

# The Psychoanalysis of Sleep-Paralysis – Perspectives on Oneirology

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Dream is the reflection of our unconscious mind when we are in deep slumber. The duration of dream varies from 14 sec - 40sec and are characterized by Rapid Eye Movement (REM). Dreams occur in the transition period from light sleep to deep sleep or from deep sleep to light sleep. The associated study of dreams is known as Oneirology. It is sometimes associated by physical bodily movement.

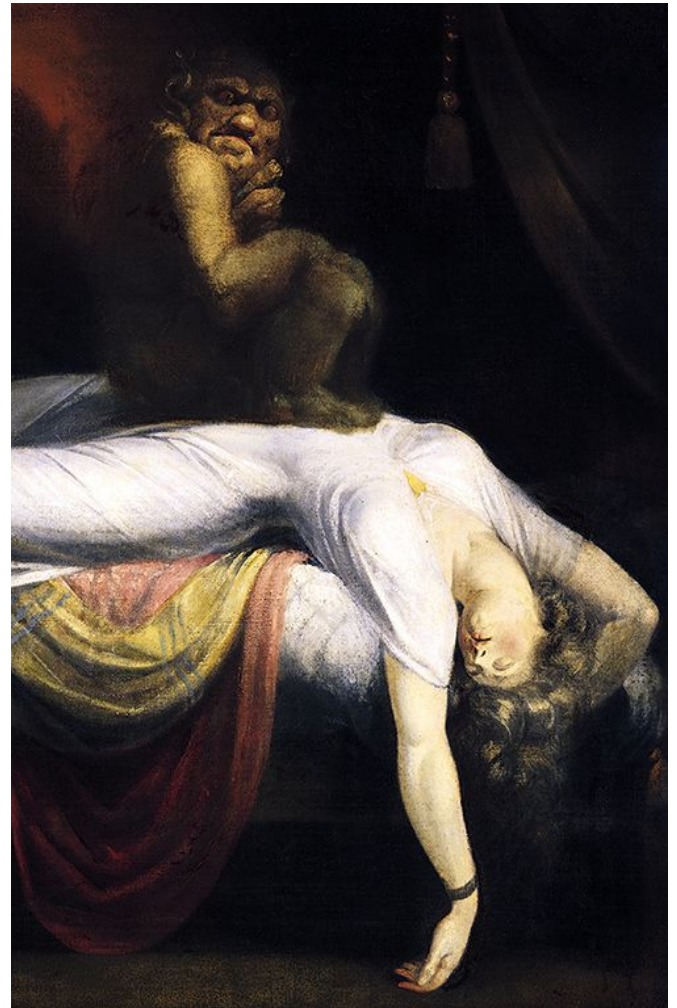
Dream is not just an impulse of neuro synapse but actually it's the separation of mind from the body. Oneirology is the science of the study of dreams which is related with Metaphysics. Our consciousness is composed of numerous stairs (pretty long one) from bottom to top and we live in the lowest realm. When we enter into the highest realm through dreams the Time gets splitted up into small granules. We are then at the REM sleep – Non-REM sleep faded away & REM (Rapid Eye Movement) sleep dominates the wavelength of consciousness. The REM sleep stretches time to make it lengthy like it stretches 1 minute to 40 minute (Time eventually slows down). We all dreams. It is signified by the brain code and languages which are difficult to comprehend. Dreams – Still an illusion of reality. Time dilates or runs slow in dreams and that's why we can't reach the conclusion. Is dream a portal to some state of mind that exists beyond our body where our unconscious mind seeks to find the answers through higher consciousness which we find difficult to deal with in daily lives. We have lucid dreams which is related to sexual dreaming. We have horror dreams related to fearful scenario. We have happy dreams. Few ones have Sleeping Paralysis where there is a myth that a spirit circumbates in our body and gives us fear. A dream is more like a bridge – A bridge that constructs by the reflection of our unconscious mind when we are in deep slumber. There is a special class of mystery neurons in our brain called cholinergic neurons which gives us dreams. In the Orbitofrontal cortex there is a mystery region of brain. It stores some memories different from hippocampus and Amygdala. Inside the Orbitofrontal gyri, brain may store memories and they reflects them in the form of dreams.

We humans are currently having a consciousness of Cognitive Level III.... i.e, Perception, Preparation, Prediction and are the only species which have a brain with 100 billion neurons along with each dendrites corresponding to 10,000 connections thereby making a total of 1 Quintillion (1,000,000,000,000,000) connections of polarized neurons inside our brain. We have the most complex brain developed from the Reptilian & Limbic Brain some 60,000 Years ago in Africa and have Space-Time theory of consciousness. We can imagine the future and can predict the outcome of some 1000 years later. We have self consciousness and can dream by the signal channeling from the brain stem to the Dorsolateral prefrontal cortex to Orbitofrontal cortex to Temporoparietal cortex. We are aware of our own position and we can know the

difference between the right & wrong from a 1000 parameters with the help of the Thalamus & Hypothalamus of our brain. We are the only creature which have evolved through the natural selection and thereby have the concept of PLASTIC TIME & BACKDATING TIME. The Plastic time is the time that correlates between the mental & physical world by a cycle of events or packets of time loops running inside the anterior part of the temporal lobe inside our brain. We have the complex control centre called Thalamus along with memory corners like Hippocampus & emotions like Amygdala. Everything we felt is about 1/2 millisecond delay & that delay is the Backdating time which brain covers up and we can't feel the delay as we have the highest level of consciousness in the cognitive level of Psychoanalysis. Our tail got vanished and the organ responsible for the digestion of those raw organic foods like grass, the cover of banana is called the Caesium which is still inside our stomach but it is invalid. We are the humans and evolved with 4 chambers of heart along with modified reproductive organs and a brain as a size of 4 A4 size papers which got folded inside the skull by various cortex and consumes only 20 Watt of Energy. If our ancestors doesn't follow the proper laws of natural selections, extinctions & reproductions with relation to the earth then we won't be the humans of Level III Consciousness, we end up in just as a Bacteria or Molluscs. Maybe, because of this complex and developed nature of our brains, we tend to dream in a more sophisticated way than other creatures.

Dreams can be a nightmare. But what if Dreams are a gateway of the Devils to encounter and attack the humans when asleep? Yes, this syndrome is called sleep paralysis & within the year 1500 to 2010 more than 3 million deaths have been counted in United States from this strange syndrome. According to medieval Psychology in dreams male demons such as incubi tries to make sexual intercourse or attacks the females during sleep. And a female demon called succubi attacks the males while they are asleep and thus leading to a fatal death. But Metaphysics & Psychophysics have progressed and many scientific explanations are ruled out to inhibit the idea of demons attacking people during sleep? But what actually is this sleep paralysis & what causes us to enter into this vivid world of superficial dreams? Let's Explore – Above the spinal cord there is medulla oblongata which connects our brains Prosterior Lobe through Pons and reticular formation. This Pons are later modified into Brain Stems which sends signals to fire Cholinergic

Neurons through the Dorsolateral Prefrontal Cortex to Orbito Parietal cortex to frontal cortex which causes us to dream during the unconscious Stage-1 Sleep state called REM Sleep or Sleep associated with rapid eye movement. Now, what causes us to sleep? We have some arousal centers in Brain which causes us to remain awake and makes our sensations relative to the surrounding world. From Ventrolateral nucleus and Precentus in the Hypothalamus region of the brain – There is a secretion of Gamma Aminobutric acid (GABA) which causes our arousal centers in thalamus to inhibit from functioning thereby causing us to sleep. When our arousal centers are in a state of semi-conscious state then our Motor-cortex called Somatosensory cortex which controls our movements & locomotions ceases to function and our Occipital lobe or the Visual cortex which carries our visionary experiences becomes active and our eye remains open. We are not seeing anything in reality. But we feel like seeing supernatural things like demons which are our hidden memories being transferred to the visual cortex via hippocampus region of our brain. Our Parietal lobes anterior portion becomes less active and therefore we cease to explain what the logic behind our dream is – But the temporal lobe remains highly active which makes us feel an out-of-body experience. The notion of time slows down. Time in brain is objective and it has no resemblance with physical or real time. Time is a circle or loop of polarised neurone activities which goes faster & faster between Substantia Nigiri to the Poosterior part of the Prefrontal cortex which makes our time to stop down or displayed slowly in our dreams. So, the subject can experience the demonic presence from his/her visual cortex but can't react or oppose as their motor cortex is inactive. This results in the slowing down of Delta waves as recorded by EEG or Electro ENCEPHALOGRAPHY. The subject is felling like seeing something horrible and demonic but can't act. This fear will ultimately lead to heart stroke and then at that time our Optical nerve's surrounding areas gets slowly inactive and so the light in our eyes dims down from the peripheral region thereby the subject feels like they are seeing a tunnel at the time of death.



The Nightmare by Henry Fuseli (1781) is thought to be a depiction of sleep paralysis perceived as a demonic visitation. (Courtesy: Wikipedia)

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