

Postscript

Once you reach a certain point, all fields of inquiry are asking the same questions. They're also stuck in the same paradigm and failing to progress because of that paradigm.

The failing paradigm is reductionism, which is being replaced by systems theory, emergent structures, phase transitions, and quantum mechanics. These ideas are just starting to pervade other fields. You may have heard of these things, but what you hear is largely garbage. It's still too soon. If you want to learn it, you'll need to study it yourself and start teaching it.

These ideas are new. I have put some of them together here. I present the material in this book with little reference mainstream sleep or dream research. Cutting edge work, some of which I bring to bear, has already jumped to these new paradigms. Surfing the crest of these new ideas yields a bountiful harvest.