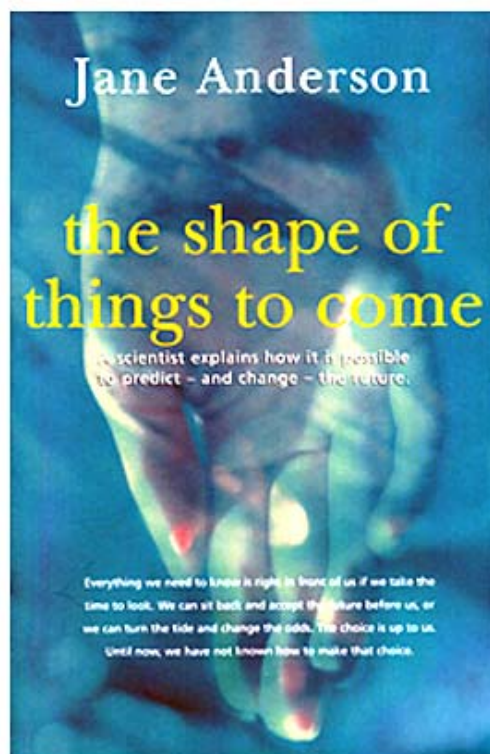


Jane Teresa Anderson's



First published by Random House

The Shape of Things to Come

A scientist explains how it is possible to predict – and change – the future

Jane Teresa Anderson

The Shape of Things to Come

First published by Random House Australia, 1998

Published in ebook pdf format by Jane Teresa Anderson, 2006

Kindle edition published by Jane Teresa Anderson, September 2011

More information at www.dream.net.au

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National Library of Australia Cataloguing-in-Publication Data

Anderson, Jane Teresa, 1954- .

The shape of things to come : predicting the future.

ISBN 0 09 183667 0 (pbk.).

Dreams. 2. Dream interpretation. 3. Dream interpretation – Case studies. 4. Precognition. 5.

Precognition – Case studies. I. Title.

154.634

Cover design: Michael Collins, original cover by Luisa Laino as inset

Published in ebook format by Jane Teresa Anderson

PO Box 1735, Milton BC, QLD, Australia.

www.dream.net.au

ISBN 978-0-9871896-7-7 (ebook)



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Published by Hachette, Random House, and Harper Collins, Jane Teresa is the author of six books including *Dream Alchemy*, a frequent guest on national television, and an accomplished radio dream talk-back expert, interpreting callers' dreams for more than 1,500 shows across. She also hosts a monthly podcast series, *The Dream Show*, at TheDreamShow.TV

With an Honours degree in Zoology specialising in neurophysiology from the University of Glasgow, (graduating as Jane Teresa Newton), Jane Teresa has been researching dreams since 1992, and developing and teaching dream alchemy practices (exercises) that transform unconscious limiting beliefs.

As a dream analyst, Jane Teresa is able to reveal a dreamer's unconscious mindset and show how this is affecting the dreamer's waking life. As a dream alchemist and dream therapist, she is able to create exercises based on this insight - simple exercises using the dreamer's personal dream symbols – to help transform the dreamer's mindset for more enriching outcomes.

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Introduction

What If?

How would you feel if you found yourself reliving one of your dreams, detail for detail? Would you dismiss it as a strange coincidence, or question your sanity perhaps? You might conclude that your memory had played tricks on you, that there had been no such dream in the first place. Maybe the whole experience was an intense *deja vu*, an imbalance of brain chemistry leaving you certain that you had dreamed this very occasion before.

Or maybe the experience was genuine, leaving you questioning whether free will exists. If you can see your future before it happens, is it, after all, predetermined? Or did you create your future by seeing it in the first place? How would you feel if you dreamed or had a vision of a fatal accident, only to walk into the identical scene the next day? Was it an inevitable accident? Should you have warned the person concerned? Why did you get to preview it? What does it all mean?

The implications of each of these questions are huge, particularly in the areas of personal freedom, power and responsibility. Many precognitive dreamers and visionaries wrestle with these questions throughout their lives, not knowing where to turn for social acceptance let alone explanation.

Being a scientist, my reaction to these kind of experiences in my own life has been to record all my dreams shortly after waking, a discipline I have continued for six years. My family and those who know me well often witness my excited flourishing of my dream journal in evidence that some event we have all shared has been documented in advance. The awe never dwindles, even though I have now reached an understanding of the hows and whys behind the dramas of precognition. For that is where I now stand, paused at the milestone which marks not the end of my travels, but the conclusion of a three-year research quest which has led me on the most extraordinary journey.

There were many facets to this quest and I approached it from a variety of angles. While my own story interweaves the pages of this book, you will also meet others whose dreams have previewed specific future events, as well as those whose future insights have been received while awake. The stories of four esteemed professional clairvoyants are presented, documenting their experiences, hopes, fears and philosophies of precognition. All these people were interviewed in depth and many contributed additional experiences and thoughts during the three-year period. Each has read and edited his or her story as it appears in this book and each has agreed to publication, although some have chosen pen-names to maintain confidentiality. Several experiences were retold from my radio talkback programmes using transcribed tapes and these are acknowledged as they occur.

The most extraordinary part of the quest for me was the Hypnosis Project in which I was hypnotised into the future six times by John Suess, a well regarded professional hypnotherapist. Going under hypnosis as a scientist, recording and transcribing the sessions in secrecy and then living through the unfolding scenarios as objectively as I

could, was exhilarating yet traumatic. The results of my experiments challenged me way beyond the boundaries of my previous thinking. I emerged from those months of headaches, confusion and disbelief with a completely new, yet rational, understanding of the way life is.

You will also travel, through these pages, the dimensions of quantum physics and relativity where reality as you think you know it will never be the same again. Imagery leads you over the bumpy bits to impart clear understanding of these insights without losing scientific accuracy.

The book is structured in three parts. The first, *'The Body of Evidence'*, presents the evidence for precognition (the 'what?'), through precognitive dreams, visions, professional clairvoyancy and the Hypnosis Project. The intention is to keep you questioning at this stage, to lead you along a similar journey to my own and to give you the opportunity to assess the evidence, reminisce your own experiences and come up with your own theories. Part One threads questions throughout the evidence, much as you might encounter when reading a detective novel. Indeed that was the idea behind this structure, to let you enjoy the book as a great mystery, allowing your conscious and unconscious mind to simmer and brew over the possibilities and the huge implications of areas of this research. While you might find the questioning frustrating and the evidence at times contradictory, you will enjoy the journey best if you enter into the 'detective' frame of mind.

The second part, *'The Mind Questions 'How?'*, introduces science into the arena to answer some of the 'hows' and then progresses through further extraordinary experiences to arrive at a complete understanding of how precognition works. The only question then remaining is whether our ability to experience the future and then live through it again is merely a fantastic mechanism explicable by science and theory, or whether there is a deeper spiritual meaning behind it all.

And so the third part of the book ponders *'The Soul Searches for Meaning'*, completing the 'what?' and the 'how?' with the 'why?'. Spirituality enters the picture highlighting meaning, purpose and the role of personal power in addressing our individual responsibilities towards our personal and collective futures. The final practical component shows you how to apply the results of this research to gain maximum insight into the what, how and why of the shape of things to come.

PART ONE

The body of evidence

Chapter 1

When Dreams Come True

Anna's second marriage had broken up and she had returned home to her mother's house. Her husband would not move out of their home and she couldn't get access to collect sentimental gifts or to retrieve the Siamese cat which had been a present from her first husband. Her dream therefore occurred at a time of great stress.

"I dreamed I was walking around the house, which had been stripped bare of all its furniture. My husband had left taking everything but my orange cat which I found in the wardrobe with its head off. As I walked around I heard a voice say 'It's okay, you can come back now'."

The next day Anna returned to her house and it was indeed empty. She found the decapitated cat in the wardrobe.

Anna felt that the preview offered by her precognitive dream helped her to handle the event the following day. "Because I came to terms with having no furniture and my cat destroyed *before* it actually occurred, I was prepared, so it was not such a shock."

What was happening here? Was Anna seeing the future before it happened, or was the cat already dead at the time of the dream? Did she inadvertently tune into the thoughts of her husband as he left the house for the last time, incorporating the precognitive information into her dream?

The dictionary defines telepathy as 'the supposed communication of thoughts or ideas otherwise than by the known senses'; in other words, picking up someone else's thoughts. If you have never experienced telepathy you will find this book extremely challenging. I laughed to myself as I sat down to write the opening paragraph of this chapter and realised that throughout my research into precognition I have made the basic assumption that telepathy is an accepted phenomenon of daily life. I'm not referring to the endless parapsychology papers on ESP and card guessing. Neither am I endorsing well-known entertainers who profess mind-reading skills while deluding their audiences with magic illusion tricks. While some people may well have developed telepathic skills to the level where they can 'tune in and out' at will, I don't believe this is the case for most of us. The usual experience is more often a fleeting 'knowing', a moment's insight instantly chased away by the following thought. Looking back we say 'I knew that was Mary on the phone', or 'I was just thinking about that!'. We might put the kettle on an instant before our 'unexpected' visitor drives into the street, or converge on the same shop at the same moment as our partner to buy some obscure item that has not been discussed. Serve a cynic a bottle of wine and even they will have least one strange story to tell, even if they prefer to sweep it away as a good yarn based on coincidence.

That analytical left brain takes its repose at night while our dreams are freely orchestrated by the more creative, intuitive right brain. Here, I believe, with the guard off duty, we are more receptive to the thoughts of others, which intermingle uncensored amongst the symbolism of our own personally meaningful dreams.

In my own case I often dream that I press the replay button on a telephone answering machine, hear a message, then continue with the main storyline of my dream. That message frequently surfaces the next day. For example, in one dream I received an answering machine message from a male real estate agent telling me that the house we rented would be put on the market before the end of our lease and that we would need to move out in three months' time. In the dream I told him three months was plenty of notice, so he must mean either three days or three weeks.

The next morning, the phone rang and yes, it was a male real estate agent. Guess what? Right again! When the agent, Andrew Degn, arrived, I made them a cup of tea and said 'That's fine. Don't ask me why I say this, but I bet you the house sells in either three days or three weeks,' and we all laughed politely. It sold three weeks later, to the exact day. The dream was precognitive because it contained accurate foreknowledge of the sale, but how did I gain this information? At the time I was dreaming, the decision to put the house up for sale must have already been made. The note to phone me would have been marked in Andrew's diary. To that extent the precognition was perhaps based on telepathy. In fact the number of precognitive dreams which involve letters in the mail, articles appearing in the next day's newspapers, or items on tomorrow's television news are manifold and may all be explained in this way. (How telepathy occurs is discussed in Part Two of this book.)

My interest, however, is more in the kind of dreams which cannot be explained in such terms. My quest, prompted by the stranger experiences of my life, is to explain apparent precognition of future events which have not been set in motion.

Returning to my 'house for sale' dream, the more interesting question is the accuracy of the three weeks' notice reasoned during the dream. Did I pinpoint a sale in three weeks time because that was when it was going to occur, or did Andrew get really motivated at my three week suggestion and perform accordingly? Or, or, or ... There are a million questions in between. I'm sure you're already asking them.

I entered the world of dream research full-time six years ago, blending my scientific background with my passion for understanding dreams, perception and reality. I was sure that my curiosity, my need to know and my own unusual life experiences would ultimately lead me to write this book. Firstly, though, I felt I needed to carry out some groundwork in the field of dreams. Somewhere between the symbolism of dreams and our constantly shifting perception of the reality of life is an understanding of precognition and here I hoped to find an explanation as to why so many events in my life were preseen in my dreams or previewed in the strangeness of some memorable days. With the conviction that I might somehow bring rational light into the shaded borderline territory where 'weird things' are left untouched, I marched forward.

My work in dream research has been wholly satisfying on a personal level. I have learned to analyse and comprehend the symbolism of dreams, drawing out the physical, emotional, psychological, spiritual and metaphysical relevance, as appropriate, for the dreamer. My basic catchphrase is 'Turning the nonsense of dreams into common sense'. The only sticky bit in the whole analytical process is the precognitive dream. My getaway explanation is always 'Look, 99.9 per cent of our dreams are symbolic, so let's analyse your dream and make sense of it. Let's see if it relates to your life and what you are going through at the moment. If you're worried that your dream about your toddler getting knocked down and killed by a truck falls into the itchy-bitsy category of precognitive dreaming, then heed the warning and

watch your child at all times. Meantime, let's analyse!' I still believe this to be the best approach.

I cannot emphasise enough, before you delve further into this chapter that most dreams are symbolic and have very little chance of playing out as actual events in your waking life. If you are not familiar with meaningful dream analysis, I suggest you become so in order to balance what you will read in this book. Okay, warnings complete, let's leave the analytical to one side for a while and look at the evidence for precognitive dreaming.

Precognition, according to the dictionary, is 'supposed foreknowledge, especially of a supernatural kind'; whereas 'premonition' is defined as 'a forewarning'. While many of the examples here could be described as premonitions, I prefer to use precognition to cover all 'supposed foreknowledge', whether or not it seems to carry warning.

The dreams presented in this chapter are examples either from my own dreaming life or from some of the fifty dreamers who responded to the detailed research questionnaire or who contributed their experiences through my research network, The Dream Research Bank. (The full precognitive dreaming questionnaire is presented in Appendix 1.) In search of the evidence for glimpsing future events or details through precognitive dreaming, this chapter raises many questions. Since Part One of this book is dedicated to presenting the evidence for precognition, I suggest you let the questions trickle through you as you read, feel the nature of enquiry but immerse yourself in the experiences. Parts Two and Three focus on answers. To understand the answers, we need to know the nature and breadth of the questions. The evidence acquaints us with the questions.

*** END OF SAMPLE ***

Enjoying this book?

