

# Dreaming Twice (or More) at Once

(Examples of Multiple Awareness in Simultaneous Dreaming)

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In 2005 I wrote an article for LDE (*Multiple Awareness in Simultaneous Dreaming\**) in which I asked readers, “Have you ever had simultaneous dreams?”

Not an easy phenomenon to describe, but by simultaneous dreaming, I mean having complete and full awareness and participation (and/or observation) in two or more dreams occurring *at the same time*. In other words, there is no switching of awareness between one dream and another, no lapse of focus of either dream.

By a delightful “coincidence” this winter I received letters from three dreamers who have recently experienced multiple awareness and simultaneous dreaming. The first two letters below describe simultaneous dreaming (more than one dream at a time) and the last letter describes multiple awareness within the same dream.

Fascinating stuff!

If any more readers out there are having experiences like these, we’d love to hear about them! Please drop us a line at LDE.

**\*To read the complete article, go to:**

<http://www.dreaminglucid.com/articlemultipleaw.html>

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## Two Dreams at the Same Time Angela, January 15 2009

I woke up at 4 a.m. and became aware that I had been dreaming two dreams at the same time. There was no obvious reason for me to wake up, as my alarm is set for 5 a.m., though I usually wake up before it goes off.

It is now 6:22 a.m. It was only at the moment I became fully awake, and for a few seconds afterward, that I knew I had been dreaming two separate scenes at the same time.

While I have had many wonderful experiences with lucid dreaming and what I believe are OBE-type consciousness dreams, I have never been aware -- or even heard of -- having two dreams at the same time. The idea of its possibility would never even have occurred to me.

The experience left me so amazed, I had to do an Internet search and have found this site [LDE] for the first time. Thank you, Lucy, for your description. I did not find another one. I knew exactly what you were talking about.

At the moment I awoke, I realized that I had been dreaming two separate dreams, simultaneously. I was in both dreams at the same time, two “places” at once, independently participating in each of them. Neither of the “I’s” in the dreams was aware that the other existed. I was also aware of a third “I” — the I who was the observer of both dreams, who could see the other two versions of me within each dream. This third “I” was a quiet observer, simply watching what was going on.

There was no commentary, no judgment, so to speak, about what was happening in either dream. I barely seemed to acknowledge any of the actions at all. The observer "I" did just that, observed, and it seemed to be my only purpose. This awareness of the three "I's" could only have lasted a few seconds. And as I awoke, that is the "I" who lives my everyday life, it seemed that I became the fourth observer, the me who was in bed, watching the observer watch the two dreams. This was the "I" who now had commentary and judgment about what I had just seen. I had the emotion, the amazement, the excitement, the awe over what the mind can do.

To describe the observation of the two dreams: imagine each dream as two dimensional, each drawn on a separate plastic transparency. Place one of the two transparencies on top of the other, slightly to the right and slightly above the other. Then, place both of them on a projector. The projection is what the observer saw – the two dreams together in this way, never separately.

But the two dreams were also three dimensional, holographic, with the scenes carrying on next to, above and within each other. The dreams seemed both two dimensional and three dimensional. Once the "fourth observer," the everyday me, fully awoke, all of it faded away just as any other dream.

Thank you again for this forum and for the opportunity to share.

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### **Three Dreams at Once?!? Jahan, February 7 2009**

Ok, this was the first time something like this has ever happened to me: about two nights ago ... I had just come in from smoking and drinking an energy drink. I stayed up for about an hour talking to one of my friends. Despite drinking an energy drink, I was still quite tired so I began to dose off. I've had lucid dreams before, and what people call OBE experiences, but this was on a whole other level. It was a bad Picasso painting, as if someone shook a snow globe with me in it. I don't know which dream began first no matter how hard I've tried to remember it. I just know that they happened so I will number them even though these all happened at the same time.

1. I was on the highway driving to South Carolina looking for a specific spot for vacation, it was late at night or early in the morning because few cars were out. Everything look strangely normal (now that I think about it, I couldn't tell it was a dream, when I was dreaming it). I even saw the police had someone pulled over on the side of the road for some reason. I slowed down and pulled off to the other free lane and passed them. I remember getting lost here and there and stopping at a rest stop and taking a small nap from being tired. The dream segment switched then, and I started driving around near some type of tables, in a day time environment.

2. I could feel myself flying overhead, in some dark void area ... I could feel my spine vibrating or some type of pressure on it, not much to this dream, but the feeling of emptiness.

3. This dream happened near the end of the experience. While I was dreaming about the other two I began to dream of waking up, but I wasn't really awake, I simply sat down at the table and it ended.

I finally woke up sometime in these dreams from what I remember. I was so confused, feeling so "off," I couldn't sleep for the rest of the night. I didn't bother to check the time or anything else. I just keep asking myself what just happened ... over and over again. It was much a good experience and felt like someone was tearing my mind apart after waking.

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**Simultaneous Consciousnesses in Dream State**  
**Bill Cross, January 28 2009**

My object is to find out how much of what I have read in metaphysical books is true. I decided the best way to do that was to bring the sleep consciousness back into the waking state, through dream journaling.

I was aware of my physical position, holding an object in my right hand. I was afraid it was sharp, so I wanted to let go of it. Simultaneously, I was explaining to my other consciousness that it was not sharp and to go ahead and feel it. The scared me was not listening to reason. I was frozen like a scruffed cat, paralyzed with fear, waiting for a chance to force the physical brain awake and thereby regain front row status. The reasoning me paused for a fraction of time, to think of another way to convince the scared me there was no danger, and that's all the scared me needed and I forced the body to wake up.

Subsequent dream experiences and journaling, figuring out my particular set of symbology and interpretations has led me to believe that other ranges of consciousness are just as real as the waking state, if not more so. Meditation results in a lot of expectation for me, so dreaming is currently my method of exploration. In case anyone is having similar experiences, I'd like to share. Write to: [wccross@peoplepc.com](mailto:wccross@peoplepc.com)