



D-SETI Institute Research Proposal

Dream Search for Extraterrestrial Intelligence

Or

Dream Studies of Extraterrestrial Intelligence

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Introduction

Mission

The mission of D-SETI is to search for, document, and study extraterrestrial (ET) contact through dreams for the benefit of humanity and the entire community of Earth in accordance with the principle of non-harm.

It is reasonable to expect ET contact occurs through dreams because:

- Dreams exhibit telepathic and non-local qualities, which means communication happens across spacetime
- In the strictly terrestrial realm, we have testimonial evidence for:
 - Precognitive dreams
 - Dream sharing between people
 - Insight contributing to scientific and historical development
 - Telepathic sending and receiving of messages through dreams
 - Miraculous healing
- There is a documented connection between UFO/UAP sightings, contact with NHI/ET, and dreams:
 - UFO/ET contact is often reported as a dream, primarily because the bizarreness factors of dreams is consistent with the highly strangely qualities of contact
 - Experiencers dream content seems to be measurably different, e.g., presence of apocalyptic themes, communications about nature of reality, and presence of UFO/ET characters or experiences
 - Dream content directly responds intent to contact ET through lucid dream

Dreams may be studied in many ways. Their subjective nature and connection to the collective unconscious requires interpersonal participation. In other words, dreams are irrational and to make sense of them, you must study your own dreams. Dreams maybe studied in at least four ways:

1. Personally through practices like dream journaling or lucid dreaming
2. Interpersonally through practices like dream sharing or dream work
3. Objectively through quantitative content analysis of the dream report
4. Experimentally through establishment of lucid intent by the practice of dream incubation

D-SETI understands that dreams are archetypal experiences that define our waking reality. We understand that dreams happen at all times, not just at night, and are blended experiences with waking consciousness. Therefore, we understand states like hypnosis or psychedelic journeys can be studied like dreams.

Our mission is to make contact with extraterrestrial civilizations who practice dream telepathy for to purposes of:

- Cultural and knowledge exchange

- Expansion of consciousness
- Discovery and curiosity
- To be of service

Objectives

We are a research organization with technological and academic objectives. We aim to produce knowledge and data for public benefit and to cause no harm. We understand that dream studies require participation, therefore we commit to a personal dream practice as a prerequisite for study.

All of our work aims to conform to the principles of:

- Open data commons
- Open source technology
- IASD Ethics
- Participatory, wholistic, and integral psychology

D-SETI engages in three types of activity:

1. Production of collective knowledge from dream reports through publication of content analysis studies
2. Publication of interpersonal dream experiences like dream sharing through story-telling or discussion circles, lucid intent experiments
3. Support of individual dream practices through education of dreamers, publications of dreamwork guides, etc

D-SETI achieves its objectives through several projects:

- Open Data Commons repository of dream and contact reports (Light Net)
- Open Source Analysis and API for content analysis, search, and visualization (Light Net)
- Online classes and dream sharing groups (Light Net)
- Mobile App for dream report collections and experiment instruction delivery (Dream Well)
- Dreamwork sessions and education (Cosmic Dream Sanctuary)
- Academic research (CCRI and PhD work)

Background

D-SETI is put forward by Daniel Rekshan. He experienced contact with NHI through dreams and dedicated his career and education to studying this phenomenon. In 2009, after working with dreams in his art practice, Daniel became inspired to develop web technologies to perform massive data collection and experimentation regarding dreams. Since then, he has gained the credentials, experience, and education to lead D-SETI.

Daniel's educational and professional credentials include:

- BA in Western Liberal Arts from St. John's College in Annapolis
- MA in East-West Psychology from California Institute of Integral Studies (MA EWP CIIS)

- CHT in Depth Hypnosis and Certificate in Beyond Quantum Healing
- Chief Dream Officer of Dream Well
- Technical co-founder of LightNet.org
- 5+ years leading web application development focused on interactive data visualization

Several recent events inspired the formation of D-SETI:

1. In 2022, the first accredited PhD program that explicitly studies UFO/ET contact opened. Daniel realizes that publication of a dissertation about ET contact, as studied through a massive citizen science project, would be of immense benefit to society. While contact through dreams has been discussed and studied, it has not yet been the sole focus of a serious academic inquiry.
2. In 2021, the paper *Emulating alien and UFO encounters in REM sleep* was published. This paper used lucid intent experiments to emulate ET contact in dreams. They observed a 75% success rate for accomplishing the content intent and called for future study through massive online lucid intent experiment studies.
3. In 2020, Daniel began working with clients through hypnosis and dreamwork to support integration of ET contact experiences. He personally understands ET contact through dreams to be ultimately real and positive. He engaged in academic study to inform his practice and discovered significant signals for ET contact and a deep need for further study.
4. In 2020, Daniel began working with two teams of experts to produce web technologies to support the D-SETI objectives
 - a. Dream Well, a mobile app for dream journaling, education, and meditation to support mindfulness and dream practice.
 - b. Light Net, a citizen science platform to collect shared wisdom about non-human intelligence and other dimensions. Light Net helps people have their first contact experience, monitor search and big data trends, and map our best resources.

Related Organizations

NORD (historical project)

NORD stands for “non-ordinary reality database”. NORD is an early prototype of D-SETI, arising directly out of Daniel’s graduate studies at CIIS. It focused on a) the collection of dream reports from the public web, b) NLP and content analysis pipeline, and c) online community tools.

In collaboration with Seyta Selter, EWP MA graduate from CIIS, NORD was beta tested in two contexts:

1. Online dream journaling and sharing support for Dream Studies course ran through Evergreen State College
2. Online dream journaling and community tools for the Ancestral Medicine community, which uses dreams as a way of knowledge regarding ancestral and epigenetic experiences

NORD produced several significant technical contributions to the D-SETI mission:

1. NLP and analysis pipeline
2. Search index and API
3. Advanced faceted search and visualization web client
4. Archive of dream reports from 2010-2020 from the public web and academic database, totalling ~250k records

NORD is no longer under active development because of the Dream Well and Light Net collaborations. Dream Well carries forward NORD's vision for dream journaling and education. Light Net brings forward NORD's technology through the development of an Open Data Commons and related web products.

Dream Well

Dream Well is a mobile app that offers:

- dream journal functionality
- education and meditations in sleep, dream, and mindfulness practices.

Dream Well is a public benefit corporation and Daniel Rekshan is Dream Well's Chief Dream Officer. Dream Well will provide the mobile app capabilities to collect dream reports and administer lucid intent experiments.

Light Net

Light Net is a citizen science platform to collect shared wisdom about non-human intelligence and other dimensions. Light Net helps people have their first contact experience, monitor search and big data trends, and map our best resources. Daniel serves as the technical co-founder of Light Net.

The platform is in active development through a web agency and offers:

- Online community functions such as directory, groups, experience reporting, surveys, and collective inquiry experiences
- Collective intelligence-based library of resource
- Hosting and development of NORD as an Open Data Commons and open source tools

CCRI

CCRI is the Consciousness and Contact Research Institute. CCRI arises out of the FREE Beyond UFOs study, which was the first scientific and statistical study of UFO sightings and contact with non-human (ET) intelligences. Based on the data from the Beyond UFOs study, CCRI puts forward two hypothesis:

- Consciousness is primary, as understood by the Quantum Hologram Theory of Consciousness

- The variety of PSI phenomenon such as dreams, OOB, UFO sightings, ET contact, etc, are all expressions of one phenomenon: contact with the greater reality of consciousness

CCRI is publishing the book *A Greater Reality* to articulate this new paradigm. Daniel contributed the theoretic chapter *Lucid Dreams as a Contact Modality: A Literature Review*.

PhD

D-SETI's mission involved study and education regarding ET contact in dreams, which requires definition of new knowledge at the PhD level through publication of articles and dissertation. It is understood that ET contact through psionic dreaming stands outside of the status-quo scientific paradigms, which made the subject problematic to pursue at the PhD level. However, the School of Integral Noetic Sciences at the California Institute of Human Science offers a new PHD program with a concentration in Anomalous Studies.

The program is suitable for development of D-SETI's mission because of its integral and holistic approach, as well as its explicit concentration in Anomalous Studies, involving PSI, transpersonal, and UFO/ET encounters. Development of knowledge in a PhD program is one of the material motivations for D-SETI.

Summary of Understanding

Definitions and Concepts

Dreams

Dreaming is difficult to define and includes both physiological and psychological factors. The word “dream” may refer to a nocturnal dream, day dream, or even an aspirational dream. D-SETI chooses to hold the widest definition of dreaming, understanding dreaming as an experience within consciousness that may be described during waking consciousness through story-telling, journaling, or reporting practices. (Pagel, et al, 2001)

The subject of ET contact in dreams adds complexity to definitions of dreaming primarily because of two phenomena:

1. Physical UFO sightings and ET contact are often remembered as dreams (there are such accounts that include physical evidence such as marks on the body) or as dream-like screen memories (Mack, 1995)
2. ET contact may involve direct telepathic communication and out-of-body experiences that are also remembered or communicated as dreams (Hernandez, et al., 2018)

When dreaming is defined as an archetypal experience of consciousness that may be described through narrative communication, then similar experiences such as hypnosis or psychedelic journeys may be studied in a similar way. The grouping of dreams with other PSI-related phenomena is consistent with the theory of “contact modalities”. Therefore, D-SETI’s mission explicitly includes dreams and dream-like experiences.

Lucid dreaming

Lucid dreaming is generally understood to be when one is aware that one is dreaming. Further, it is understood that there is some level of control over the action of the dream (Stumbrys & Erlacher, 2017).

There appears to be a spectrum involved with lucid dreaming that runs from partial awareness of dreaming through full awareness to lucid control (Stumbrys et al, 2014). As such, we

Dream incubation & lucid intent experiment

It appears that dreams respond to conscious intent, albeit in generally bizarre ways. Literature describes the process from two slightly different perspectives:

1. Dream incubation, which is the process of intending to have a dream generally for the purpose of healing, knowledge, or problem solving
2. Lucid intent, which is the process of establishing intent for action within the dream upon becoming lucid within the dream

Dreams do respond to problem solving instructions. Barrett (1993) found that more than half of her study's participants felt their incubated dreams contained a solution. Stumbrys et al. in their online survey of lucid dreamers found that 44% of lucid intentions attempted were indeed accomplished, with a clear relationship between lucid dream practice and rate of accomplishment.

While more study and theory is necessary, it appears that dream incubation and lucid intent are viable means for reproducible experiments. Raduga, M., Shashkov, A., & Zhunusova, Z. (2021) use lucid intent for study of dreams related to UFO/ET contact and also call for further study.

The connection between nocturnal dreams, day dreams, and "hypnotic dreams" may offer further experimental control (Barrett, 1979). Hypnotic dreams arise from the a) induction of therapeutic or hypnotic trance and b) instruction or affirmations for a dream.

A final consideration regarding the popularity of HICE (human initiated contact experiences) suggest that dream incubation and lucid intent experiments may be fruitful. HICE suggests that ET or non-human intelligence may be contacted through mental or psionic means through the expression of intent and observation of experience. Given that dreams are naturally telepathic, it is reasonable to assume that ET/NHI may respond to intent for contact through dreams. Further, given that many ET contact experiences are understood as a dream, HICE through dreams may help mitigate the ontological shock associated with contact experiences.

Dream report / testimony

Dreams are generally understood to be subjective experience most often occurring in sleep. While there have been developments in using fMRI to reconstruct images from dreaming (Shen et al., 2019), the neuroscientific theories of dreaming do not fully explain dreaming or lucid dreaming (Zink, N., & Pietrowsky, R. 2015).

As such, the only way to adequately study dreams is through the collection and study of dream reports. The dream reports are recorded expressions from the dreamer regarding the content of their dream. Usually, the reports are either responses to sleep laboratory questions or else entries in personal dream journals.

There has been debate on the validity of dream reports as accurate testimony regarding the dreaming experience. However, it appears that dream reports when collected through reasonable means, like consistent questions and within minutes upon waking, are trust-worthy (Windt, 2013). Additionally, it must be noted that the International Association for the Study of Dreams (IASD) recognizes the dreamer as the decision-maker regarding the significance of the dream as an ethical principle.

D-SETI understands a dream report to be a first-person narrative account of a dream, which may be recorded as a journal entry, post on the web, recording of vocal story-telling, etc.

Content Analysis

Dream reports may be studied using a process called “content analysis” (Domhoff, 2001). The process involves counting the frequency of occurrences of content, for example, to analyze dreams regarding families, one might count the number of siblings or parents in the dream reports. Content analysis has been shown to produce findings on the relationship of dream content to gender, age, mental health, culture, and individuality. Content analysis involves four steps:

1. Creating relevant categories
2. Tabulating frequencies for categories
3. Transformation of raw frequencies into data
4. Making comparisons with normative or control groups.

While content analysis in the 20th century has relied on time-consuming rating techniques, there is an effort to automate processes. Bulkeley (2009) produced a system word-search that may be computationally applied to a collection of reports, which is comparable with the 20th century use of the most popular content analysis system, the Hall / Van de Castle coding system.

Further, there has been recent development in dream content analysis using Artificial Intelligence on a relatively large corpus of dreams. The system uses categories that are similar to those put forward by Bulkeley, Domhoff, and the Hall / Van de Castle system. The AI-based technique presents a powerful tool to analyze massive collections of dream reports (McNamara et al., 2019).

Nonduality and Participation

Much of our philosophic challenges with dreams arise from a dualistic and material worldview. We want the waking world “out there” to be objective, while we want the dreaming world “within” to be subjective. It seems that the Western scientific world is in an existential crisis regarding the nature of experience, knowledge, and the world. Quantum physics through the double-slit light experiment and the observer principle reveals that subjective consciousness participates in the creation of our objective or macroscopic reality.

John Mack, a Harvard psychiatrist and alien abduction researcher, discusses nonduality (1995):
Epistemological questions, especially those concerning consciousness as an instrument of knowing, will be with us throughout this book. In this work, as in any clinically sound investigation, the psyche of the investigator, or, more accurately, the interaction of the psyches of the client and the clinician, is the means of gaining knowledge. But it must then be noted that although we analyze and formulate as objectively as possible afterwards, the original information was obtained nondualistically, i.e., through the intersubjective unfolding of the investigator-abductee interaction. Thus experience, the reporting of that experience, and the receiving of that experience through the psyche of the investigator are, in the absence of physical verification sufficiently robust to satisfy scientific requirements of proof (there is physical evidence but not proof), the only ways that we can know about abductions.

D-SETI understands that our participation in dreams and the world is ultimately nondual. Non-duality is the theoretic position whereby dreams may have ontological significance through their psionic qualities.

As such, D-SETI encourages an integral and holistic approach to dreamwork beginning with oneself. Therefore, we consider objective study of dreams to be ethical only within the context of a personal dream practice.

PSI, Telepathy, ESP, etc

PSI refers to psychic phenomena such as telepathy, esp, psychokinesis, clairvoyance, remote viewing, etc. In a report based on government funded research, Utts concludes (1996):

Using the standards applied to any other area of science, it is concluded that psychic functioning has been well established...The magnitude of psychic functioning exhibited appears to be in the range between what social scientists call a small and medium effect. That means that it is reliable enough to be replicated in properly conducted experiments, with sufficient trials to achieve the long-run statistical results needed for replicability.

She concludes her report with recommendation for further study:

It is recommended that future experiments focus on understanding how this phenomenon works, and on how to make it as useful as possible. There is little benefit to continuing experiments designed to offer proof, since there is little more to be offered to anyone who does not accept the current collection of data.

D-SETI is primarily focus upon:

- Telepathy, in which thoughts are non-locally transferred across space/time
- Dream sharing, in which various individuals or collectives share a dream experience with measurable similarity with regards to a) revelation of knowledge regarding the waking world, e.g., remote viewing, b) content of dreams, e.g., dream characters or places, and c) general themes.
- Precognition, in which dreams are used to predict the future, e.g., dream reports of 9/11 prior to date
- Remote viewing, in which dreams are used to provide knowledge of places, times, or peoples, e.g., dream incubation for problem solving (Bohr reported a dream in which he saw the structure of the atom)

Extraterrestrial Intelligence

D-SETI is named in reference to the SETI Institute. SETI stands for the Search for Extra Terrestrial Intelligence. They define extraterrestrial intelligence as relating to “life as we know it”, meaning that it inhabits physical bodies around the surface of a planet that holds water and oxygen. They expect that the civilization will develop radio technology or produce light signals that could be detected.

D-SETI invites a much wider definition of ETs than SETI. D-SETI observes that dreams are an immediately viable method for the search for ETs, a method of search that also provides the means for communication (thought transference at a distance). While the existence of ETs is still controversial, the references cited in this paper show that:

- PSI phenomenon act across space and time (instantaneous communication in a nonlocal and/or quantum way)
- Dreams are an archetypal PSI experience
- Dreams support individual and society development in ways that:
 - Reduce the ontological shock associated with ET contact
 - Produce insight that may help resolve mental health issues related to worldview, e.g., psychosis or schizophrenia
 - Increase empathy through sharing as story
- Dreams respond to intent in ways that support reproducible experimentation and quantitative data about the objective world

Therefore, D-SETI hypothesizes that the best way to search for, study, and communicate with ETs may be through dreams.

Given the nonlocal qualities of psionic dreams, it seems all space, time, and parallel realities are available to search for ETs. While we see immense benefit in relating to a variety of beings (like the human spirit realm), the specific focus of D-SETI aligns with SETI in defining the target as “live as we know it” in a way that can be interacted with through collective and objective-leaning methods.

Expectation of ET Contact

Dreams are highly bizarre, which is similar to the highly strange qualities of ET contact. Both ET contact and dreams involve paradoxical physics like time dilation/contraction, teleportation, bilocation, apportation, and general PSI experiences. Therefore, we can expect the D-SETI experience to be both highly strange and bizarre.

Dreams are non-dual and irrational. They stand outside of the subject/object duality and require participation in making meaning from them. However, we may objectively study the contents of dream reports and thereby make objective conclusions about our world. Therefore, we can expect D-SETI to yield both personal experience of ET contact for participants and objective knowledge about ETs in this world.

Open Data Commons and Citizen Science

Dreams are nondual and require participation to make meaning. In other words, you can't treat dream studies like a physics experiment or like mining minerals. You actually have to participate in your own dream practice to make sense of it. Further, it is an ethical principle that the dreamer is the decision maker with regards to the significance of the dream. Therefore, we look to intellectual and technological frameworks that empower individuals and collectives:

- Open Source technology, as defined by <https://creativecommons.org/licenses/by-nc/4.0/>
- Open Data Commons, as defined by <https://opendatacommons.org/>
- Dreamer-honoring data protection policies, as defined by GDPR and CCPA
- Citizen Science

The collection of our dreams should be owned together. We all should contribute to the understanding of our dreams. We each should have the right to take down our data or to define the significance of the dream.

Possibility of ET contact in dreams

There are several ways that ET contact is possible in and related to dreams:

1. ET contact is initially thought as dreams
2. ET contact effects dream content of experiencers, often related to specific themes
3. Themes of ET contact are present representative samples of dream reports
4. Intent for ET contact in dreams yields dreams with ET contact themes at rates higher than other lucid intents
5. Dreams and ET contact experiences are similar by way of bizarreness and high strangeness factors
6. Both dreams and ET contact experiencers report psi-related phenomenon

Some of these conclusions rely upon testimonial and anecdotal evidence for ET contact. For example, the notion that ET contact is initially thought of as a dream comes from the testimonial evidence of hypnotists who work with dreams (Hopkins, Jacobs, Mack, Cannon, etc). The statement that ET contact shifts dream themes comes from the Beyond UFO survey of 4,000+ experiencers.

While the conclusion that ET contact is happening here and now may seem unbelievable, it is important to understand that these conclusions come from testimonial evidence collected by reputable sources from sample sizes much larger than some of the normative studies within dream science. If we have based our understanding of gender norms in dreams from a sample of 981 undergraduate dreams, then dream science should have no problem accepting the reputable testimony of thousands of experiencers.

ET contact is initially thought as dreams

Experiencers who testify to ET contact often report thinking of their experiences initially as a dream. There seems to be several different reasons for thinking of ET contact like a dream:

1. ET contact is highly strange in the same way that dreams are highly bizarre. If the experiencer does not have a previous concept of content, then the closest known experience is a dream. (Compare Valle & Davis, 2004, and Colace, 2003)
2. Abduction literature often describes a “screen memory” where a dream-like experience stands-in for the ET contact, e.g. the experiencer remembers a large owl who flew into their room and bit them, then later “uncovers” the memory of ET contact generally

through the process of either relating to other stories or through working with a hypnotist. (Hopkins, 1995)

3. ET contact involved “ontological shock”, i.e., it requires a reevaluation of worldview, which is a psychological ordeal. When the experiencer is unwilling to go through the psychological ordeal, it is easier to think of ET contact as a dream. (Mack, 1995)

ET contact themes in representative dream report samples

UFOs and ET contact are not uncommon dream themes and are present in representative samples of dream reports. Krippner and Faith (2001) collected 1,666 from a representative sample and classified 8.1% as “exotic dreams”, being defined as “creative, lucid, healing, dreams within dreams, out-of-body, telepathic, mutual (and shared), clairvoyant, precognitive, past-life, initiation, and visitation dreams.” The “visitation” category, applied to 1.1% of the sample, included visits from human spirits and from ETs so long as they had a meaningful message for the dream.

While representative samples indicate that less than 1% of recorded dreams contain references to ET beings, it is a non-trivial amount of dreams. A quick word-search of the Sleep and Dream Database (SDDDB) for the terms “ufo” and “alien” returned 0.2% of the sample. When looking for the category of “fantastic beings”, the SDDDB returns 3% of the sample. The original Hall / Van de Castle normative sample returns 0.7%.

Lucid intent rates for ET contact

In 2021, Raguda et al, performed a lucid dream study with 152 volunteers. They instructed the volunteers to attempt to accomplish a lucid intent for UFO or ET contact experiences. 75% of the volunteers reported the successful accomplishment of their lucid intent for contact, meaning that they had a lucid dream about UFOs or ETs.

The authors conclude this indicates that bedtime UFO/ET experiences may actually be misunderstood dream experiences. However, when we compare the success rate of their volunteers with existing data regarding the accomplishment of lucid intent by trained lucid dreamers, we see a difference of 25% (Stumbrys et al., 2014).

At first look, it would appear that dreams with the lucid intent for ET contact are more successful than other types of lucid intent. If we consider the hypothesis of psionic dream sharing with ETs, then we may see this as evidence of their assistance. Unfortunately, the studies are not directly comparable as the measures were derived from different data. However, D-SETI sees the high success rate of contact intents as an indicator of signal that is worth further investigation.

Dreams and ET contact both involve paradoxical experience

Dreams and ET contact experiences are similar by the experience of paradoxical, strange, and bizarre occurrences. In waking ET contact, experiencers report “highly strange” physical events such as anomalous movement of objects, disappearance or appearance of objects, telepathic

communications, premonitions, and miraculous healings (Valle, 2004). These same factors are characteristic of the bizarreness of REM dreams. 74% of REM dreams and around 55% of NREM dreams are classified as bizarre. (Colace, 2003)

Several interesting hypotheses arise from this phenomenological similarity:

1. ET contact and dreams are related at a causal level, i.e., both relate to physiological states like REM
2. Waking experience of ET contact reveals reality to be dream-like in nature, which is consistent with simulation theory and the quantum holographic theory of consciousness.
3. ET entities may have control over waking reality in the same way that a lucid dreamer has control over the dream reality

Dream and ET contact experiencers report PSI-related phenomenon

As we have seen, both dreams and ET contact involve PSI phenomenon. PSI phenomenon involves thought transference in immediate and nonlocal ways. Therefore, it is reasonable to expect that humans may have on-going communication with telepathic ETs through psionic dreams.

There are several factors why psionic contact with ETs is not well known:

1. There has been little to none serious academic or scientific inquiry into the possibility of contact with ETs through dreams.
2. Consciously integrated ET contact appears to require both the conceptual understanding of the possibility of ET contact and the desire to work through “ontological shock”.
3. Untrained PSI capacities are rated slightly, but significantly, more than chance, which means that while it is scientifically reasonable to accept PSI, we still need more research and practice to use PSI for collective knowledge
4. Proof of both ET contact and PSI seem to be slight, but significant. Using the metaphor that life is like a dream, it seems as if the dreamer of this world doesn't want to openly reveal the experience to be a dream, but provide sufficient signal to deduce and experience its dream-like nature for those who intend and invite such experience.

Hypothesis

The hypothesis of D-SETI is simple: Humanity may contact ET civilizations through psionic dreaming.

This hypothesis may be tested through:

- Personal dreamwork
- Content analysis of existing dream reports
- Large-scale lucid dream experiments

Based on the dream ESP literature, we expect that a significant signal for ET contact will be discovered in dreams. We also expect that signal to be highly strange or bizarre and will require both personal and collective participation for interpretation.

Estimates of sample size

It may be helpful to estimate the sample size of dream reports involving potential psionic ET contact. Several different scenarios are used to model frequency of ET contact in dreams. It is important to note several numbers for comparison:

- ~40,000 dreams held within the Sleep and Dream Database
- 4,000 survey respondents to Beyond UFOs
- 19 cases presented by Budd Hopkin's Missing Time (influential text regarding ET contact)

Example of SETI Institute

It is important to note that the SETI Institute is funded at around \$22 million USD/year and operates large scale scientific projects to search for ETs. They use the incalculable Drake Equation to discuss the probabilities of finding ET contact. In their 6 decades of operation, they have not found a single signal for intelligent life.

It is also important to note that their mode of search and communication requires vast amounts of energy to send and receive radio signals. These signals, traveling at the speed of light, would take generations to conduct a meaningful dialog should ET civilizations be contacted in this way.

In contrast, there is overwhelming testimonial evidence of psionic contact with ET civilizations coming from both modern developed cultures and indigenous populations. These communications happen at the speed of thought. The only reason these testimonies are not a treasured resource for scientific discovery and cultural exchange is the out-of-date materialistic worldview and the arrogance of so-called scientists who call experiencers liars, frauds, or insane.

D-SETI puts forward the notion that it is now time to leave behind the inadequate materialistic worldview and the aggressive arrogance of the scientific community that denies experiencer testimony. It is now time to accept the implications of consciousness derived from quantum physics and overwhelming testimonial evidence.

Estimates based on dream recall frequency and content

This estimate examines how many dreams are remembered per month that might relate with ET/UFOs.

- 3-4 dreams remembered per month (Nielsen, 2012)
- 0.2% dreams related to UFO/ET (word search on SDDDB, compare with the 1.1% rate reported visitation dreams by Krippner & Faith, 2001)

- 250,000,000 adult population of US
- 875,000,000 remembered dreams per month (population X monthly dream recall rate)
- **17,500,000 dreams about ETs and UFOs from US adults per month** (dreams per month X 0.2%)

This estimate does not speculate which percent of these 17.5 million ET/UFO dreams per month in the US represent psionic dream contact. This estimate is offered to show the raw magnitude of potential visitation dreams.

Estimates based on accomplishment of lucid intent

This estimate looks at rates of accomplishment of lucid intent. Looking to rates defined by Stumbrys et al. in their 2014 survey:

- 3.4 lucid dreams per month
- 48.5% accomplishment of lucid intent rate

The question of how many lucid dreams may actually be psionic contact arises. While it is difficult to provide robust estimates, we may make the assumption that 8.1% reported dreams are psionic based on Krippner and Faith's 2001 paper. Further, we may use the success rate of 63% from the Maimonides Dream ESP trials as a further sophistication (Sherwood & Roe, 2003).

Based on these rates, let's examine the potential sample size of dreams that may accomplish a lucid intent for ET/UFO contact in dreams using comparable community sizes:

- 444,000 subscribers to lucid dreaming subreddit
 - Assuming subscribers report 1 lucid dream
 - 215,340 successful lucid dreams intents
 - **10,853 potentially psionic ET contact dreams** (# dreams X 8.1% exotic dream rate X 63% success rate of ESP trial)
- 84,000 volunteers for Galaxy Zoo citizen science project
 - Assuming participation over 1 month
 - 138,516 successful lucid dreams intents per month (volunteers X 3.4 lucid dreams X 48.5%)
 - **7,068 potential psionic ET contact dreams per month** (# dreams X 8.1% exotic dream rate X 63% success rate of ESP trial)
- 5,000 journallers (size of DreamView or Dream Well)
 - Assuming participation over 1 month
 - 8,245 successful lucid dreams intents per month (volunteers X 3.4 lucid dreams X 48.5%)
 - **420 potential psionic ET contact dreams per month** (# dreams X 8.1% exotic dream rate X 63% success rate of ESP trial)
- 12 dedicated participants
 - Assuming participation over 1 year
 - 237 successful lucid dreams intents per year

- **7.6 potential psionic ET contact dreams per year** (# dreams X 8.1% exotic dream rate X 63% success rate of ESP trial)

While these estimates require much more development, they show that the probability for ET contact via psionic dreams are potentially and reasonably calculable, unlike the incalculable probability of radio contact via the Drake Equation.

Estimates based on relation of UFO sightings and PSI

We know that about 80% of UFO/NHI encounters have psychic qualities (Hernandez, 2018) and that some UAP sightings involve telepathic dreams (Vallee, 2004). Therefore, we can estimate potential psionic dreams based on the number of UFO sightings.

- 5,600 average number of UFO sightings report to NUFORC per year
- 250 estimated contact (based on Rob Freemans rule of thumb that 95% of reports are not truly UFO)
- 200 psychic contact experiences

If those 200 experiencers attempted to make psionic contact via dreams, we would expect:

- 97 successful accomplishment of lucid intent (48.5% success rate)
- **5 potential psionic ET contact dreams per year** (# dreams X 8.1% exotic dream rate X 63% success rate of ESP trial)

Study of Dreams

Dreams must be studied in an integral and holistic approach involving several different modes of study. D-SETI aims to support the study of ET contact through dreams across all layers of dream studies, including:

- Personal experience
- Interpersonal dreamwork
- Recorded testimony as anecdotal evidence
- Quantitative content analysis as objective phenomenon
- Massive lucid dream incubation experiments

D-SETI Research Proposal

D-SETI's research will several interrelated projects:

- Academic work
- Open Data Commons and API
- Lucid Dream Experimentation
- Dreamwork Groups

The proposal put forward here represents a minimum viable project to effectively serve the D-SETI mission. Additional projects on an on-going basis after funding and incorporation of the research organization.

Academic Work

D-SETI founder, Daniel Rekshan, will focus on ET contact through psionic dreams during his PhD studies. Project deliverables will include at least 2 academic research papers and 1 dissertation.

Daniel is currently considering CIHS's PhD program in Integral Noetic Sciences with a concentration in Anomalous Studies, which is the first accredited PhD program to explicitly study ET/UFO contact and psi phenomenon.

Open Data Commons and API

A objective of D-SETI is to collect, analyze, and report on potential psionic dream contact with ET. This will involve the development and hosting of:

- Database and search index to hold dream reports
- Pipeline to apply NLP and content analysis
- APIs for adding records and querying index
- Advanced search and export features
- Content analysis reports and visualization

All these features have been prototyped in the NORD project. These features form the core functionality of Light Net, a citizen science platform for which Daniel is technical co-founder. Light Net is currently developing the platform using HFB Web Technologies agency.

Lucid Dream Experimentation

Lucid dream intent experiments provide significant signals for psionic ET contact through dreams. This will involve:

- Collection of dreamer data
- Administration of lucid dreaming instructions
- Collection of dream journal reports

Dream Well, of which Daniel is Chief Dream Officer and co-founder, encompasses all these features in a user-friendly and expert-designed mobile app. The app would require some development for experimentation purposes.

Dreamwork Support and Groups

Dreamwork and dream sharing are important aspects of a holistic study of dreams. Therefore, an objective of D-SETI is to publish educational materials related to individual and group dreamwork, as well as to host dream groups.

Deliverables and Budget

This budget is offered as an estimate and should be understood as a draft, pending further specification. It represents the budget for a minimum viable project executed over the 5 years of a PhD program. Web development projects will leverage Daniel's current roles in Light Net and Dream Well (budget estimates here are based on compensation of companies for time and resources devoted to D-SETI mission at a rate of \$50/hour). The estimated total budget is \$470k (with \$31k upfront costs and yearly budget of around \$71k) over 5 years.

The estimated budget is an extreme value for the deliverables because it leverages the work of Daniel, Light Net, and Dream Well who are all devoted to serving the public good. In comparison, similar development of custom web database applications may cost \$500k in a single year based on the salaries of a small development team.

This estimated yearly budget for D-SETI is approximately 0.04% of SETI Institute's yearly budget. Compare the potential effect of SETI and D-SETI. SETI is searching for ETs using extremely expensive technology based on incalculable probabilities, which if successful, will take generations to establish cultural dialog. In contrast, D-SETI proposed that there are already signals of ET contact through psionic dreaming based on rates derived from peer-reviewed publications and the overwhelming testimony of experiencers, which if successful will immediately establish a cultural dialog.

Domain of Work	Deliverable	One time cost	Per year	Total cost
PhD Program				\$45,000
	Research Paper 1			
	Research Paper 2			
	Dissertation			
	Monthly Stipend		\$22,500	\$112,500
Open Data Commons & API				

D-SETI Institute Research Proposal

	Completion of development phase 1	\$10,000		\$10,000
	Monthly hosting and maintenance		\$6,000	\$30,000
	Monthly project management		\$7,200	\$36,000
	Yearly iteration project		\$8,000	\$40,000
Lucid Dream Experiments				
	Dream Well Upgrades	\$8,000		\$8,000
	Experiment design		\$4,000	\$20,000
	Administration		\$4,000	\$20,000
	Reporting		\$4,000	\$20,000
Dream Work				
	Quarterly article/lecture		\$4,000	\$20,000
	Monthly dream group		\$1,200	\$6,000
	Community web site	\$8,000		
Non-profit corporation				
	Incorporation	\$5,000		\$5,000
	Management per month		\$4,800	\$24,000
	Volunteer coordinator		\$6,000	\$30,000
	Contingency			\$42,650
	Fund-raising		\$6,000	\$30,000
Total		\$31,000	\$77,700	\$499,150

D-SETI Request for Support

D-SETI requires financial support. We would ideally raise the \$500k as a seed-level investment in the non-profit research organization. This would provide for the delivery of the organization's objectives over the 5-years of the PhD program. The budget includes funds for future fund-raising and it is our hope to establish a sustainable business plan prior to the completion of the 5 years.

Organization

The D-SETI Institute is currently unincorporated pending initial board meetings. It will likely be a US-based non-profit or public benefit corporation. D-SETI values transparency and will publish board meetings. We will allow for consideration of stakeholders through a system of governance that is published on the website.

D-SETI very likely adhere to frameworks of governance and policy such as:

- US-based non-profit, 501c3
- Open Data Commons for data repository
- Creative Commons, non-commercial, attribution required license for software
- GDPR and CCPR privacy policy compliance
- Sociocratic meeting structures

D-SETI governance will occur through board meetings that will be recorded and made publicly available. The board of advisor meetings will be played for the board of directors before decision making meetings.

Transparency

The D-SETI Institute will be transparent within common sense. We will publish:

- Annual policy updates
- Annual financial reports
- Quarterly advisory panels

Meeting Format

Meetings will be recorded and public. There will be updates and minutes published according to a schedule. D-SETI will publish:

- 1 yearly policy meeting
- 5 yearly advisory panel meetings scheduled quarterly over the year

Estimated Timelines

- 2022
 - Establish Institute
 - Establish PhD working plans
 - Complete Light Net v1
 - Open Data Commons
 - Analysis API
 - Automated Content Analysis Reports
 - Lucid Intent for ET Contact Experiment Design
 - Dream CE-5 White Paper

- Annual and quarterly reports
- 2023
 - PhD Research Paper 1
 - Dream Well update for experiment
 - Annual lucid Intent for Contact Experiment
 - CE-5 Dreamwork Group White Paper
 - Annual and quarterly reports
- 2024
 - PhD Research Paper 2
 - Annual lucid Intent for Contact Experiment
 - CE-5 Dreamworker Training
 - Annual and quarterly reports
- 2025
 - On-going support of D-SETI objectives
 - Dissertation research
 - Capital fundraising plan
 - Annual and quarterly reports
- 2026
 - On-going support of D-SETI objectives
 - Dissertation publication
 - Capital fundraising campaign
 - Annual and quarterly reports

Advocate for Humanity

The work of D-SETI must adhere to the highest ethical standards and represent all of humanity. We aim to be of benefit, here and now on Earth, for everyone. Every advisory panel and committee will have a role for the Advocate for Humanity.

The Advocate for Humanity's role is to represent the variety of perspectives within our human family. The Advocate may conduct panels, surveys, and inquiries to inform their perspective. The Advocate will examine policy to ensure that it is ethical and beneficial for all humanity.

There will also be an Advocate for Extraterrestrials serving on the ET Contact panel.

Board of Directors

Makes decisions about financials and organization policy.

Meets annually and as needed, not to exceed monthly.

Director responsibilities include:

- Participate in annual policy meeting (4 hours per year)
- Participate in quarterly operational meetings (2 hours per quarter)
- Initiate and facilitate advisory committees (as needed, 2 hours per panel)

Roles include:

- President
- Secretary
- Treasurer
- Advocate for Humanity

Board of Advisors

Advises Board of Directors on policy and execution of D-SETI objectives

Meets annually, with optional quarterly/monthly committee meetings.

Advisor responsibilities include:

- Watch quarterly update video or read D-SETI minutes
- Provide recorded advice on a annual basis (recorded interview, video, email, etc), with estimated time commitment at around 1 hour per quarter
- Participate in panel discussion related to your domain (2 hours per year)
- Participate in recorded panel discussions as desired (2 hours per panel)

The board of advisors consists of several panels that hold several perspectives.

- Operations
 - Dream Well representative
 - Light Net representative
 - Project manager
 - Press advisor
 - Advocate for Humanity
- Web Technology
 - Collective intelligence advisor
 - Analysis pipeline advisor
 - User advocate & Data officer
 - Advocate for Humanity
- Academics
 - PhD Advisor
 - CCRI representative
 - IASD representative
 - Technology, Data, and Humanity
 - Advocate for Humanity
- Dream Studies
 - Quantitative analysis
 - Lucid dream experiment advisor
 - Dreamwork advisor
 - Advocate for Humanity
- ET Contact
 - CE-5 / HICE advisor

- Hypnosis practice advisor
- Experiencer representatives
- Humanity representatives
- Advocate for Humanity
- Advocate for Extraterrestrial

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