilitating psi

and psi dreaming workshops that individuals with no history of psi dreaming can experience them with motivation and goal setting. Details on these procedures are in the appendix, *Developing Your Psi Potential* (Graff⁷), and on my web site, www.dalegraff.com.

The specific objectives and operational constraints for this exploratory study were as follows.

Target Newspapers

I chose the three newspapers that I routinely read as the precognitive dream objective. These are (1) *USA Today*, (2) *Reading Eagle* (Reading, PA), and (3) *Republican & Herald* (Pottsville, PA).

Target Pages

In order to keep reasonable bounds on the numbers of photographs that had to be compared to the suspected precognitive dream sketches, I set the intention to dream about pictures on either the first page or no more than the first few pages in the main section (the "A" pages) of the newspapers. Even though many pictures would have to be compared, I hoped that the precognitive dreams would be highly accurate and would therefore easily facilitate selection of the most likely photograph.

Unique Unpredictable Events

My precognitive dream objective would include the desire to only access photographs that were unique or unpredictable from any known information, particularly recent news on television or in the newspapers. As a companion objective I also desired to not dream of any news photographs related to Iraq, Afghanistan, or media/political personalities unless they were highly unique and could not be inferred from any previous coverage or news trends. I also desired to dream about only actual news events, and to not dream about any advertisements that are sometimes present on the initial pages of newspapers.

Future Time Period

I chose to set the desired news "time gate" to be within three to five days in the future of the suspected precognitive dream. Beginning the future time window three days after the dream would negate expectations and potential subconscious influence of very recent news, especially breaking news immediately prior to the night of the dream. Setting the upper time window to be no later than five days after the suspected precognitive dream would limit the number of news photographs to be considered and would negate the well-known challenge to precognition: wait long enough and the perceived event will happen by chance. On the average, about two to three news photographs appear on each page of the first few pages of the three target newspapers. The total number of

photographs to be examined would vary from six to nine (front page only) and from 18 to 27 if the first three pages of three newspapers are examined. If the search extended beyond three days to four or five days then as many as 50 photographs would be examined. I hoped that unambiguous correlations would occur and that only the news photographs within the operational constraints could be clearly matched with a high degree of confidence.

Experimental Schedule and Timing

Based on experience with contemporary psi dream targets, I felt that no more than one or at most two precognitive dream sessions per week would be feasible. I had several other projects in progress, and wanted to achieve as optimal a result as possible. This time span between precognitive dream sessions would permit sufficient time to receive feedback for evaluation and strategy adjustment if necessary. The specific night for intending a precognitive dream was kept flexible to accommodate unexpected situations.

Number of Precognitive Dream Projects

I set the goal of achieving at least six unambiguous successful precognitive dreams in order to feel confident that the dreams were of psi origin. Six projects would be more likely to provide clues or insights into the psi or psi dream process than would be possible from only one or two projects.

Recording Schedule

A strict recording schedule would be maintained. As soon as possible in the morning following the precognitive dream project, the suspected precognitive dream would be recorded in my dream journal and sketches would be made. A detailed sketch, based on the best recollection of the dream, would be completed no later than noon on the day following the dream. This would ensure that the sketch was made at least two and a half days before the beginning of the three-day time window established for the future news.

Evaluation

A two-step evaluation process would be required to determine if a suspected precognitive dream was actually precognitive: (1) locate a likely corresponding picture within the operational constraints, and (2) assess the degree of correlation between the dream's content and the most likely news photograph. If no significant correlations could be found then the precognitive project would be considered a failure. It was hoped that the dream's sketches would have a high degree of correlation with only one of the possible news photographs published on the specific pages during the three- to five-day window. If so, this would facilitate both the photograph selection and the comparative evaluation process.

The evaluation process used in this exploratory study would be based on a direct visual comparison between the dream sketches and the various possible news photographs. A judgment involving pattern matching, which is a reliable mental capability (we can easily recognize faces, for example), would be the selection process. Pattern matching includes appraising the degree of correlation between a template (the dream sketches) and the various imagery options (the news photographs). Whatever creates patterns—the forms, shapes, spatial orientations and their relationships, colors, and the dynamics of the forms—are factors to be examined in order to judge how well the sketches match the photographs. Pattern matching is not the same as pattern recognition, which implies knowing (naming) the patterns.

I have observed in previous psi dream projects using existing target pictures that very small details can be very important, especially for protocols involving selecting the correct target picture from several non-target pictures that have similar features. Therefore, I planned to record small details that were presented in the dream. Colors can be a reliable discriminator when evaluating psi data. Since dreams are dynamic creations, they very likely will present some type of activity or action. Even though images in photographs are static they usually have features that suggest motion—the direction someone is walking, the implied rising of a missile, for example. These tendencies toward motion are reliable and can be useful for evaluating psi data when pictorial material is the psi target. In my dream sketches, I indicate directions of motion even if the object moving is unclear.

The photographs in the future news articles would probably not be homogeneous and their content would not be sufficiently broad for any meaningful statistical appraisal. I planned no statistical assessment of this exploratory project due to its small sample size. It might be possible to perform some type of statistical evaluation using an in-group methodology for follow-up investigations using tighter future time windows, a larger sample size and involving others for protocol assistance.

Establishing Credibility

Before I present results of these exploratory precognitive dream investigations, I feel it necessary to include one example of a DSP experiment that was totally under the control of a professional experimental psychologist who resides in Vienna, Austria. The target picture was randomly selected from a previously assembled target pool and was part of a real-time psi dream project that investigated psi at intercontinental distances of 7,000 miles from the USA. My sketch of the dream on the night of the experiment was recorded, witnessed and notarized, and was sent via e-mail and postal mail to my colleague in Vienna. I received feedback on the target picture several weeks after my official recorded sketch and its e-mail transmission. Figure 1 displays the notarized sketch and the target picture.

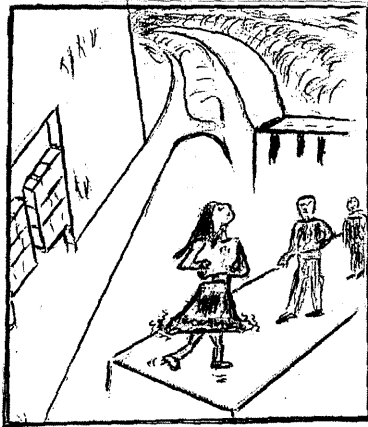
**Sketch****Target Picture**

Fig. 1. Sketches of dream's ending and target picture located 7,000 miles from dreamer.

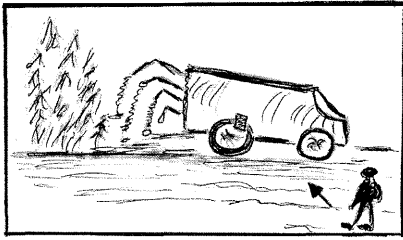
As can be seen by direct visual inspection, there is a high degree of correlation between the sketch of the dream's central image and the dancer, a whirling dervish, shown in the target picture.

Results

The sketches of the main imagery or the dream's ending and the most likely future news article photograph on the specified pages are shown in Figures 2 through 8 with the dates of the dreams and the newspaper publications. Comments are provided in the next section. Even though the goal was to experience six unambiguous results, an additional dream occurred shortly after the sixth dream that correlated with a future news photograph and is included in the discussion.

Data Review

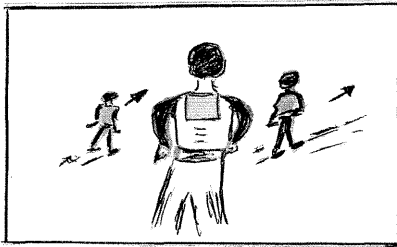
This exploratory precognitive investigation appears to have succeeded. Most of the dreams recorded on the nights that precognitive dreams were intended had a high degree of correlation with future news photographs that were published within the operational constraints. Some of the dreams approximated the configurations in the news photographs or presented only one or only a few of the various images shown in the photographs. When the photograph only had a single central image, the dream was very brief and presented the image with a high degree of accuracy. In some dreams, small details also matched small details in the future news photographs, thereby providing additional confidence in the dream's being of psi origin. Even though the total number of photographs



Dream (01-21-06)



**USA TODAY
Page A-3 (01-26-06)**



Dream (01-21-06)



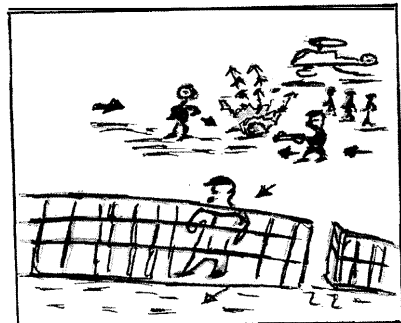
**READING EAGLE
Page A-4 (01-27-06)**

Fig. 2. Florida Road Accident—Sketch of dreams' endings and future newspaper photographs of the same accident.

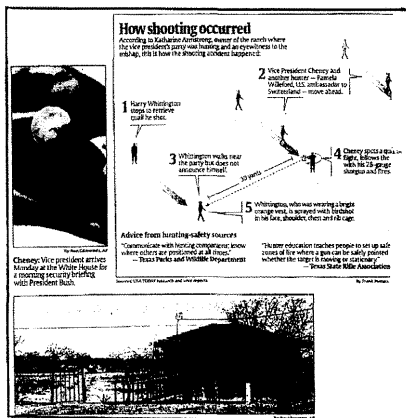
examined within the operational constraints was large, only one of the potential photographs had specific spatial features, orientations, colors and dynamics that uniquely matched the dream sketch. As the series progressed, the precognitive window became smaller and the dreams focused only on the front page of the target newspapers three days in the future. This narrowing may have resulted from a concern that the initial operational constraints were broader than necessary for investigating precognition.

Follow-up investigations will focus on only a specific newspaper three days in the future.

The news articles' story lines—the meaning or purpose of the news photographs—were not presented correctly in the dreams. Specifics, such as locations or identity of people, were not correct. In some dreams—the *Florida Road Accident* and the *VP Cheney Hunting Accident*—only the general nature of the news story was presented. One of the dreams not sketched related to the *Florida Road Accident* was a vivid car fire scene. There were no photographs in any of the newspapers showing the burning car in which six students and a child were trapped and perished. It appears that the news story headline or photograph caption was



Dream (02-10-06)

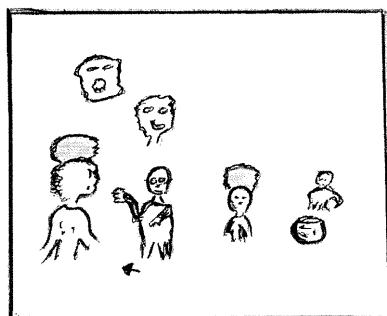


USA TODAY
Page A-3 (02-14-06)

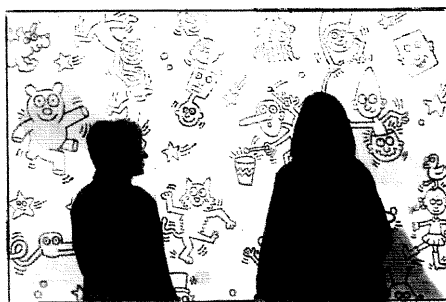
Fig. 3. *VP Cheney Hunting Accident*—Sketch of dream's central images and ending and future newspaper photograph4 and illustration.

perceived and then dramatized in a dream. This suggests that accessing printed material is a viable psi task and that dream imagery can occur that illustrates the meaning of the words even if the words are not presented in the dream. The dreams related to the *VP Cheney Hunting Accident* incorrectly presented a shooting activity in the context of a military exercise, not a hunting incident.

This mismatch between the sensory aspect of the psi data and its interpretation for the news articles' pictorial material is consistent with the findings of RV research and other psi studies, especially in double-blind protocol, when there is no target picture observer. This is similar to the precognitive situation, except that it is unclear if there is or is not an observer of the future picture. In principle,



Dream (02-15-06)

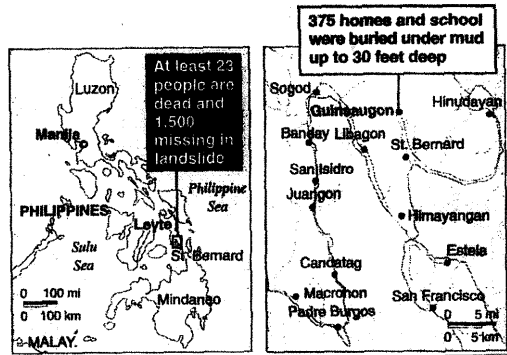


READING EAGLE
Page A-1 (02-19-06)

Fig. 4. *Abstract Art*—Sketch of dream's central images and future newspaper photograph of art display.



**Dream Sketch (02-16-06)
Topographic Map**



**REPUBLICAN & Herald
Page A-1 (02-17-06)**

Fig. 5. Layte Island Landslide—Sketch of dream's ending and future newspaper landslide area illustration.

people involved in the incident, the news photographer, the article writer, the newspaper editor, or even the future experience of the psi/RVer, could be "observers" of the future picture. The presence of a target observer, either contemporary or in the future, could be a psi source, and if so, information such as purpose or context of the future incident could be accessed. But for this exploratory study, there is no evidence of psi access of someone's future knowledge that relates to context or meaning of the news photograph.

The *Layte Island Landslide* incident was presented in the dream symbolically by sliding topographic maps that showed a land-ocean area without location information. The *Abstract Art* dream had a series of images that had no context or theme and were like a series of random patterns similar to the actual art work. The *Tower City Fire* was presented in imagery relevant to my aerospace engineering background. The *Broken Clock* and the *Statue* dreams were brief and had no context or activity.

But what of the timing of the photographs taken of the future incident? Did the photographs already exist but were not published until later? If so, the psi process may have been real-time clairvoyance or remote viewing. If the photographs did not yet exist, then they had to exist, somewhere, *in the future*.

Table 1 shows the relative timing of the dreams, the actual events, and when the news photographs were published.

Timing Data

For the six of the seven incidents, the dreams occurred between three and four days *before* photographs or illustrations of the events were available in the newspapers. The *Layte Island Landslide* incident occurred at or a few hours prior to the dream, although photographs and maps about the event were not in the

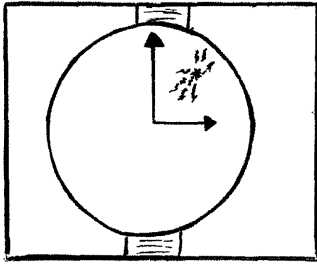
of the dreams since the incidents had not yet occurred. Photographs for the multi-vehicle *Florida Road Accident* had the longest time span between the dreams and the incident (three to four days). None of these seven incidents were learned of in radio or TV news prior to the newspaper publications, except for the VP *Cheney Hunting Accident*, which was only a brief verbal account on CNN two days after the dream.

The dream related to the *Layte Island Landslide* was like a spontaneous psi dream since only a slight intention had been made for a precognitive dream that night. It was precognitive of the future news, but not of the actual event.

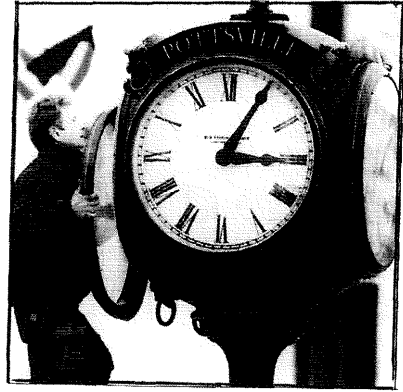
As this series progressed, a weekly pattern occurred and the time between the dream and the future news photograph became three days. This may have resulted from some type of subconscious learning process and probably the need for consistent feedback timing.

Precognitive Data Source

I had suspected that precognitive data was not actually "in the future" but was a result of real-time psi access of information available from existing sources. It



Dream Sketch (03-19-06)



**REPUBLICAN & Herald
Page A-1 (03-22-06)**

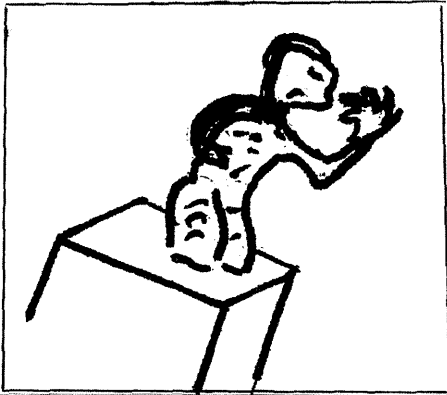
Fig. 7. *Broken Clock*—Sketch of dream's ending and future newspaper photograph.

seemed that the telepathy model of psi, mind-to-mind access, could account for some perceived futures through access of someone's intentions or future plans. Similarly, clairvoyance/RV could be the means of accessing current documentation on plans about future activity. And PK could interact with devices or someone's activities to achieve a "predicted" outcome through a "forward causation" effect.

Some of the dreams in this series presented highly complex interactions that occurred in the future after the dreams. These futures involved many people—those directly involved in the incident, the news photographer who had to be on a very precise position and view angle in order to take the picture from the perspective presented in the dream, and the article writer or editor who selected a specific photograph from all those taken. The *Florida Road Accident* required complex timing of several vehicles, the policeman and the news photographer. In the *VP Cheney Hunting Accident*, a flushed bird (the quail) initiated the complex sequence of events hours prior to the dream. In the *Tower City Fire* incident, an electrical malfunction two days after the dream initiated the complex future activity. The *Layte Island Landslide* resulted from a natural phenomenon. The choice of the *Abstract Art*, *Broken Clock* and the *Statue* photographs resulted from human decisions. The *Abstract Art* photograph was taken two or three days after the dream. The *Broken Clock* and the *Statue* photographs were probably taken prior to the dreams.

Implications

For this series, a range of "causes" may have led to the future incidents depicted in the precognitive dreams—human error, human decisions, device



Dream Sketch (03-26-06)



**READING EAGLE
Page A-1 (03-29-06)**

Fig. 8. *Statue*—Sketch of dream's ending and future newspaper illustration.

malfunctions, the sudden flight of a bird and a massive geological event. For some of these, an individual did not initiate the event and therefore someone's intentions or plans could not have been its cause.

So where is the information source for such precognitive dreams? Could it be that some type of collective unconscious exists that, like a hologram, can accumulate and store information known to all human and possibly all other sentient minds? Could such a hypothetical source even have information on conditions in non-sentient objects (e.g., equipment) and the environment (e.g., geological situations)? However, more than a universal collective means for information storage must exist for precognition to occur: the means for projecting and predicting potential futures would also be required. Even if such a universal information storage and projection feature existed, it would be difficult to reconcile results from precognitive or presentiment experiments that involve random events for selecting future targets. Could it be that some type of "forward PK" or "forward causation" is involved that facilitates a complex goal-oriented interaction with random process?

Another view is that the Suture already exists in an alternative or multi-dimensional reality, and that accessing such a hypothetical region is like accessing any memory.

A substantial database indicates that precognitive information is not about fixed incidents but is about possibilities. Some futures are essentially certain. They will happen. Others are possible, even likely, but can nevertheless be avoided or prevented by taking appropriate action if sufficient information is presented in the precognition. Thus, the experiential evidence supports a probabilistic view of precognition and suggests "something quantum physical"

TABLE 1
Timing Data

Incident	Date of dream (month-day)	Date of incident (month-day)	Time between dream and incident (days)	Date of published photograph in news article (month-day)	Time between dream and published photographs (days)
1. Florida Road Accident	Jan 21	Jan 25	3-4	Jan 26/27	5-6
2. VP Cheney Hunting Accident	Feb 10	Feb 11	<1	Feb 14	3-4
3. Abstract Art	Feb 15	Feb 18	2-3	Feb 19	3-4
4. Layte Island Landslide	Feb 16	Feb 16	0	Feb 17	0-1
5. Tower City Fire	Mar 12	Mar 14	1-2	Mar 15	2-3
6. Broken Clock	Mar 19	—	—	Mar 22	2-3
7. Statue	Mar 26	—	—	Mar 29	2-3

as being at least one aspect of the psi/precognition process. A quantum-like barrier between now and the future may exist that can be tunneled through when appropriate mental intention and focus states are achieved.

In this exploratory precognition dream series, a precognitive dream did not occur every time it was intended. In some instances, various concerns and attention to a writing project interfered and the recalled dreams were clearly related to those issues. There were two instances where the dreams seemed to have incorporated elements from several photographs that were printed on the same page and did not provide unambiguous evidence for precognitive dreams occurring that night. In one instance, a suspected precognitive dream could not be correlated with any of the potential photographs. Either this was a miss, or the probability of the event shifted from essentially certain to not likely in the days following the dream. There were six times when I delayed the intended precognitive dream session due to discomfort from heavy physical activity during the day or for inability to hold a sufficient focus on the precognitive dream intention.

The goal of dreaming precognitively about a news photograph that will be printed in the future news very likely led to a subconscious selection of those that would actually be published while bypassing other incidents that were only possible at the time of the dream. If so, this suggests that the hypothetical universal information source not only facilitates projections of future possibilities but also tracks the varying probabilities of situations that could alter the future possibilities. The future incidents dreamt about precognitively in this series actually occurred because nothing was projected that would or could change the projected event. So, for example, I wonder, if one of the children involved in the Florida Road Accident, or his/her parent, had had a precognitive dream of the approaching incident, could they have avoided the accident or possibly alerted someone and changed the emerging dynamics leading to the accident, thereby preventing it? I suspect that they could have. Unfortunately,

dreams, especially precognitive dreams, are not usually discussed or even accepted as potentially valid by many individuals.

Observations

This exploratory psilprecognitive series has led to the following observations:

- Photographs that accompany near-term future news articles can be a practical psi target objective that is convenient to facilitate for DSP investigations.
- No qualitative differences were noted between dreams when the future news photographs did not exist at the time of the dream and dreams when the photographs existed prior to the dream.
- Vision (imagery) in psilprecognitive dreams is generally similar to ordinary vision;

Dream imagery accuracy is a function of clarity of boundaries and degree of contrast between the photograph's images and their surround. This relates to figure-ground segregation concepts in vision neuroscience.

When boundaries of the central images in the photographs are indistinct, the dream imagery only approximates them in accordance with a memory-matching process.

- The psi access process for the future news photographs resembles a spot focus with a contour (edge detection)- or contrast-following process, similar to how ordinary vision functions when integrated or unified, but usually presented to dream consciousness sequentially, not all at once.
- Color is a highly reliable discriminator for identifying the future news photograph.
- In this series of seven psilprecognitive projects, black-and-white dreams occurred for black-and-white photographs. The appropriate color elements appeared in the dreams for photographs with color features.
- In two incidents, the *Florida Road Accident* and the *VP Cheney Hunting Accident*, color appeared in the dream even though the photographs in the newspapers were in black and white. This probably resulted from a memory association with recognized aspects of the configurations in the central images.
- The apparent correlation of the precognitive image-making process to characteristics of ordinary vision, the retina-optic nerve-memory system, is similar to results of previous DSP projects using existent double blind shielded target pictures. This suggests that the apparent direct access of existent shielded targets may instead be precognition of the future when the target picture is actually observed.

Comments

The existence of psi and precognitive phenomenon should generate questions and prompt new research directions involving interdisciplinary approaches. Exactly how can precognition occur? What or where is the information source?

How does this "source" interact with the brain/mind? What are the implications for physics, neurosciences, biology and other scientific disciplines? What is the nature of time? Why is it easier to experience pictures or images than words or numbers in psi/precognitive perception?

Regardless of how precognition occurs, the phenomenon is substantiated by research and through case studies. The accuracy of the information provided by precognition may not be consistent or may be misinterpreted. But in many instances it is sufficient for general alerts and sometimes for the specifics of approaching future situations."

We have the potential to be on the lookout for emerging future events that cast their shadows across our paths. Somehow, our minds can break through the space and time barriers that classical views of physics have constructed for us. All we need to do is be open to the possibility of psi/precognitions and to become explorers to discover for ourselves the range of our interconnectivity with others and our environment.

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