

# Déjà vu

Déjà vu is the experience of feeling sure that one has already witnessed or experienced a current situation, even though the exact circumstances of the previous encounter are uncertain and were perhaps imagined. French psychic researcher, Émile Boirac (1851–1917) invented the word in his book *L'Avenir des sciences psychiques* ("The Future of Psychic Sciences"), which expanded upon an essay he wrote while an undergraduate. The experience of déjà vu is usually accompanied by a compelling sense of familiarity, and also a sense of "eeriness," "strangeness," "weirdness," or what Sigmund Freud calls "the uncanny." The "previous" experience is most frequently attributed to a dream, although in some cases there is a firm sense that the experience has genuinely happened in the past.

The experience of déjà vu is statistically common among adults and children alike. In fact, I have yet to personally meet anyone who *hasn't* experienced déjà vu. Additionally, references to the experience are found in the literature of the past, indicating it is not a new phenomenon. Interestingly, for all their smug attitudes about the phenomenon, researchers have found that it has been extremely difficult to evoke the déjà vu experience in laboratory settings, therefore making it a subject of few empirical studies. Certain researchers claim to have found ways to recreate this sensation using hypnosis, but to me that is a hypnotic suggestion and represents cheating.

Since its acknowledgement, déjà vu has been subject of serious psychological and neurophysiological research. The most commonly accepted scientific explanation of déjà vu offered is not that it is an act of "precognition" or "prophecy," but rather that it is an anomaly of memory, giving the impression that an experience is "being recalled." This explanation is substantiated by reports that the sense of "recollection" at the time is strong in the majority of reported cases, but that the circumstances of the "previous" experience or when, where, and how the earlier experience occurred, are uncertain. Likewise, as time passes, subjects can exhibit a strong recollection of having the "unsettling" experience of déjà vu itself, but little or no recollection of the specifics of the event(s) or circumstance(s) they were "remembering" when they had the déjà vu in the first place. It has been suggested that this may result from an overlap between the neurological systems responsible for short-term memory and those responsible for long-term memory. The events would be stored into memory before the conscious part of the brain even receives the information and processes it.

Balderdash!

Another theory being explored is that of vision. The theory suggests that one eye may record what is seen fractionally faster than the other, creating the "strong recollection" sensation upon the "same" scene being viewed milliseconds later by the opposite eye. And these folks believe that studying the paranormal is farfetched.

The big problem with this theory is it fails to explain the phenomenon when other sensory inputs are involved, such as hearing or touch. If one, for instance, experiences déjà vu of someone slapping the fingers on his left hand, then the déjà vu feeling is certainly not due to his right hand experiencing the same sensation later than his left

hand considering that his right hand would never receive the same sensory input. Also, people with only one eye still report experiencing déjà vu or déjà vécu, which is a rare disorder of memory, similar to persistent déjà vu. Neurologically speaking, the phenomenon must therefore be narrowed down to the brain itself as in one hemisphere being a victim of latency compared to the other one. But there is only one really big problem with all this bucket muck. According to all this voodoo in the name of science, when you have an instance of déjà vu (and apparently we ALL have), you are just remembering what is happening to you in the current moment.

Think about that explanation for a minute. This makes absolutely no sense what so ever. Common sense tells me if indeed it is happening in the present, how on earth can you have a memory of it? I think there is something far more mysterious at work. But then, I would. But, I have the cahoonas to back it up. Based on my thoughts concerning the possible relationship between Quantum Mechanics and Consciousness, I firmly believe that déjà vu is our inane ability to access a very small glimpse of ourselves in a parallel universe, dimension or possibly the Zero Point Field. Or, we might consider that there really are parallel universes that have branched off each time we make a choice in life. And if the Many World's Interpretation has any bell toll of truth to it, then it makes perfect sense that we might be doing the same thing at the same time in many of these universes.

Think back about the last time you had the experience. What is the first thing you do when you experience déjà? Can't remember? Then I will tell you what you do. When a déjà vu event occurs, most people (me included) immediately stop the flow of information and experience by instantly stating to anyone present, I am having déjà vu! I nailed it, right? We all do it. In fact, we all do it whether anyone is there to listen or not. I was inspired to try something awhile back after reading Marie Jones' Book "The New Psience". The last time I had this sort of experience and I was not commuting down the highway to my office 50 miles away at 70 miles per hour I decided to catch the quantum consciousness wave and ride it. I was rewarded with a prolonged experience where I actually felt myself separating from my body until an outside event ended the process (my cell phone went off). So this made me postulate that if I really do exist in any number of universe, or even more strange, I exist at many dimensional levels above by current perception, then there is a very high probability that I would find myself in more than one of them at a time. And every once in awhile the universe lines up just so that for a minute I am two places at once, and I am aware of it!

So, is déjà vu the ability of the consciousness to find and sync up with another reality for a few moments? Or, maybe it is our mental ability to access the Zero Point Field, or what Cayce referred to as the "Akashic Records". Interestingly, and you can most likely verify this from your own experience, not all déjà vu is a memory of something that already happened. Sometimes you can predict what is going to happen. This means we are accessing information beyond the realms of linear time. And this aspect of it, puts a big pile of dung in the scientific explanation. In fact, they don't have one for it, choosing instead to ignore it.

I am developing a theory on how mediums and psychic work. If you are interested, look at the medium experiment paper on my Research page here at the S.P.I.R.I.T. site. My theory on psychic ability is that, along with being hyper sensitive to electromagnetic disturbances, psychics have the elevated ability to access future events, via peeping

into the Zero Point Field, much like we do with forward looking déjà vu. It is unfortunate that the institutions that do have funding to explore this area with research, study it from the point of view that it is associated with a condition or disease, and not a means of communication across realities that don't show up on the heads up display in the human consciousness. They are also ignoring precognitive déjà vu and focusing only on past memory déjà vu, which could quite easily be associated with the brain creating false memory where there is no memory. But some of you are probably wondering that if déjà vu allows us to stroll into other realities, then why can we not access these realities all of the time, anytime we wish?

If we could, I assure you, we would go crazy from information saturation.

Our brains operate as information-sorting machines with selective display properties, meaning we are only aware of what we need to see, hear, know, survive and thrive. If we could constantly tap into other dimensions, universes and levels of reality, we would lose our ability to function and survive in any one of them. We would never settle down, never marry, have children, hold a job, or procreate. We are conditioned to live one life and one reality at a time. Or at least to just be aware of one.

Déjà vu.