**Dreams and Dreaming**

**The Three-Pound Universe: from the perspective of dreams and dreaming**

Dreams and Dreaming introduces you to psychology, cognition and memory from the perspective of a sleeping brain, using an interdisciplinary approach of neuroscience, psychology and humanities. The Harry Potter series and the movies, Inception and the Matrix, for example, have lots of twists and turns and raise questions about the brain, knowledge and artificial intelligence. What’s possible and what isn’t? Can an idea be planted in a person’s mind? Can two people share a dream? Can a person’s mind be controlled? With lots of discussion, we’ll explore these questions, and more. As we discuss the breadth and depth of the mind, the sheer ingenuity of an individual’s ability to think and create in so many ways, (and even do it while we’re sleeping,) we open the door to understanding that vast universe we call a mind.

**Week One:  Thinking and dreams: the conscious and unconscious**

Introduction to Course

Opening Question:   What do Albert Einstein, R. L. Stevenson, Rene Descartes, and Paul McCartney have in common? Comparison of their experiences.

Lecture:  Brains, Minds, Communication and  Memory. The brain as a repetitive machine. Compare the methods and purpose of generalizations or simplification to individuation as it relates to memory and artificial intelligence. How we as humans receive, process, translate and store incoming data.

Class Discussion: How computers and people are alike and how they are different,

Art/Music/Films: Art: Chagall. (individuals: time, place  and ethnicity)

Film clip: The Cell (use of psychology, shared brain activity and what is artificial intelligence)

**Week Two: Neuroscience and neurobiology: Perception, REM sleep and the brain**

Opening Question: If a tree falls in your dream, why is there sound?

Lecture:  Biology/neuroscience of sleep, the brain and thinking. Introduction to and comparisons of dream theorists: Calvin Hall, Domhoff,  Hobson and Introduction to Perls

Class Discussion: Expanding on last week’s discussion of communication and memory, where does knowledge come from and how is it different when asleep. Universal commonalities. Variations in perceptions.

Film clip: The Matrix (which reality is real?) or Kurosawa, Sunshine in the Rain

**Week Three:** **Freud, and Jung’s new approach**

Opening Question:  How do we think? What is your Persona? Is it a myth or a metaphor?

Lecture: Organizing our thoughts, and our dreams: Freud’s theory that the brain was a system.  The Psyche: Comparing Freud and Jung dream theory. **Using the house as a metaphor. Doors windows, halls and stairs as metaphors. The aspects of a Persona, both asleep and awake.**

Class Discussion: Interpretations of puns, myths, metaphors and persona, in culture and dreams. The metaphor of travel, including car, trains, planes, boats or flying as oneself in dreams. Water.   Is the brain a series of hierarchical systems? Does the mind exist beyond the brain? Is the mind traveling? How?

**Week Four:** **Jung’s Psychology of Dreams; Quantum Mechanics and Synchronicity**

Opening Question:  Is a nightmare a dream or is it something else? What makes a dream or a nightmare epic? What is synchronicity, …and in dreams?

Lecture: Continuation of Carl Jung dream theory and his development of analytical psychology as a result. The Collective Unconscious and similar ideas in different cultures. **Synchronicity and Quantum Mechanics, the** Pauli Principle and Pauli Effect as it applies to thinking and the dreaming brain. Cayce and New Age.

Class Discussion:  Jung’s Red Book, Stevenson’s Jekyll and Hyde, Lewis Carroll’s Alice in Wonderland and Barrie’s, Peter Pan

Art/Music/Films:  Art: Red Book. (the ultimate dream journal used for personal and professional insight and development)

Film clip:  The Tunnel (do you think the dead connect with a person while he’s sleeping, discuss and interpret, from a psychological, what this nightmare means)

**Week Five: Lucid Dreaming**

Opening Question: The word vision has three different meanings. How are they different, why, and how do they correlate, especially when we think about dreams? “I have a dream.”Compare, Martin Luther King, Einstein, Joan of Arc and Black Elk.

Lecture:  Einstein’s Brain; innovation and critical thinking. What are hallucinations, and why are they different from visions. What makes visions schizophrenic? Compare how Jung talked to his hallucinations, the same as the theory of gestalt, whereas Jared Loughner shot 20 people.

Class Discussion: Lucid Dreams. Control your dreams, control your life? Was Jung suffering a mental illness, or was he a genius?

Art/Music/Films: Now We Are Free, Free Falling (sometimes free-falling is a nightmare, another time would be ultimate freedom)

Video clips of Einstein’s 8 dreams or Waking Life: (Thinking and learning while asleep)

**Week Six: Dream Council, Dream Interpretation, Use of Oneiric Theory**

Opening Question: Any questions from previous discussions or lectures?

Lecture: Review of how to interpret dreams using tools and theories we’ve learned in class including Artemidorus, Jung archetypes, Freud’s four components or Gestalt,

Activity: Class splits into teams of dream councils, and one person sits for counseling, time per person as needed.

Music/Films: Using film to help us understand how we think.

Based on three of Kurosawa’s dreams- Crows, The Tunnel and Sunshine in the Rain, two were nightmares, how would you interpret the dreams, and how would you counsel the dreamer if he came to you for guidance? Inception develops the idea of layers of dreams, and in the film, Crows, Kurosawa finds himself inside paintings; is that a dream inside a dream? Do we as thinking beings do this more often than we realize? The director uses flashbacks and dream sequences in Shutter Island to make us think these scenes are real to the dreamer, – do you think this is true in life as well as movies?

**Week Seven: Dream Council, Dream Interpretation, Metaphors of Self**

Lecture:  Beyond the Mechanics of Science- What we don’t know.

The depth and breadth of the mind is very complex according to neuroscientists, whereas programmers argue the opposite, that properties of the brain can be generalized and digitized. Now that we’ve talked six weeks, what do you think- where and how does the mind gain knowledge, where does the mind begin and end, can it be mapped?

Activity: Class splits into two dream councils, and one person sits for counseling- with time allotted per person as needed, or just movie and class discussions