

## THE TIMELESS LOOP OF PRE- AND RETROCOGNITIVE DREAMS

by Judy B. Gardiner



Like the Roman God, Janus, with his dual faced image, each face looking in opposite directions, our dreams can look both backward and forward simultaneously: time past and time future.

History records many instances of apparent precognition and belief in its occurrence as a form of *seeing into the future* (this can occur through visions, déjà vu or dreams). The precognitive element in our dreams is a possibility now well-established in science labs of the world. Retrocognitive experiences, *seeing into the past*, also occur in dreams. A method used to induce retrocognition is past life regression under hypnosis which aims to induce memories of past lives.

Based on twenty years of piecing together hundreds of dream fragments, I have concluded that a vast majority of my own dreams contain elements of both precognition and retrocognition, the intuitive ability to foretell future events and to recollect pre-birth events.

Intuitive images in a dream can tap into long forgotten memories or suppressed feelings which embed fragmented memories. When old memories consolidate with new experience, they often flash forward to foretell a future event in a dreamer's life. Such an experience has the potential for subsequent healing and provides a more expansive worldview for the dreamer. Assuming a human desire to heal oneself, be it conscious or unconscious, and ultimately to survive, it follows that precognition is part of an instinctual evolutionary survival mechanism, much as it is in the animal kingdom where

the profound knowledge of animal instincts have helped humans to survive. It is no secret that animal instincts can foretell warnings. Animals abilities to react to imminent natural dangers have been evidenced since ancient times. The first incident was documented in

the year 2000 A.C. The ancient manuscript says that people noticed that weasels suddenly disappeared from their usual habitats in Crete shortly before a very powerful earthquake rocked the island. Scientists noticed that the tsunami disaster of 2004 killed very few animals, whereas the number of human victims was immense – over 300,000 people.<sup>1</sup>

Through the interconnection of dream fragments, an Aha! personal experience is born. This awakening may lead to pre- or retrocognitive awareness which releases the dreamer from the limits of his waking ego freeing his unconscious to open to knowledge of himself and consequently, knowledge of the universe. By that, I mean the past, present and futures of not only our individual lives but the world at large. Precognitive and retrocognitive dreams behave in much the same way; one flashes forward, the other, backward to events which, in some instances tell a story before the dreamer was born.

Coming to terms with our emotional concerns and difficulties leads us to ultimate transformation from the personal to the transpersonal and from survival of self to survival of species. The connectivity of experiences, dream images and clues reveals discovery on both a personal and transpersonal level. Such interconnections cut through all earthly phases of time and space as we know them but in the implicate order are infinite. The implicate order involves all that exists in the universe in a state of interconnectedness, including dreaming consciousness.

### **Personal Issues**

The dreamer begins with working out an issue from the bottom up, examining his dreams and his psyche by remembering a past personal issue. The dream helps it to resolve, but residue from the previous issue may linger. This is where connectivity begins. Depending on the life circumstances of the dreamer, transformation pursues its mission toward wholeness until the major issues that stunt ones growth have been confronted. At this point the dreamer shifts to the transpersonal level. He now begins to adjust his focus from survival of self to survival of the species developing his intuitive abilities as he goes and edging toward full-blown precognition, a faculty which he's possessed since birth.

### **Transpersonal Issues**

My studies suggest that the transpersonal functions on two levels; the material and the spiritual. The dreamer has graduated to a larger vision in the transpersonal realm and has shifted to a top down worldview where a new field emerges. He begins to work on the issues of the planet, much like his personal issues in terms of environment, disease, morals, culture, history and all that affects us as a species. In the historical domain (geographic, political, environmental) the dreamer can observe the continuance of events

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<sup>1</sup> <http://english.pravda.ru/science/tech/03-05-2005/8178-tsunami-0/#>

– *histories repeating* – and becoming *what appear to be precognitive, but in actuality may be retrocognitive illustrating the connectivity of the revolving universe replicating itself into infinity*. This is congruent with David Bohm’s theory of enfoldment in the implicate order

The spiritual level is where the super conscious dream connects to the domain of higher knowledge. The dreamer begins to recognize that dreaming of the future is based on knowledge of the past. In this ultimate physical-spiritual state, the vast repository of the unconscious reveals a noticeable increase in pre- and retrocognitive ability. A more expansive view of mankind and its systems prevail in conjunction with the seamlessness of conscious and unconscious thought. In this higher state, natural intuitive vision advances the ability to see the innermost nature of things – the invisible – on both a personal and transpersonal level. This is where full-blown consciousness comes alive. As our dreams cross the threshold of time into the implicate order, the more entangled we become in all dimensions and the greater our potential to see past, present and future.

Recent studies suggest that advancing computer technology is influencing the brain to adapt to increasing activity in interactive connections absorbed daily on the internet, in social media and in the infinitely complex network of our global society. Web search activity has been found to help stimulate and possibly improve brain function. Research on the physical results of thinking has shown that just using the brain actually increases the number of dendritic branches that interconnect brain cells. The more we think, the better our brains function – regardless of age.<sup>2</sup> If digital activity is speeding up conscious brain function, then there are important neural implications to consider for the dreaming mind as well.

## Summary

Dreams are able to transport us beyond what we think our destination is and, if carefully examined, can tap into the pre- and retrocognitive gifts buried in our psyches. This range of dreaming increases exponentially as our capacity to see across time expands. My studies suggest that as a cognitive species we are hardwired to recognize pre- and retrocognition unconsciously, that it is an emergent property of evolution, and thus works in tandem with Bohm’s implicate order and the creative principles of the universe which constantly recreate their endless rounds of existence.

As a product of its environment, the dream is essentially an internal map that reflects our external world. The explosion of internet learning coupled with threats of our planet’s survival may be expanding the ability of the unconscious to retain and connect unprecedented volumes of information within which are recorded the timeless nature of pre- and retrocognition. The dream, like the Roman God, Janus, contemplates beginnings and ends, life and death, past and future.

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<sup>2</sup> <http://www.fi.edu/learn/brain/exercise.html>

In the words of Carl Sagan: “A central lesson of science is that to understand complex issues (or even simple ones), we must try to free our minds of dogma and to guarantee the freedom to publish, to contradict, and to experiment. Arguments from authority are unacceptable.”

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