

DREAMS, MY OTHER LIFE

THE PREPARATION

Ian Karosh

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*This book is dedicated to all those
who believed in this project,
especially to my wife, M.J.,
who has always been by my side
in every adventure of this kind.*



Dreams are infinite and singular,
filled with stories and paradigms
that seem to unfold again and again,
untouched by time or space...

— *Ian Karosh*

Preface

Since the beginning of time, dreams have accompanied human beings like a mysterious shadow of their conscious life. In the silence of the night, while the body rests, the mind seems to free itself from the restraints of the physical world and explore scenarios as strange as they are familiar, as foreign as they are intimate. What truly happens when we dream? Are dreams merely projections of our mind, or are they, perhaps, half-open windows into other realities?

Throughout history, different cultures have attempted to decipher this enigma. In ancient civilizations, dreams were not taken lightly. They were attributed a profound spiritual and symbolic value: they were considered messages sent by the gods, warnings of destiny, or revelations of the soul. Kings and emperors would not make important decisions without first consulting and interpreting dreams with oracles, priests, or wise men. For many, dreaming was a sacred form of communication, a bridge between the human and the divine.

With the arrival of modern psychology, dreams found new interpretations. Freud defined them as expressions of the unconscious, where repressed desires and internal conflicts found a symbolic language through which to manifest. Jung went even further: he maintained that dreams did not speak only of the individual mind, but connected with a collective unconscious, a universal network of archetypes shared by all humanity. From this perspective, dreams are not simple reflections of our emotions, but gateways to a deeper understanding of who we are.

But there are lesser-explored paths, routes that go beyond psychology and venture into the spiritual, the esoteric, the inexplicable. In many shamanic and initiatory traditions, dreams are considered authentic journeys of the soul. Through dreams, the spirit can travel

through other dimensions, contact spiritual guides, receive messages, and acquire knowledge inaccessible to the rational mind. There is talk of lucid dreams, in which the dreamer becomes aware of dreaming and can act with full will within the dream world, and there is also talk of astral projection: experiences in which consciousness seems to separate from the physical body and explore other planes of existence with a lucidity as intense as wakefulness.

These experiences, although not always understood, are not as rare as one might think. Many people, at some point in their lives, have had dreams that do not feel like mere mental constructions, but like real, profound, revealing experiences. Sometimes those dreams present themselves with such overwhelming clarity that they seem more vivid than life itself. On other occasions, they leave an emotional or spiritual mark impossible to ignore.

There is also a more everyday perspective, though no less intriguing. Dreams often appear as fragmented narratives, filled with symbolism, emotions, and paradoxes. Upon waking, much of their content fades away, as if something — or someone — made sure that we retained only fragments. And yet, within those dreamlike crumbs, powerful truths may be hidden.

Personally, dreams have not been limited to disconnected fragments of the mind; they have been teachers, mirrors, and doorways. They have led me to encounter beings of energy, civilizations that do not belong to this world, and technologies that seem to emerge from knowledge more ancient and vaster than humanity itself. These have been experiences as real as wakefulness, leaving indelible marks on my consciousness.

What I relate in this book is not simple fiction: it is the testimony of someone who has crossed the threshold into the invisible and returned with memories and lessons that challenge all logic.

For this reason, today I wish to invite you to accompany me on this journey. It is not a matter of believing or not believing, but of opening an inner door and allowing the words to awaken within you the question, the curiosity, the possibility. Perhaps, as you read these pages, you will remember a dream so vivid that it still follows you, or you will