

Inception Film Guide

Director Christopher Nolan said in an [interview](#): “What *Inception* deals with is a science fiction concept in which...you and I are able to experience the same dream at the same time. Once you remove the privacy, you’ve created an infinite number of alternate universes in which people can meaningfully interact – with validity, with weight, with dramatic consequences.”

Yes, it’s a great idea for a movie. And far from being only a science fiction concept, interactive or social dreaming is a real phenomenon in our lives that may go on every night. Shared/mutual dreaming is a practice that can be learned.

Synchronous or concurrent dreams are those in which two or more dreamers have very similar dream experiences at the same time. This is more a coincidence than it is a shared dream.

The most commonly reported mutual dreams are known as ***meshing dreams***. They happen when you share certain dream elements with someone else. For instance, you and your partner may both watch *LOST* on TV and then dream about being stranded on a deserted island. Understandably, your shared waking experience leads to similar dreams

The less likely experiences are called ***meeting dreams***. This is the true meaning of mutual dreaming, where two or more people meet up and communicate in the dream world. As yet there is no firm evidence for the existence of such shared dreams, although it is arguably a difficult concept to prove.

The film presents an interesting (far more science-fiction than actual science) depiction of what can happen in our dreams. Nonetheless, I want you to try to keep track of how “dream stealing” actually occurs.

Describe the techniques used to steal dreams (that is, describe the “science” behind dream stealing) ...

Describe the complications that can arise when you are in someone else’s dream ...

What techniques are used to address the complications ...

How did you like the general plot of the film in relation to lucid dreaming? If you could dream like this, what would you do?