

future shocks

When some people go to sleep, it's not to rest but to see the future. Robberies, plane crashes and bombings regularly invade their dreams. But is being psychic a gift or a curse?

By **Kate Saunders**

Susan King woke up shivering. It was a while before she realised she was safely at home in bed. Only minutes ago, she had been thousands of miles away. In her dream, Susan had been sitting in row 52 of a plane, and could see dark heads in front of her, talking a foreign language. 'I was two people,' she says, 'one who had to make this journey and one who was safe, far away.' Suddenly the plane started shaking from side to side and plunged downwards – and then there was silence. Susan was aware of the pungent aroma of pine trees and the sickening stillness of death all around her. And then she woke up. It was 3.35 in the morning.

Less than three weeks later, on August 12 1985, a Japan Airlines Boeing 747 plunged into the side of a densely wooded mountain, killing 520 passengers and crew. As soon as

Susan saw the news, she made the connection. 'I had told my mother and friends about the dream weeks before the crash as I was so upset by it, but they couldn't believe it had come true,' she says. The only four survivors of the plane crash had been sitting in a row of seats at the back of the plane – row 52, just as Susan was in her dream.

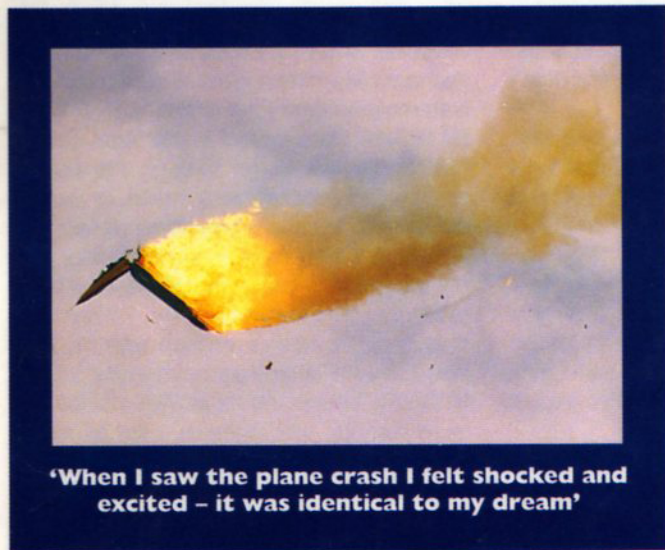
Psychologist Dr Keith Hearne, who has been studying dreams and premonitions for nearly 10 years, says that Susan's experience is not quite as

unusual as we might think. 'One in three of us has experienced a premonition, or a vision of the future,' says Dr Hearne. 'Premonitions can range from that sense of déjà-vu, when you feel you have done or seen exactly the same thing before, to powerful dreams of future events. Precognition is a normal part of human experience.' Dr Hearne believes that women are particularly inclined to have premonitions because they are more likely than men to have a nurturing role, thus developing the qualities of sensitivity and intuition that are associated with precognition.

Princess Diana has had several premonitions. She once said that one of Prince Charles' horses was going to have a heart attack and die, which it later did. She also predicted her father's serious illness. On another occasion, when someone asked after Earl Spencer, she startled people by saying that he was going to 'drop down' in some way. 'If he dies, he will die immediately, otherwise he will survive,' she said. The next day her father collapsed, suffering from a massive cerebral haemorrhage, and was rushed to hospital. He did not die, but lived a further 14 years.

Other women have experienced waking visions which are also premonitions of the future. Dr Hearne recalls how one woman, Judith Ditzel, had a vision of her father-in-law appearing in her kitchen – although he was 12,000 miles away at the time. She explained: 'I spoke to him but he did not answer. He just looked sad, shook his head and was gone. A month later he died. I knew that my vision indicated that I would not see him alive again.'

Some of the most extraordinary cases of precognition investigated by Dr Hearne



'When I saw the plane crash I felt shocked and excited – it was identical to my dream'



Ghostbusters UK (Robert Hale, £13.95), says: 'The most important science is that of ultimate reality, and I am sure that NASA is exploring precognition and the paranormal in this context.'

A PSYCHIC'S STORY

One Saturday morning Chris Robinson (left) woke up suddenly and reached for the notepad beside his bed. His dream had been particularly vivid – a midair explosion of two Russian planes that looked like fireworks, and the pilots bailing out in parachutes. Chris, a radio and TV engineer who lives in Luton, knew that a real-life disaster was about to happen. A few hours later he saw an ad for an International Air Tattoo in Fairford, Gloucestershire, which was to include a display of aeronautical acrobatics. He drove there to try to avert a crash he now knew was going to happen. At the entrance he told the policeman, 'Look, you may not believe this but two planes are going to crash when they come down from the loop-the-loop'. The policeman just waved him on. Ten minutes later, two Soviet MiG planes exploded in a shower of fireworks. And, sure enough, two parachutes then detached themselves from the smoke and drifted safely downwards. Chris recalls: 'I felt a mixture of shock and excitement at what I'd seen – it was identical to my dream.'

When Chris started giving the police uncannily accurate details of his dreams about

IRA bombings, they initially suspected him of terrorist involvement. But, eventually, his predictions were given more credence. One night Chris 'saw' a bomb near the sea at Bournemouth, and travelled to the south coast to tell the local police. The next day police recovered a 'substantial' explosive device from beneath Bournemouth pier. They refused to say whether they acted on Chris' warning. But Detective Sergeant Richard McGregor of the Regional Crime Squad says: 'Chris is treated as an "informant" in the loose sense of the word, and the information he gives us is, of >

'At first I thought I was going mad, but now I know I'm an ordinary person who has extraordinary dreams'

think of time as a straight line,' he says. 'But how can this be the case when dreams preempt reality? We have to look at time in a different way. After all, when we look through a telescope at the sky, we're seeing stars millions of light years after they first existed. Perhaps one day people on other planets will zoom in with powerful telescopes to see events thousands of years ago. The future may be with us now, along with the past and present.'

There is even evidence of NASA carrying out precognition tests for military purposes. Parapsychologist Robin Furman, author of

inv TV and radio: people frequently 'see' or 'hear' newflashes hours before they're transmitted. Lesley Brennan was watching TV at her home in Cleethorpes, South Humberside, one lunchtime when the word 'newflash' appeared on screen and a male voice reported an explosion at a chemical plant, killing and injuring several people.

That evening there was an explosion at the Nypro (UK) plant in Flixborough, South Humberside, 25 miles away. But, when she saw the news, a sudden shiver ran down Lesley's spine when she realised it had occurred at 4.35pm – nearly five hours after she had 'seen' it on the news.

Such events are difficult for most of us to accept, particularly as they seem to defy the laws of science and time. However, Dennis Bardens, author of *Ahead of Time* (Robert Hale, £14.95), believes that the existence of premonitions means we have to rethink our whole attitude towards time. 'We tend to



Chris had warned John Major about the attack on Downing Street a month before

course, acted upon.' Detective Chief Inspector Alex Hall, who has monitored Chris' predictions for 18 months, has seen a number of his premonitions come true. He adds, 'When Chris mentioned the bomb on the pier, he was also getting the word "bath". The bomb was at the pier, which is actually at the end of Bath Road.'

Chris is perhaps the only psychic in the world today who has detailed premonitions in the form of dreams nearly every night. Dr Hearne, who has monitored the psychic's dreams for several years, says: 'The results are way beyond coincidence, and impossible for the scientific community to ignore. Chris also has the ability to pick up precognitive information on demand in a symbolic form, which can be decoded. For instance, initials usually refer to postcodes of places where events will happen.'

Chris first started having premonitions about five years ago. He was staying with a friend, when he awoke from a nightmare that his electrical shop was being looted. It was so vivid he rang the police and drove the 14 miles to his shop. He arrived to find the police had just arrested the burglar.

As his precognitive dreams became more frequent and intensified, Chris became worried. 'I thought I was going mad,' he says. 'Something would happen in my dream and the next day, it would happen in real life. In my dreams I was often in a newsagents, looking at the next day's headlines. I couldn't understand how I could experience events before they happened.'

Gradually, Chris came to terms with his gift: 'I realised I had to calm down, that I was a normal person experiencing extraordinary dreams. I began to concentrate on using premonitions to warn others of danger.'

One particularly notable dream happened when Chris was on holiday in the Philippines

in 1991. He had a disturbing premonition of a van containing three rockets near a door marked 10 in an area marked SW. He pieced things together and concluded that terrorists had targeted Downing Street. He wrote to John Major and his parliamentary private secretary, Graham Bright MP, referring them to his local police for his credentials. But he heard nothing. A month later, there was the mortar attack on Downing Street from a parked transit van. Shortly after

the blast, a slightly shaken Graham Bright contacted Chris from Downing Street to acknowledge that his premonition had, indeed, been correct.

Chris has recently had to give up his job to meet with the demands of what he calls the 'dream-masters', who control his dreams. He has a computer with a route map of Britain and other software programmes to help him break down the complex symbolism of his nocturnal visions. Chris explains: 'I keep a notebook by my bed to write down every dream I have. In the morning I decode it by working out what any images or initials mean. I can then fax the results to the police if necessary.'

He adds: 'Everyone should make notes of their dreams. I'm convinced that anybody could then learn how to foretell the future. It's a basic part of our nature that goes back to the time before industrialisation, when we were more in tune with the rhythms of the earth. Technology has made us sophisticated, but it has also taken away a lot of our intuition. What I've done is to open up the door to the dream-time and cracked the code so I can transmit it to others.' □

CHRIS' LATEST PREDICTIONS

We asked Chris to tell us his most recent significant dreams just before we went to press. He predicts that:

There will be an attack on John Major by the IRA during March or April, while he is in his car.

Secondly, Chris predicts that very soon after the Channel Tunnel has been opened there will be a bomb at the new train terminal in Folkestone. He is certain this will happen on the British side of the tunnel and can even foresee a possible platform number where it will happen...

UNLOCKING YOUR DREAMS

Joan Ruth Windsor, American counsellor and director of the Personal Development Institute, believes that, like Chris Robinson, we can all learn to see the future through our dreams.

Joan says that our dreams can give us advice on business, treatments for illness and important decisions. 'One of the more exciting aspects of dream experience is to take advantage of foreseen ideas or advice,' says Windsor. 'Local or world events may be reviewed clairvoyantly while sleeping. Many people think they are incapable of remembering last night's dream,' she continues, 'but just a few simple techniques can help you unlock their amazing power.' She recommends the following:

- Go to bed early. A full night's sleep gives plenty of time for the completion of three to five dream sequences. The longest dream sequence happens at the end of our sleep period.
- Give yourself a pre-sleep suggestion such as 'It will be easy for me to recall my dreams when I wake up' and repeat it to yourself before you drop off.
- Keep a dream journal and a pen beside the bed to note down your dreams. Chris Robinson writes his dreams down in the middle of the night while still half-asleep.
- Review your previous night's dreams before going to sleep. This may cause a continuation of a series of dreams.
- When you wake up, remain entirely still. Dreams are thought to be best recalled before the body's physical functions take over.

Joan recommends that you view dream interpretation as like learning a foreign language. 'Dream symbols should be thought of as the forgotten image of the subconscious,' she says. 'After practice, and with a book on dream symbolism, it becomes easy.' Begin by recalling the last scene in your dream and working backwards. The beginning of the dream should then fall into place. Recurring themes often relate to personal matters, while dreams carrying powerful emotional undertones represent local or world events.

- If you have had a dream that you think may be a premonition, Chris Robinson would like to hear from you. Write to him at: PO Box 212, Luton, Bedfordshire.