



THE NARRATIVE STRUCTURE OF
THE DEFAULT MODE NETWORK
AND
REM DREAMING

Art Schmaltz

“There is nothing outside the text” – Jacques Derrida

“The dream is the birthplace of language”. – Paul Ricoeur

THE HORIZONTALIZATION OF LANGUAGE AND CONSCIOUSNESS

MANY MODES OF CONSCIOUSNESS

Each mode creates distinct styles of narratives

Each mode displays a unique brain profile

Each mode interacts with REM dreaming in specific ways.

No privileged modes of discourse

Only appropriate or inappropriate contexts in a diversity of fields

No pure consciousness

HERMENEUTIC PHENOMENOLOGY Paul Ricoeur

“FLOW” Mihaly Csikzentmihalyi

“FOCUSING” or “THINKING AT THE EDGE” Eugene Gendlin

“COMMUNICATIVE APPROACH” Robert Langs

OTHER MODES OF CONSCIOUSNESS

Meditation, Hypnosis

COMBINED MODES

Lucid dreaming

“Focusing” dreaming

Waking dream hypnotherapy

Dream psychodrama-- dream theater

Speaking: Guugu, Dyrbal. or Inuit

illungngualiorlluassinnaamagaluarpunga

FLOW CONSCIOUSNESS

- Defined as an “optimal state of consciousness”.
- Concentration become laser focused
- Action and awareness merge
- Sense of self awareness disappear
- Time warps
- Optimal performance is everything
- Brainwaves move to the slower borderline between alpha and theta, shared by both the default network and REM dreaming
- Flow triggers transient hypofrontality-- deactivation of the prefrontal cortex.
- Norepinephrine, dopamine, endorphins, and serotonin flood the brain.
- The part of the brain charged with self-monitoring goes quiet.

Flow is blind to questionable scripts

- Trans cranial magnetic stimulation and certain pharmaceuticals can induce flow
- Team sports, organized religion, the military, corporate interests can engineer the conditions for Flow for nefarious ends.
- Flow is alienated from other brain regulating modes – it is an easy mode to hijack. In this culture, REM dreaming and the default mode are disconnected from flow.

PYSCHOANALYSIS AND THE DEFAULT NETWORK

Traumatic events in childhood can impact development

Irrational unconscious drives influence behavior
A host of defense mechanisms block awareness of unconscious motives

Repressed impulses materialize as anxiety depression, neurosis.

The default network has a unique access into the deep unconscious

COMMUNICATIVE APPROACH

Robert Langs

- The bi-personal field is the unit of analysis.
- Empirically testable.
- Unique context of frame essential for the default more to access the deep unconscious
- Major discovery: *The same processes that compose the dream narrative are at work creating the crucial narratives during the therapy hour.*

CONCLUSION

Talking about dreams in waking life always triggers dream narratives the following night, narratives that work-over and process waking narratives. All of you here will continue the discussion. And maybe make some headway in running the maze of life. The dream will set your mood for the day-- maybe the feeling of joy at having been able to experience nature's greatest evolutionary accomplishment.

NARRATIVES AND THE HORIZONTALIZATION OF LANGUAGE AND CONSCIOUSNESS

No isolatable neuronal structure of pure consciousness. No single language gene. The various modes of consciousness and various language constitute multiple and discrete functions and unique narrative styles.

No privileged language games.
No optimal mode of consciousness
Only appropriate or inappropriate contexts.

CONDITIONS FOR THE DEFAULT NETWORK TO SPEAK

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- Absolute confidentiality
- No questions
- Neutral consultation space