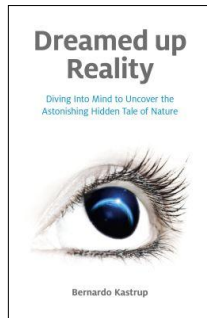


Dreamed Up Reality

By Bernardo Kastrup

Book Summary



A strong and growing intuition in society today is the idea that our thoughts create our own reality. Yet it seems obvious that, try as we might, our lives are not quite what we fantasize. Is the intuition thus wrong? Through a rational, methodic interpretation of meditative insights, the validity of which is substantiated with a compelling scientific literature review, the author constructs hypotheses that reconcile facts with intuition. Mesmerizing narratives of his expeditions into the collective unconscious suggest an amazing possibility: Just as dreams are seemingly autonomous manifestations of our psyche, reality may be an externalized combination of the subconscious dreams of us all, mixed as they are projected onto the fabric of space-time. Perhaps the laws of physics are an emergent by-product of such synchronization of thoughts. Through computer simulations, the author explores the implications of these hypotheses, with conclusions uncannily reminiscent of observed phenomena.