

A Letter from a Simultaneous Dreamer

Hello my Friends,

I was curious as to what information was possibly available on this marvelous machine (the computer/internet) about having multiple dreams at the same exact moment. I entered several different ways of posing this query before finding the correct one and thus your site. Yes, you are the ones I've been looking for. Thank you for opening this avenue of communication.

I classify myself as a multi-dreamer and in my explanation of this term to mean that I have the ability to experience several dreams at exactly the same moment, at the same time, all at once...and be completely aware of each. Each dream was individual and not connected to any of the other dreams happening at the same time. While this is going on I am aware of it. I am aware that I am asleep and dreaming and I am also aware that I am viewing myself doing all of this as though I were awake.

I disconnect myself from all of this happening and have discovered another viewer-self of myself watching myself watching myself doing all of this. It's really not as complicated as it may read (or sound). I first became aware of this experience about 32 years ago. After the first time...I woke up, sat in bed and smiled. This was one of the most elevating things I had ever experienced in my entire life. I enjoyed it and it made me feel good all over. At that moment I just wanted to sit there and absorb what had happened. I had no desire to get up and do anything else...yes, I wanted to do it again.

There was no call from anywhere within my inner-being that required I go and find someone to express any of this to. That was not important. What was important is the very experience itself. My first question unto me was what I had experienced even remotely connected to any known factors of schizophrenia? It took me a few days to get beyond that...none-the-less, it did leave me with a few other questions which belong in an entirely different discussion.

I should note at this point that my first experience was with three dreams and they were not of this world as we know it. Being an observer of myself sleeping, dreaming and the dream...detached - if you will, was nothing new to me. I knew I could do this from the time I was a kid. But, on this occasion, the first time...three dreams at once. This was great! The next time, my second time was about a month later. I knew what was going on before it actually occurred. What I didn't know is how far I was going to go. This time...five at once. During this I, as the observer, was curious as to how far I could go or how many dreams I could actually have at the same exact moment.

To this date, 32 years later, I have still not gone beyond five...not yet. One of the things I believe is very important in simul or multi dreaming is to understand that we have no control over when they are going to happen, how long they will last or how many will occur at once. The key is to be aware of when they do and then go with them - where ever they take us. I don't know of anyone who has managed to develop a way of calling these multi-dreams up at their will.

On another note, I do not bother myself to the point of waking up when these happen...I know it, I am aware of it and I just let it continue along its course. I have had at least six of these per year. The content I have learned is not the important thing to me, like I stated before, most of these places are not of the world most of us are familiar with and therefore would be difficult to explain such things. What has managed to make its way to the forefront of my attention is the fact that they do happen and not just to me, obviously.

The effect that these have had on me is a keen awareness that my being has become more calm and compassionate with all life. People seem to feel this when I am around them without doing or saying anything...just being there. They talk to me as though they've known me forever and they are comfortable in doing so. Now, one might ask whether or not my dreams are spiritually based, perhaps, but that would depend on who is interpreting them, certainly not I since I don't interpret them. Remember, I just go where they take me...somewhere I've never traveled before. Thing is, none of them have ever repeated. They have never been violent, confusing, threatening, nor a warning of any kind. How can I explain something that has its own language and that few, if any, could comprehend?

I do not mean to offend any of those of us who share these same experiences...it's just that you must know what I mean in saying it the only way I can. At least at this point in time...even though it's been 32 years. If you are one who can do this, multi-dream, keep it up. Don't try - just accept it. Don't try to control the process...you can't. There are many who can do this but not as many as you may think.

Our language of communication about these matters is still developing. The Roberts work (Seth) is only one key...good catch. Remember this as well, many dreams take a course from influence. Before going into sleep calm your mind, clear it of the present day you are just completing, open the path this way. I would like to speak more about this with you or others as we are all still searching. Answers are not what we seek...understanding is.

Peace,

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