In this experience, I will rebut Descartes argument of dreaming by proving you are awake. I will do this by proving that your mind needs a source to dream. In Descartes meditation 1, Descartes presents a rather interesting thought about dreams; Because of the lack of trust in our senses, he claims there is no way to distinguish the experiences I have when I am asleep from those that I have when I am awake. Assume your soul/mind is a blank slate when you are born. With this thought, I will argue against Descartes’s idea by discussing the initial experiences of the five senses, emotions, imagination, and reflection.

**Important definitions to understand, the idea of essence and form**

**Essences:** the visual Shape, how something feels, visual color, smell, taste, frequency of emotions, and sound) This is in essence what we truly dream.

**Form:** is essentially the idea of the whole puzzle. Example: A tree, the essences make the form of the tree.

The form is just the whole puzzle while the essences are the pieces that help identify that specific form. They are used interchangeably because an essence is a form that is made of essences. A puzzle within a puzzle, but pieces of a puzzle that you had to initially experience to start accumulating.

Summary: (Form= tree) (Essence= shape: big, has stems, Color: Green, and brown, Smell: smells like oak to the perceiver, taste: bark tastes bitter, Emotional frequency: I give the tree a form of mild love because it is beautiful, sound: trees make specific noises when the wind blows through them that makes it specifically unique to the essence of the tree.

Descartes Dream argument[[1]](#footnote-2)

1. I have sometimes noted that my senses were mistaken, and it will be prudent for me never to put absolute trust in anything that has been mistaken once.
2. Seems self-evident that my body is valid. I am here seated by the fire, dressed in a dressing gown, holding this paper in my hand.
3. Insane people can be mistaken about their own body, so maybe I am.
4. But I’m not insane.
5. How many times have I dreamed, at night that I was in this place, that I was dressed, that I was in front of a fire while I was naked in my bed?
6. But if I think about it carefully, I remember having often been fooled while I slept by believable illusions.
7. If I stop to consider this point, I see that there are no clear indicators at all that distinguish cleanly between waking and sleeping.

Imagine you were born in a cave with no entrance; would you ever dream of the sky? This question led to many interesting thoughts about the first initial experience. The first thing that came to mind were the five senses sight, touch, taste, hearing, and smelling. I asked myself “Can we have dreams with just one of these senses activated?” Immediately I thought of sight. This made me think of Plato’s cave allegory. It seemed the prisoner never experienced a blue sky until the end. I was thinking “hm, would the prisoners ever be able to conceive of an ocean?” Perhaps… if these prisoners were given water, they can imagine a larger body of water, so they would be able to imagine an ocean. The question here would be... if you never gave the prisoner water would they ever conceive of an ocean? Maybe if he saw his blood, he would imagine a larger body of blood assuming he has experienced a larger body of rocks because he understands the form of large quantity(more-ness). Assume the cave was the only thing in reach and it’s filled with rocks, with zero experience of water, would he ever dream of water or even the ocean? I think not. Essentially once you initially experience essences of forms you absorb (through the five senses), you can now manipulate the essences in your mind(imagination) to form new ideas through reflection or simply to imagine strange things.

It seems those who are born without sight will not have any visual images in their dreams at all; a study finds. “It revealed that those blind since birth or very early childhood had (1) no visual imagery and (2) a very high percentage of gustatory, olfactory, and tactual sensory references.” [[2]](#footnote-3) with this thought... If your mind needs a source to dream, you will not dream visual images without eyes. “Individuals who become blind before the age of five seldom experience visual imagery in their dreams, although Deutsch (1928) reports some visual imagery in six schoolchildren who lost their sight before age five.”[[3]](#footnote-4)

What is interesting is if the kid lost their sight before the age of five, they would have visual images sometimes in their dreams. they were able to accumulate sight experiences before blindness… giving their mind visual essence.

1 Sight is one of the sources you use to dream.

2 if you are born without sight you cannot dream of visual images.

Therefore: Your mind needs the source of sight to have visual images in dreams

“I am here seated by the fire, dressed in a dressing gown, holding this paper in my hand. How many times have I dreamed, at night that I was in this place, that I was dressed, that I was in front of a fire while I was naked in my bed?”[[4]](#footnote-5) it would seem Descartes is mistaken about how many times he has experienced the same thing. He visually experienced the essence of fire, the essence of sleeping naked, the essence of a paper, essence of his gown, and the essence of the place he was sleeping several times throughout his life. He had to experience each of these things once to dream it. If he had no eyes, he would have never had these specific visual dreams. Essentially with sight the only way you know you are awake is when you initially see new essences of visual forms. (IE the sky in the cave thought)

Touch is the next sense I want to talk about, there was a story in my childhood of a kid that was like a friend/enemy to me. I was waiting in line to get into class, and he rammed right into me. He must have ran there thinking he was late or something. Immediately I turn around and punch him in the chest because the force that hit me was painful. The punch I landed was in between his pecs in the middle of his sternum body. The punch of course did not even phase him. I never felt so weak. I randomly dream of the weakness of that specific punch, even as an adult. It literally replicates the emotion of helplessness and the weakness of the actual force in my dreams. What I found interesting was I dreamed of force… and the dread. Now I want you to think what would happen if I removed all the senses but touch. Think of the actual impact of the punch. I have never really punched someone before at this time in my life, and I remember the small amount of force during that impact. This led to the thought “Would I ever even dream of any forms of touch like pleasure, pain, and force without having the sense and experience?” I learned from eyesight that you can have visual dreams even if you lose your eyesight at a young age. You just cannot be born without it or you will have zero visual dreams. It must be the same thing with touch. If you were born without touch sensation would you ever dream of the feeling of force, pleasure, or pain?

Assume I was born with no sense of touch would I even know I was falling off a cliff? Sure, if I had my other senses, but if I had no senses at all; I would not even acknowledge it. If I cannot feel the sensation of falling, I cannot conceive it in my dreams. If I punched that man without my touch sense and felt nothing, I would have dreamt of the visual act and how I felt dread, but not the sensation of force.

I feared rollercoasters my whole life, the first time I rode one I never experienced the crazy amount acceleration and downward gravitational force ever. I immediately threw up everywhere while the ride itself was continuing. Growing up I would dream of this exact situation but with other forms of visual images. I literally dreamt of the acceleration and the downward gravitational force weighing my body down in a dream many times. Would I have ever conceived of anything like that if I did not have the feeling of touch? I do not think so, I did not even know that existed until I went on this specific rollercoaster. No one told me anything about this. I know I am awake because without the initial feeling of touch… I would have never felt this.

1. If I were born without touch, I would never dream of touch.
2. Things I feel with my touch (force, pain, pleasure) sense shows up in my dreams.

Therefore, your mind needs a source of touch to dream of touch.

Hearing is a weird sense. I once was napping to specific actors talking, and literally I dream about them. It seems my mind was working with what they were saying and just gave it a park setting. I was in the dream just starstruck, vaguely speaking to the actors, with just anxiety hoping they would like me. They were just talking to each other, and I just remember being filled with surprise. Now it makes me think if I were born without my auditory sense, I would have not had that same dream. It is possible it would be almost similar (assuming I had my sight) but with no sound. I have heard people like this dream of sign language as a sound replacement. Using sight to communicate. Thinking in sign language, or images. Personally, I do not know enough.

1.If I were born without my auditory sense, I would never dream of sound.

2. Things I hear with my auditory sense show up in my dreams.

Therefore, your mind needs a source of auditory experience to dream of sound.

“Olfactory and gustatory sensations occurred in approximately 1% of all dream reports.”[[5]](#footnote-6) It seems our mind is more concerned with meaning, sight, touch, and hearing in our dreams. The argument is the same none the less. I do not think I have personally had a dream of smell or taste.

1. If I were born without the sense of smell, I would never dream of scents.
2. Things I smell with my olfactory sense show up in my dreams.

Therefore, your mind needs the olfactory sense to dream of smells.

1. If I were born without the sense of taste, I would never dream of taste.
2. Things I taste with my gustatory sense show up in my dreams.

Therefore, your mind needs the gustatory sense to dream of taste.

There is one more important aspect of dreaming I must talk about; it is the aspect of meaning. It is self-evident we experience emotions in our dreams. It seems everything we care to perceive with our 5 senses we give meaning to it.

**Love**

For instance, a story of recent love from my personal life. I have this strange belief in fate that is kind of weird, I’ll explain at the end of this paper for fun. I met a girl that I did not know recently and with my weird attempt at flirting I told her “Hey, if you ever want to take a break studying, and walk in the rain it’d be fun. it’s the best way to experience rainbows! I said.” Literally I say this as I’m walking in the rain and an hour later, I see a rainbow and because of my belief in fate I literally fall madly in love with this girl, as if God is giving me a sign. Rainbows are common here, so probability hit me hard. I probably see a rainbow once every 2 months, so you can see why my heart was just all in. I have never felt such a strong love for someone like that in my life, but this was due to my old philosophical experiences exacerbating what I was feeling. My imagination gave the rainbow a crazy frequency of love, I will never see rainbows the same and I have accidentally obtained a beautiful essence of a dream and its mine forever, and I will cherish it. All the meaning I gave those forms is a new experience because I have never experienced that specific frequency of romantic essence. I idealize about this person everyday and the dreams I have from sole imagination created essences that did not exist until I begun imagining it. Now I currently have this mental state that is extremely motivational it is like suddenly I see all the essences much more clearly. I also dream of this person anytime I think about her prior to sleep, sometimes nightmares sometimes romantic dreams. The essence in both is from my imagined devastation of heartbreak and my idealization of romance with her sitting in beautiful places and talking about the world. Experience is obviously a blessing and a curse.

The feeling itself would not exist if the mechanism that gave you that meaning did not exist. The beautiful thing is that it does exist. Every day, people are experiencing love for the first time. It is an even more beautiful thing to dream. If you died before you fell in love, you would never dream of it. Not just love though but every emotion!

**Bravery and Fear**

One time I stood up to a gang of about ten people for bullying somebody. They were kicking him on the ground, and I was frightened and brave ready to help this guy fight. I was about 15, and I felt morally obligated to help this person like I was being controlled by all my previous experiences. I never stood up like this before, but I knew it was wrong what they were doing. I literally got a bunch of rocks and sand in my hand. started throwing them at all of them. As soon as they started chasing me, I threw dirt at their face and quickly ran away hopped a fence and ran home using the shortcuts I knew. The next day at school they threatened to kill me, so I stayed with my English teacher for about 3 months before I finally felt comfortable to move around the school again. That frequency of bravery and fear is always remembered unconsciously even though it is your first experience of it. Kind of like volume on a TV where I would normally experience level 5 bravery and during that bully sequence it was about an 8 almost too foolish to do. Frequency is an essence and I dream of both the fear and bravery very randomly.

Even though you are brave you can also be afraid while being brave… I had a dream I was in the middle of the ocean(essence of being on a boat and standing in puddles of water or empathizing with jesus when he walked on water who knows.) looking in first person at a horizon of purple dark stormy clouds on the surface of the ocean. Suddenly I start accelerating towards the stormy clouds… I remember feeling brave and fearful at the same time; looking at the unknown like I was ready to overwhelm it. I no longer cared to die and leaned towards the acceleration like a warrior. These exact emotions reminded me of when I joined the army as an infantryman; the fear and bravery I constantly felt was no different than the one I felt during the acceleration into the storm. There was nothing new in this experience besides the mixed forms in place. (Purple clouds, lightning, rain, first personness, walking on water(puddles), gravitational force, bravery and fear)

The ocean old, the storm old, the acceleration, first person, the bravery/fear, my sudden wanting to battle the unknown, and my wanting of death. This nightmare I had was the epitome of who I was when I was a young adult. There is nothing new here but the scenario. Like a house (mind) that always moves its furniture (experienced forms and their essences) in weird ways but sprinkled with past meanings.

Fear itself is its own monster when it comes to dreams. It seems, it depends on your 5 senses and how you experienced them that correlates fear with any of the initial experiences. Imagine watching a scary movie with a terrible doll that ends up killing most of the main characters family and friends. You are empathizing to the main character and their family. Spice that up with a little fear of the doll and you are a scared person. Suddenly you fall asleep now you are dreaming of the form of your own family and friends getting murdered by the doll. You will wake up terrified because your brain likes to make you feel dreams are real. (Probably for survival reasons or God memeing since it’s not a choice). The thought from this is whether the boy would ever dream of fear if he never were capable of ever being fearful? Without the meaning mechanism I would just be watching a boy and his family die with no meaning.

Perhaps your mind unconsciously remembers every time you have been scared in your life through experience, and randomly chooses which experienced fear to use. I for one am not always completely terrified, especially if I am being brave in my dreams. Other dreams are another story, where my mind will trick my brain with my ultimate fears, giving the emotion of fear an extreme sense. Like this movie mars attacks.

I remember once when I was a kid, I watched a movie called mars attacks in a theatre. I was five and never experienced aliens with brains exposed. I do not even know if I experienced brains before at this time. I was watching the movie with my mom and suddenly space invaders come to the planet and humans are trying to make peace with it. Suddenly after the alien gets out of the ship, they start indiscriminately killing people. I started screaming in the movie theatre due to my initial experience of some foreign creature with a brain exposed. I was the most scared I have ever been. I had to turn around and look at my chair.

That same fear replicates itself sometimes in my dreams. When I experience it, it's nothing new to me, but my brain likes to formulate my old forms into some weird puzzle that associates my ultimate fears. I have been scared while awake many times. It seems my brain likes to choose which unconsciously remembered emotion I had in the old memory bank while I am asleep

1. If I were born without a meaning mechanism, I would never dream of any type of emotions.
2. Emotions I feel with my meaning mechanism show up in my dreams.

Therefore, your mind needs a meaning mechanism to dream of emotions.

There seems to be a lot to learn from our default emotions. I would never experience any type of emotion at all without feeling them. Anger, bravery, fear, love, sadness, and joy. I have felt some of these emotions probably a million times. Is it possible that the mind unconsciously chooses one of these millions of times? All of them had to be some different volume of sadness or joy it feels. While I am sitting here introspecting every dream I remember with emotion; it feels the emotions nor the objects I see are new. Every nightmare’s fear I have felt before… while I was awake. It seems our mind is just absorbing each form of each sense unconsciously (even emotions). Which makes sense we remember stuff. The data bank just likes to twist stuff around for some reason. I am thinking it does this just to help us cope or perhaps, God wants us to learn something. I like to think my mind reminded me of my ultimate fears to remember not to be so afraid the next time and be prepared. I also like to think god is sending a strange message.

The perceiver seems to give perceptions(senses) meaning (emotions) it makes sense why we are all so much different. No one ever really has the same experiences… even if they are looking at the same beautiful thing. Everything you felt, seen, heard, smell, tasted and gave meaning to are unconsciously in you.

1. your mind needs a source of touch to dream of touch.
2. your mind needs the eyes to have visual images in dreams.
3. your mind needs an auditory sense to dream of sound.
4. your mind needs the olfactory sense to dream of smells.
5. your mind needs the gustatory sense to dream of taste.
6. your mind needs a meaning mechanism to dream of emotions.

Therefore, your mind needs a source to dream.

Each of these mechanisms accumulate dreams. To be awake is merely having a new initial experience for each of these sources. Like touching a cat for the first time, seeing a cat for the first time, hearing a cat meow for the first time, tasting a cat, smelling a cat, and giving the cat its own meaning based off the continued experience.

1. Your mind needs a source to dream.
2. There must have been a first initial experience to start dreaming things.
3. That first initial experience must have happened while awake.

Therefore, the only way to know for certain you are awake, is when you experience some form’s essences for the first time; like the man leaving the cave to experience the essence of sky. THAT VERY MOMENT IS TRUE WAKENESS THROUGH INTIAL EXPERIENCE.

1. Dreams are Old experienced essences. (Think cave argument and person that is born blind)
2. There must have been a first initial experience to accumulate sensory information to dream of essences. (Think cave argument and those children that lost sight at age 5)
3. I can only see new experienced essences when I am awake.

Therefore, I know when I’m awake when I have initial experiences of new essences.

I remember seeing the form of snow for the first time, I did not even know it existed. My mother saw me cry and she told me “why you are crying?” I told her it was the prettiest thing I have ever seen. Even as an adult I remember that experience. The experience was so wonderful to me because my mom kept it a surprise. It is also one of my earliest childhood memories.

There’s a giant different being awake and being asleep. New experienced essences along with the self-evident differences of both worlds.

(Just a thought)

If I remove all my senses as a 27-year-old, I will still have everything I have experienced up to that point. What I find interesting is I can still introspect all these meaningful experiences. Even performing the act of introspecting I am dwelling into my old experiences to learn something new. I can also give that old experience some new meaning. That means I can give old experiences meaning through reflection. That new meaning would be an initial experience given to old experience. If I were born without the 5 senses, I would have nothing to give meaning to. I would have nothing to introspect.

If you became immortal?

If I suddenly became immortal It would still be impossible for me to experience all essences, mainly because of infinite forms of shape and the infinite evolution of life. For me that is reason to believe God uses us to experience essences and give them differences of meaning.

(Golden mean)

Aristotle believed in a golden mean, as kids we fluctuate with emotions. A virtue of fear has two extremes Cowardice and no fear at all which can make you foolish at times. Throughout life it seems we bounce all over the place when it comes to fear and a lot of other emotions. Eventually we practice controlling these emotions, so they do not take over in dangerous situations. The different frequencies of emotion I felt growing up showed up in many of my dreams. Extremes, the moderate, the little, this is what helped me think of specific initial experiences of emotions and their frequency’s.

(Forms and Plato)

Plato believed everything is an old experience and we are remembering the perfect version of every form. I have never dreamt of new essences… everything I see in my dreams are old essences. If everything were an old experience, I would be dreaming about the essences I have never seen and the man in the cave would also dream of the sky without experiencing it. That is not the case and I have been dreaming about only past experienced essences. Not to mention if you were born without eyes, you are never remembering visual forms. I hope we are not forced to reiterate the same stuff. I would be pretty pissed with god. There is something important about the forms though, I still believe this world is a shadow of the true world.

(Descartes)

Initial first experiences are the only way to distinguish cleanly from the waking and dreaming world. Other than that, it would be a pain in the ass to distinguish the differences. If I experienced everything already it would be a problem nor possible due to constant evolution luckily, so that is not the case. Descartes knew that in his heart he was wrong, who knew philosophers would be so fixated on this like myself. He knows when he perceives things he knows where they are coming from and where they are going, and the time in which they appear to him without interruption, and you can tie the memories back from the rest of your life.

**How do you know that what you think are sensual sources for a dream are not themselves a dream?**

1. If you remove any of those sensory sources from birth, you do not get those in your dreams. That is how we know they aren’t a dream.
2. Dreams are also old, experienced essences These sensory organs accumulate it from the physical world to the mind. It was created then used to accumulate post birth. You can literally rip them from someone, and they would not be able to accumulate specific essences any longer.

Fate (This is all abstract thinking don’t think of it as ultimate truth. I’m extremely skeptical in these thoughts.) Just think

This is a weird thought so bear with me. 1. We are forced into existence. We have no choice in our existence and our parents had no choice and their parents had no choice. Keep that in mind. 2. We are forced to learn and distort our parent’s/teachers/friends/stranger’s guidance. Our parents/friends/teachers/strangers teach us everything they can, we also accidentally distort it. 3. Every decision we make is based on our old experiences that we were forced to have. Think of a choice you made and think of the deterministic reasoning for that choice. Its always trying to feed the mechanisms you were forced to have IE meaning mechanism.

1. We are forced into existence
2. We are forced to learn and distort our parents/friends/strangers/teachers guidance as we grow.
3. Every decision we make is based on our old experiences that we were forced to have.

Therefore: you do not have free choice, and everything is predetermined by the primal setting and the forced experience. These very mechanisms are important for dream accumulation.

Think of what you feel when you make every decision, it’s just to appease your primal mind(ID) that you had no choice having.

Right now, I’m at a coffee shop, so let me dabble on why I’m here. 1. I need exercise I walked here (primal wanting to live a long life, aesthetics) 2. To work on this annoying paper (to be remembered, Love, social status also because I’m naturally addicted to knowledge due to my wanting to understand god. My ultimate determination.) I am determined by all these things because of my previous understanding of their specific form. Also extremely determined by romantic love, I had no choice in these mechanisms but here they are overwhelming my mind I’m watching it control every movement motivating me with the upmost passion. My true self just wants to die to be released from these shackles I can’t even attempt to kill myself without weakening my ID my favorite thing in death will be watching it break with me. ID keeps us on gods path of experience. ID is our primal self. I hate it all eating, sleeping, thinking, emotion, perception….. I did not ask for any of this. Here I am looking through the window of this coffee shop and a man is talking to a wall. I want to say nothing matters but our bodies force meaning upon everything, so everything matters. Even that man that has gone insane is giving meaning to the meaningless. We are deterministic, without these mechanisms we will do things for no reason. There are reasons for all my actions based upon my old experiences that I was forced to have.

(Extra senses)

At this point senses to me are things we use to experience. We have the 5 and the meaning mechanism. I feel imagining, and reflecting should be part of the list. I had a dream I cried while saying goodbye to someone who was dying that I cared for deeply. I never had that experience before, but I have imagined it. For instance, I have always imagined my family dying and the last words. I have this same thought with my cat all the time. I imagine the day he will be put down. I understand that all things end. Here he is sitting on my lap, but I cannot stop thinking about the end to this, this is not forever. I imagine the day I say goodbye. I dream about it, and I have never experienced it. My imagination experienced it because I understand the form of deduction, death, beginning and end. Therefore, I have some version of it experienced. That is why I dream it. Logically understanding the inevitable of the continued movement. That is how you experience without using the senses, but you need the senses to accumulate these forms, to use this tool that helps us construct essence.

Reflection itself should be considered because I am swimming through my old experiences and able to give new frequencies of meaning to them so now, I can think about that girl and the rainbow, and if I wanted to, I could give it more romantic frequency, through idealistic imagining. I grow tired of reflecting so I must conclude my thoughts.

(why?)

So, I am awake but why would god want us to experience new forms? It is not only to experience new things, but also give the experience a meaning? We are forced to give meaning and continue movement? I am just guessing but I think god wants us to experience and give our own meaning to things because it wants that information. If all life can experience and experience differently, I feel it is a perfect petri dish to understand itself. We are all so naturally curious, yearning for perfection, and ever-changing. God gives us this projection that we are also part of, and we attempt to understand it and give it meaning through our senses. It seems we further evolve to experience differently possibly for the sake of infinite understanding. Either way I will experience new things and live a weird life for the sake of initial new experiences, and assume my god wants these for itself. I wish I knew everything, and I like to think my god is the same way. If I were God id do exactly this to understand especially considering that immortality would not be able to experience all essences due to evolution and infinite shapes which are both essence in form.

1. Readings in modern philosophy Dr. Daniel R. Kern page 6 and 7 [↑](#footnote-ref-2)
2. <https://dreams.ucsc.edu/Library/hurovitz_1999a.html> [↑](#footnote-ref-3)
3. <https://dreams.ucsc.edu/Library/hurovitz_1999a.html> [↑](#footnote-ref-4)
4. Readings in Modern Philosophy Dr. Daniel R. Kern page 6 [↑](#footnote-ref-5)
5. <https://www.ncbi.nlm.nih.gov/pubmed/9885043> [↑](#footnote-ref-6)