

## Transpersonal and Personal Realizations in Dreams: Native and Non-Native Differences

Jayne Gackenbach and Don Kuiken

Through various forms of involvement with Central Alberta Cree (cf. Gackenbach, in press; Gackenbach, 1992-93; Kuiken, Sharp, Jaques, & Mos, 1987), several impressions concerning their orientation toward dream experience have crystallized. One is familiar: Cree dreamers seem more likely than non-Native dreamers to experience their dreams as originating from other-worldly, transpersonal sources. Another is less familiar -- and more speculative: Cree dreamers seem less likely than non-Natives to regard their dreams as providing affectively significant personal insights.

It might seem obvious that, if Cree dreamers often experience transpersonal dreams, they will less often experience personally insightful ones. However, Kuiken and Sikora (1993) found that the reported frequency of transpersonal dreams was factorially independent of the frequency of personally significant dreams. Consistent with this possibility, Gackenbach and Prince (1992) reported that in the dreams of Native students transpersonal and personal elements were not closely associated, whereas in the dreams of non-Native students these elements were closely linked.

The present study examined the relationship between transpersonally and personally significant dreams among Cree and Euro-Canadian young adults. The study also was designed to more precisely characterize other aspects of Cree and Euro-Canadian patterns of reported dream experience. Native, Metis, and Euro-Canadian psychology students (101 Women, Mean Age = 26.0; 39 Men, Mean Age = 24.2) from six separate educational settings in central Alberta received course credit for completing two questionnaires, one concerning demographic variables (e.g., marital status, treaty status) and another concerning typical dreaming patterns. The latter, the 57-item Dream Response Questionnaire (DRQ; Kuiken & Miall, 1994), assesses several dimensions of dream experience, from the frequency of transpersonally significant dreams to the rejection of expert judgment about dream meanings.

DRQ responses were factor analyzed (Principal Components, Equamax), providing eight factorially independent dimensions: Affective Insight, Transcendent Dreams, Dream Discussion, Leisure Escape, Vivid Imagery, Individual Dream Style, Rejection of Expertise, and Interest in Story-line. Subscale scores derived from items loading on these factors were included in a multiple regression model in which the dependent variable was cultural identity: Native (N=40; mostly Cree) vs. Euro-Canadian (N=87).

Results (see Table 1) indicated that, compared to Euro-Canadian students, Native students were more likely to report Transcendent Dreams (TRANSC) and less likely to report that their dreams provided Affective Insight (INSIGHT). Also, as expected, Native students were more likely to engage in Dream Discussion with friends, family, or respected others (DISCUSS), although they were more likely to express Interest in the Story-Line of dreams (STORY), perhaps especially as a reflection of Individual Dream Styles (AUTH/STYL).

These results confirm the familiar impression that Native dreamers are more likely to experience dreams that have transpersonal significance, although they seem less likely

than Euro-Canadians to experience their dreams as providing insights related to their personal motives and feelings. However, in another way, Native dreamers indicate that their dreams do have personal significance: they frequently discuss their dreams with others, often in an attempt to understand how the dream story-line reflects the dreamer's life-style and the relation of that life-style to cultural values. These observations may help to characterize more precisely the place of Cree and Euro-Canadian dream patterns within their respective cultural milieus.

TABLE 1. RESULTS OF A MULTIPLE REGRESSION ANALYSIS OF DRQ DIMENSIONS AND CULTURAL IDENTITY.

DEP VAR:	CRIT	N:	127	MULTIPLE R:	0.544	SQUARED MULTIPLE R:	0.296
ADJUSTED	SQUARED MULTIPLE R:	.248	STANDARD ERROR OF ESTIMATE:	0.809			
VARIABLE	COEFFICIENT	STD ERROR	STD COEF	TOLERANCE	T	P(2 TAIL)	
CONSTANT	0.685	0.430	0.000	.	1.593	0.114	
TRANSC	0.247	0.091	0.274	0.589	2.726	0.007	
INSIGHT	-0.245	0.101	-0.265	0.499	-2.425	0.017	
DISCUSS	0.324	0.095	0.332	0.636	3.430	0.001	
IMAGERY	-0.266	0.095	-0.294	0.544	-2.808	0.006	
AUTH/STYL	0.211	0.109	0.182	0.681	1.942	0.055	
STORY	0.218	0.103	0.176	0.864	2.119	0.036	
LEISURE	-0.032	0.114	-0.028	0.611	-0.283	0.778	
REJECT	-0.024	0.107	-0.018	0.938	-0.222	0.825	

#### ANALYSIS OF VARIANCE

SOURCE	SUM-OF-SQUARES	DF	MEAN-SQUARE	F-RATIO	P
REGRESSION	32.459	8	4.057	6.206	0.000
RESIDUAL	77.147	118	0.654		

#### References

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1. Paper presentation
2. Transpersonal and Personal Realizations in Dreams: Native and Non-Native Differences
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4. A comparison of Native and non-Native dream experiences indicates that Native students are more likely to report dreams with transpersonal significance. On the other hand, they were less likely to report dreams that facilitate personal, affective insights, preferring instead to discuss how dream story-lines reflect the dreamer's life-style.
5. Overhead projector
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