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## A B S T R A C T S

Nina Petek

In that very body, within that very dream: *Soteriological dreaming technique in the tradition of Buddhist yogis*

The first part of the paper briefly outlines the role of dreams in early Buddhism and their importance in establishing the continuity of the whole tradition, before presenting in the second part entirely new aspects of dreams in the Buddhist eremitic tradition, influenced by the Tantric spiritual horizon, in particular by a transformed concept of the body. The central part of the paper follows an analysis of the soteriological technique of dreaming (Tib. *rmi lam*) in the tradition of Buddhist yogis and *yoginīs*, based on the fragments of *mahāsiddha* Tilopa (*Śaddharmopadeśa*), Gampopa's commentaries, collected in the treatise *Dags po'i bka' bum*, and findings from studies on Buddhist eremitic tradition in Ladakh in the region of the Indian Himalayas. The four stages of dream yoga are also highlighted in relation to other psychophysical soteriological techniques (the six dharmas, Skrt. *ṣaddharma*, Tib. *chos drug*). The philosophical and soteriological foundations of dream yoga are presented on the basis of the doctrine of consciousness in the *yogācāra* school, highlighting in particular the three modifications of consciousness presented by Vasubandhu. The last part of the paper outlines the significance of training in the dreaming technique in the very process of dying that leads to the unconditioned state beyond life and death, *nirvāṇa*.

*Keywords:* dreams in Buddhism, Buddhist yogis and yoginīs, six dharmas, dream yoga, yogācāra, vijñāna, nirvāṇa

Victor J. Krebs

*Dreaming in the Digital Age: Thoughts on the Technological Pharmakon*

This article explores one way of understanding how digital media are affecting our ability to distinguish reality from fantasy, by reading Bernard Stiegler's diagnosis of our current cultural crisis, alongside Wilfred Bion's dream theory. The central claim of the paper is that we can understand the technological pharmakon, its both poisonous and therapeutic nature, in terms of Bion's definition of dreaming, as the commerce between consciousness and the unconscious negotiated by the

“alpha function”. Understanding how the digital impacts our capacity to dream provides us with a tool to counteract its toxicity and to combat the thanatic impulse triggered by technological power.

From a binocular point of view – both from Stiegler’s perspective of our technical or “organological” evolution and from Bion’s perspective on the constitution of reality in dreaming – we can begin to see more clearly how to modulate our technological drive, in order to prevent the pharmakon from short-circuiting the very psychic function necessary to distinguish between reality and illusion. The paper ends with a discussion of the algorithmic effects on the living imagination in support of this contention.

*Keywords: Digital Age, dreaming, Bion, Stiegler, pharmakon, philosophy, psychoanalysis*

Laura J. Vollmer

*Toward a Historiography of Dreams: A Discursive Perspective*

The historiography of dreams has yet to emerge as a distinct field, and key changes in dream research are worthy of consideration to reflect on tacit knowledge in academia. Gesturing toward such a historiography, the historical construction of the “dream” is examined from a discursive perspective via localization in the internal/external and subjective/objective, communicative and social imagined spaces of dreams, as well as the theoretical paradigms of essentialism and contextualism. Premodern to post-postmodern epistemes are considered as shaping forces in these discourses, involving power and authority in determining what counts as legitimate or significant knowledge. The discussion concludes with reflections on the current state of dream research from a post-postmodern perspective, suggesting the ontological multiplicity of the “dream.”

*Keywords: historiography of dreams, history of dreams, discourse, epistemes, intellectual history, post-postmodernism*

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*Dreams, Sleep Quality, and Collective Trauma: An Investigation of the Impact of the COVID-19 Pandemic*

The aim of the current study was to explore the impact of the COVID-19 outbreak on the dreams of a group of Italian participants. A total of 403 individuals were recruited online through a cross-sectional survey on Moodle. The qualitative content of their dreams was analysed using the Dream Interview (TKYDQ), a tool created by Bulkeley. In addition, the Pittsburgh Sleep Quality Index (PSQI) was used to assess the quantitative aspects of dreams. From the results of our study, three macro-categories of content in the participants' dreams were identified: 1) dreams with phobic content; 2) dreams with a persecutory theme and 3) "old normal" dreams. Moreover, some sleep-related difficulties such as problems falling asleep and mild clinical sleep disorders were identified in the sample. The prolonged quarantine and the lifestyle adopted during the pandemic have intensely influenced our dream activities, and it seems that COVID-19 has already entered our collective unconscious in a symbolic way and through the processing of images and scenes related to the epidemic. The study, therefore, aims to explore how catastrophic events affect mental health, specifically sleep quality and dream content.

*Keywords: dreams, sleep, collective trauma, COVID-19, pandemic*

Mary C. Walsh

*An Ancient Disease in a Modern World: Epilepsy and Dream Research*

For thousands of years people have attempted to understand epilepsy. Throughout our long history, healing traditions have incorporated dreams into both epilepsy diagnosis and treatment. Recent studies provide new information on the impact of epilepsy on sleep and dreaming, while research into epileptic dream content offers insight into the emotional and spiritual experience of people with epilepsy. Modern neurological research has increased our knowledge and improved treatment of this ancient disease, yet the stigma and misconceptions that have percolated for millennia continue to impact epileptic care and quality of life globally. While modern technologies afford better treatment, they can also impact sleep, dreaming, and seizure frequency in epileptics. This article provides an overview of current research into dreams and epilepsy and explores implications of this rese-

arch for epileptic care in a modern world. Research surveyed includes recent studies into the protective role of REM sleep on seizures, epileptic dream content, the impact of epilepsy on specific populations and emerging paradigms for understanding epileptic spiritual experience. Studies suggest the need for a multi-disciplinary and multi-cultural approach to epilepsy. Implications for therapeutic and medical care, and avenues for future research are discussed.

*Keywords: dreams, epilepsy, sleep, technology, spirituality*

Sheldon Juncker  
*Dreaming with AI*

Our goal is to highlight the capabilities of modern, generative AI systems using the widely used and accessible ChatGPT text completion models from OpenAI, focusing on how they can be used for the analysis of dreams and dream journals. We start with a brief overview of the nature of dreams, methods of dream interpretation, and the importance of the human-dream relationship. We explore the ways that technology, specifically AI, fits into this space and examine the ways in which AI can be used to help us understand our dreams. We progress from simple dream interpretations, to interpretations according to different schools of thought, to interpreting symbols within individual dreams, and finally to analyzing patterns in individual dream journals. We conclude with a discussion of the ethical concerns surrounding AI and dreams, providing insights from past technological revolutions and how they have both helped and hindered the human endeavor. We finally outline what we believe to be a practical, realistic, and hopeful vision of how we see this field progressing based on the experiments and methodologies that were explored in this paper.

*Keywords: dreams, dream interpretation, artificial intelligence, generative AI, psychoanalysis, ethics*

Kelly Bulkeley  
*New Approaches in the Empirical Study of Dreams*

Dream research is entering a new era of accelerating insights and discoveries, thanks to the rise of powerful digital analysis tools that are enabling important

advances in the empirical study of dreams. This paper illustrates the use of these tools, drawing on the resources of the Sleep and Dream Database, a free online archive of information about sleep and dreaming. These tools include statistical analyses of survey responses, systematic word searches of large collections of dream reports, and a well-grounded set of baseline frequencies to help with comparative measurement. The goal of this paper is to provide readers with an initial orientation to the new world of dream discovery that has opened up because of tools like these. Several basic empirical findings are presented regarding clearly observable patterns of perception, emotion, and social interaction in dreaming. The paper will close with reflections on the emerging interplay of dreaming and technology.

*Keywords: dreams, word searching, content analysis, continuity hypothesis*

Maja Gutman Mušič

*The Last Sanctum of Archetypes: Rethinking Dreams in the Light of Ancient Knowledge and Artificial Intelligence*

Despite numerous attempts to integrate dream research into a vast array of scientific disciplines, there appears to be no consensus on why and how we dream. This millennia-old universal human phenomenon appears to be too elusive to be thoroughly understood by a single scientific discipline and too complex and data-rich to be studied only theoretically. However, another dimension to dreams and dreaming could promise an integrative approach: the culture-historical component that merges with recent advances in Artificial Intelligence. This paper briefly examines conceptual understandings of dreams before the dawn of modern science – specifically, the Native American, Mesopotamian, ancient Greek, and Hippocratic principles of dream practices and knowledge – in an attempt to understand the contemporary dream research field better and to outline future avenues for a data-driven approach while remaining grounded in its epistemological foundation.

*Keywords: ancient dreaming, archetypes, artificial intelligence, dream data, cross-cultural dream analysis*



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## P O V Z E T K I

Nina Petek

Prav v tem telesu, prav v teh sanjah: *soteriološka tehnika sanjanja v tradiciji budističnih jogijev*

V prvem delu prispevka je na kratko orisana vloga sanj v zgodnjem budizmu in njihov pomen pri vzpostavljanju kontinuitete celotne tradicije. V drugem delu so predstavljeni povsem novi vidiki sanj v budističnem puščavništvu, na katerega je vplivalo tantrično duhovno obzorje, še zlasti predrugačen koncept telesa. V osrednjem delu prispevka sledi analiza soteriološke tehnike sanjanja (tib. *rmi lam*) v tradiciji budističnih jogijev (skrt. *yogi*) in jogini (skrt. *yoginī*), ki temelji na fragmentih mahasiddhe (skrt. *mahāsiddha*) Tilope, poznanih pod skupnim imenom *Ṣaḍḍharmopadeśa*, na Gampopovih komentarjih, zbranih v razpravi *Dags po'i bka' 'bum*, ter na izsledkih raziskav budističnega puščavništva v pokrajini Ladakh na območju indijske Himalaje. Štiri stopnje joge sanj so predstavljene tudi v povezavi z drugimi psihofizičnimi soteriološkimi tehnikami (tj. šestimi dharmami, skrt. *ṣaḍḍharma*, tib. *chos drug*). Avtorica predstavi filozofske in soteriološke temelje joge sanj na podlagi nauka o treh zavestih šole jogačara (skrt. *yogācāra*), pri čemer izpostavi zlasti tri modifikacije zavesti pri Vasubandhuju. V zadnjem delu je orisan pomen urjenja v tehniki sanjanja za sam proces umiranja, ki vodi v brezpogojno stanje onkraj življenja in smrti, v nirvano (skrt. *nirvāna*).

*Ključne besede: sanje v budizmu, budistični jogiji in jogini, šest dharm, joga sanj, yogācāra, vijñāna, nirvāna*

Victor J. Krebs

*Sanjanje v digitalni dobi: razmišljanje o tehnološkem farmakoniu*

Avtor v članku raziskuje enega od načinov razumevanja, kako digitalni mediji vplivajo na človekovo sposobnost razlikovanja med resničnostjo in domišljijo, in sicer skozi interpretacijo diagnoze aktualne kulturne krize, ki jo je postavil Bernard Stiegler, ter z obravnavo teorije sanj Wilfreda Biona. Osrednja premisa članka je, da tehnološki farmakon, njegovo hkratno škodljivo in terapevtsko naravo (konkretno v digitaliziranem avdiovizualnem komuniciranju) lahko razumemo v smislu Bionove definicije sanjanja, tj. kot trgovanja med zavestjo in nezavednim (ki

je odgovorno za spontanost, inventivnost in ustroj pomena), ki ga ureja »funkcija alfa«. Razumevanje, kako digitalno vpliva na našo sposobnost sanjanja, je orožje, s katerim lahko izničimo njegovo škodljivost in premagamo tanatični vzgib, ki ga v nas sproži moč tehnologije.

Binokularna perspektiva – ki hkrati zajema Stiglerjev pogled na človeško tehnološko ali »organološko« evolucijo in Bionov pogled na ustroj resničnosti v sanjah – nam omogoča jasneje videti, kako bi morali prilagoditi svoje tehnološke težnje v izogib temu, da bi nam pharmakon pokvaril psihično funkcijo, ki jo potrebujemo za ločevanje iluzije od stvarnosti. V zagovor svoje trditve avtor v sklepnem delu prispevka ponudi razlago o algoritemskih učinkih na živo domišljijo.

*Ključne besede: digitalna doba, sanjanje, Bion, Stiegler, pharmakon, filozofija, psihoanaliza*

Laura J. Vollmer

*K zgodovinopisju sanj: pogled z diskurzivnega vidika*

Čeprav se zgodovinopisje sanj še ni uveljavilo kot samostojno področje, so ključne spremembe v raziskovanju sanj vredne razmisleka o implicitnem znanju o njem v akademski sferi. V prispevku je zgodovinska konstrukcija »sanj«, ki napoveduje oblikovanje tovrstne historiografije, obravnavana z vidika diskurza preko lokalizacije v notranjih/zunanjih, subjektivnih/objektivnih, komunikacijskih in družbeno zamišljenih prostorih sanj, kot tudi skozi teoretični paradigmi esencializma in kontekstualizma. Predmodernistični do post-postmodernistični sistemi znanja ali episteme v teh diskurzih so formativne sile, ki določajo pravo oziroma pomembno védenje. Razpravo zaokroži razmislek o aktualnem stanju raziskav o sanjah s stališča post-postmodernizma, ki nakazuje ontološko večplastnost »sanj«.

*Ključne besede: zgodovinopisje sanj, zgodovina sanj, diskurz, episteme, intelektualna zgodovina, post-postmodernizem*



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*Sanje, kakovost spanja in kolektivna travma: raziskava o vplivih pandemije  
 covid-19*

Cilj naše raziskave je bil preučiti vpliv izbruha covid-19 na sanje pri skupini italijanskih izpraševancev. Preko spleta smo s pomočjo presečne raziskave v učnem okolju Moodle za raziskavo pridobili 403 posameznike. Kakovost njihovih sanj smo analizirali s pomočjo intervjuja o sanjah (TKYDQ), orodja, ki ga je razvil Kelly Bulkeley, za ocenjevanje količinskih vidikov sanj pa smo uporabljali pittsburški merilnik kakovosti spanja (PSQI). Na podlagi rezultatov smo pri udeležencih v raziskavi prepoznali tri makrokategorije sanj: 1) sanje s fobično vsebino; 2) sanje s preganjalno tematiko; in 3) »stare, normalne« sanje. V vzorcu smo med drugim odkrili tudi težave z uspavanjem in blažje klinične motnje spanja. Dolgotrajna karantena in način življenja med pandemijo sta močno vplivala na sanjanje in zdi se, da se je COVID-19 na simboličen način ter s predelavo podob in prizorov, povezanih s pandemijo, že vtakl v naše kolektivno nezavedno. Študija tako raziskuje vpliv katastrofičnih dogodkov na duševno zdravje, predvsem na kakovost spanja in vsebino sanj.

*Ključne besede: sanje, spanec, kolektivna travma, COVID-19, pandemija*

Mary C. Walsh

*Starodavna bolezen v sodobnem svetu: raziskave o epilepsiji in sanjah*

Ljudje že tisočletja poskušajo razumeti epilepsijo, pri čemer tradicije zdravljenja te bolezni že veskozi vključujejo sanje tako v njeno diagnosticiranje kot terapijo. Nedavne študije so prinesle nove informacije o vplivu epilepsije na spanje in sanjanje, raziskave o vsebini epileptičnih sanj pa vpogled v čustveno doživljanje in duhovne izkušnje epileptikov. Čeprav se je s sodobnimi nevrološkimi raziskavami naše znanje o tej starodavni bolezni poglobilo, njeno zdravljenje pa izboljšalo, tisočletja razširjene zmotne predstave in stigmatizacija še vedno zaznamujejo skrb za osebe z epilepsijo in njihovo kakovost življenja po vsem svetu. Sodobne terapije sicer omogočajo boljše zdravljenje epileptikov, vendar lahko po drugi strani vplivajo na njihovo spanje, sanjanje in pogostost napadov. Članek ponuja pregled novejših raziskav o sanjah in epilepsiji ter preučuje, kako njihovi izsledki vplivajo na oskrbo epileptikov v sodobnem svetu. Pregled vključuje nedavne študije o

REM-fazi spanja kot varovalnem dejavniku pri pojavnosti napadov, o vsebini sanj pri epileptikih, o vplivih epilepsije na določene populacije ter o novih paradigmah razumevanja duhovnih izkušenj pri epilepsiji. Študije kažejo na potrebo po multidisciplinarnem in večkulturnem pristopu k preučevanju epilepsije. Avtorica v članku razpravlja o pomenu takega pristopa za terapevtsko in zdravstveno oskrbo ter predstavi poti za nadaljnje raziskave.

*Ključne besede: sanje, epilepsija, spanje, tehnologija, duhovnost*

Sheldon Juncker  
*Sanjanje z UI*

Avtor osvetljuje zmožnosti sodobnih sistemov generativne umetne inteligence (UI) na primeru splošno razširjenih in dostopnih modelov ChatGPT za izpopolnjevanje besedil podjetja OpenAI, pri čemer se osredotoča na vprašanje, kako bi tovrstne modele lahko uporabili za analiziranje in beleženje sanj. Začne s kratkim pregledom narave sanj, metod interpretiranja sanj ter pomena odnosa med človekom in sanjami, nato raziskuje, kako se tehnologija, zlasti UI, umešča v ta prostor in kako nam lahko pomaga razumeti sanje. Od preprostih razlag sanj napreduje do interpretacij po različnih filozofskih šolah, nadaljuje z razlago simbolov v okviru posameznih sanj in zaključí z analizo vzorcev v posameznih dnevnikih sanj. Članek zaokroži z razpravo o etičnih vprašanjih, povezanih z UI in sanjami, ter ponudi vpoglede v pretekle tehnološke revolucije, tako v njihove pozitivne kot negativne vplive na človeška prizadevanja. V zaključku predstavi praktično, stvarno in optimistično vizijo bodočega napredka tega področja, utemeljeno v eksperimentih in metodologijah, raziskanih v pričujočem članku.

*Ključne besede: sanje, razlaga sanj, umetna inteligenca, generativna umetna inteligenca, psihoanaliza, etika*

Kelly Bulkeley  
*Novi pristopi v empiričnem preučevanju sanj*

Raziskovanje sanj vstopa v novo dobo pospešenega pridobivanja spoznanj in odkritij, predvsem zahvaljujoč razvoju visokozmogljivih digitalnih analitičnih orodij, ki omogočajo velik napredek v empiričnem preučevanju sanj. Prispevek predstavlja rabo tovrstnih orodij na podlagi virov iz brezplačno dostopnega spletnega

arhiva podatkov o spanju in sanjah (Sleep and Dream Database). Orodja vključujejo statistične analize odgovorov na anketna vprašanja, sistematično iskanje besed po obsežnih zbirkah poročil o sanjah in strokovno utemeljen niz izhodiščnih pogostosti, ki pomagajo pri primerjalnem merjenju. Cilj prispevka je orientirati bralce v novem svetu odkrivanja sanj, ki se je odprl z razvojem tovrstnih orodij. Podanih je tudi nekaj osnovnih empiričnih ugotovitev glede jasno vidnih vzorcev zaznavanja, čustvovanja in družbene interakcije v sanjah. Prispevek se zaključí z razmislekom o naraščajočem medsebojnem vplivu sanj in tehnologije.

*Ključne besede: sanje, iskanje besed, analiza vsebine, teorija kontinuitete*

Maja Gutman Mušič

*Zadnje svetišče arhetipov: ponoven razmislek o sanjah v luči starodavnega znanja in umetne inteligence*

Navkljub številnim poskusom, da bi sanje vključili v najrazličnejše znanstvene discipline, med strokovnjaki še vedno ni enotnega mnenja o tem, zakaj in kako sanjamo. Zdi se, da je ta tisočletja star občečloveški pojav preveč izmuzljiv, da bi ga lahko v celoti pojasnila ena sama znanstvena disciplina, ter preveč zapleten in podatkovno bogat, da bi ga preučevali zgolj teoretično. Vendar obstaja razsežnost sanj in sanjanja, ki bi lahko omogočila celostni pristop, in sicer kulturnozgodovinska komponenta v kombinaciji z najnovejšimi dosežki na področju umetne inteligence. Avtorica v članku na kratko pregleda in predstavi konceptualna razumevanja sanj pred razvojem sodobne znanosti – zlasti ameriška staroselska, mezopotamska, starogrška in hipokratska načela sanjskih praks ter vedenje o sanjah –, da bi omogočila boljše razumevanje področja sodobnega raziskovanja sanj in načrtala bodoče možnosti za podatkovno voden pristop, ki pa bi še vedno ohranjal epistemološko podlago.

*Ključne besede: starodavno sanjanje, arhetipi, umetna inteligenca, podatki o sanjah, medkulturna analiza sanj*