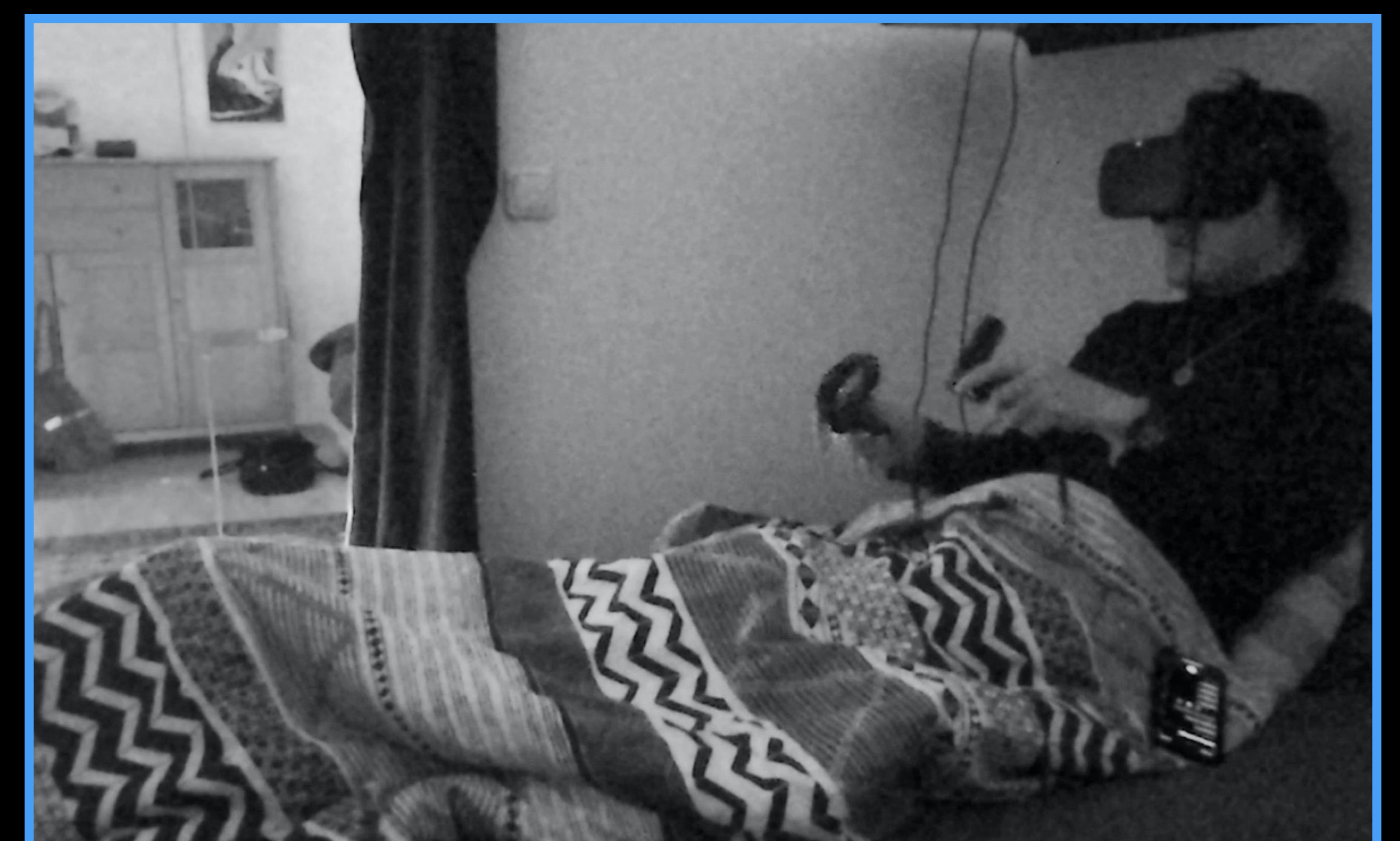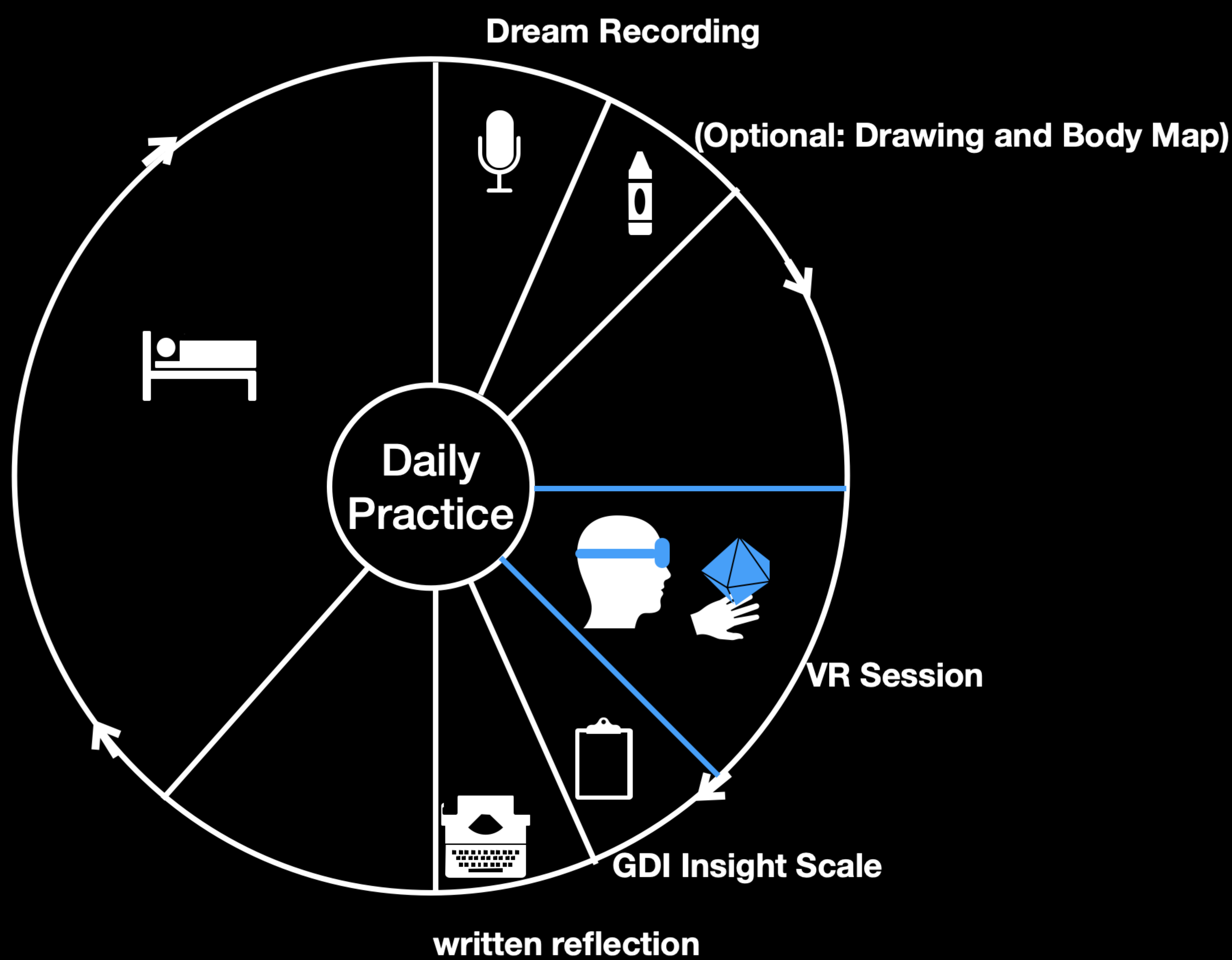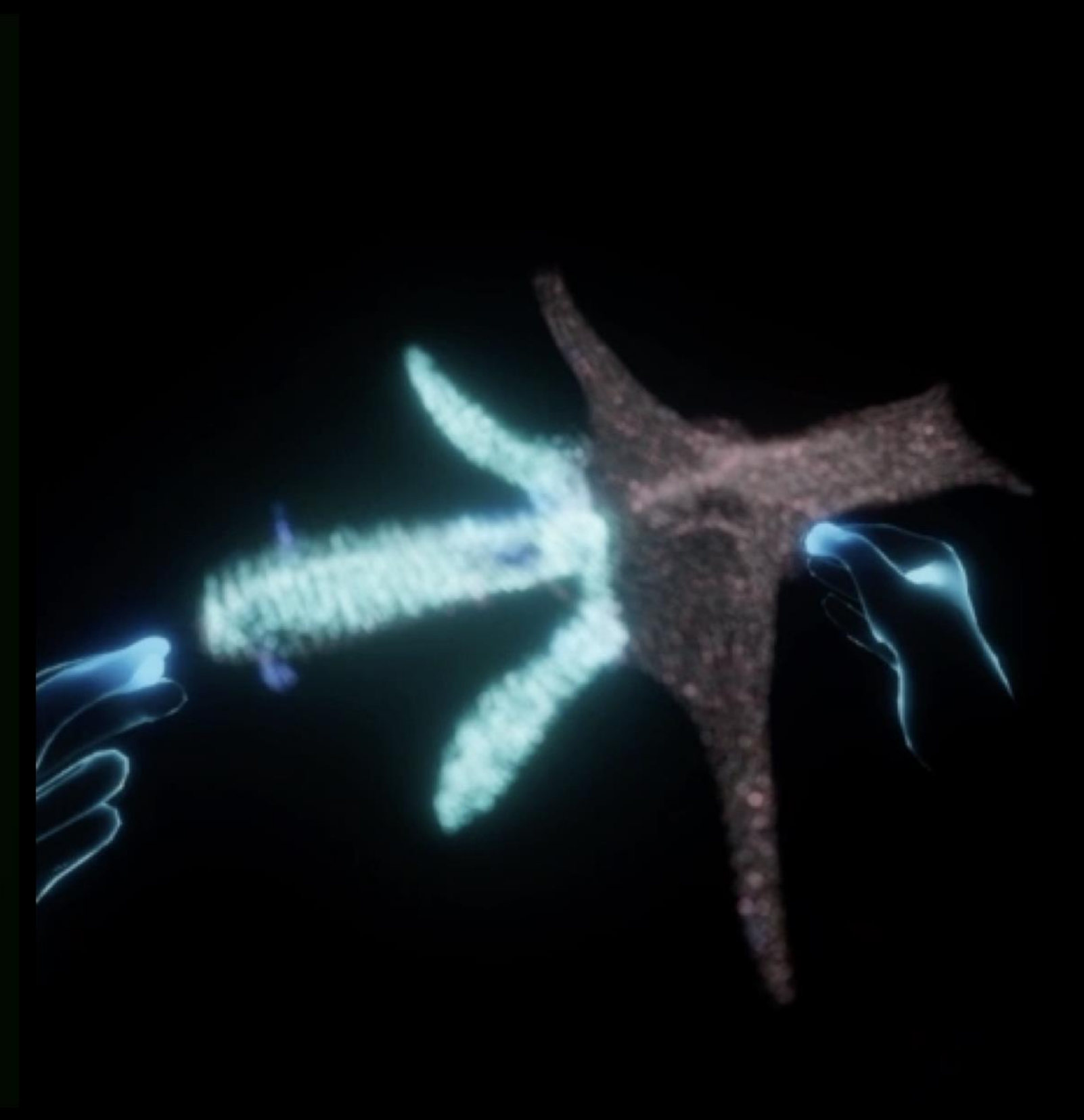# VIRTUAL DREAM RELIVING

EXPLORING GENERATIVE AI IN IMMERSIVE ENVIRONMENT FOR DREAM RE-EXPERIENCING

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Research Methods

This project introduces the innovative concept of "dreamwork engineering" and presents a Generative-AI powered system that facilitates dream re-experiencing within a Virtual Reality environment.

Over a two-week period, I conducted an autoethnographic study, recording and documenting my own dreams using a voice recording app each morning. From four memorable nights of dreaming, ten distinct dream images (N = 10) were obtained. At the close of each day, I utilized the VR system to re-live these dream experiences, recording both my behaviors and the on-screen VR interactions. During the VR session, I start to retell my own dream in the present tense, first-person perspective. Whenever it comes to a concrete dream object, I put my palms up together, and a tiny ear grows in my palm. I then whisper the dream object into the tiny ear. After 25 - 30 seconds, the AI generated dream object appears in the air. I can then manipulate the scale and position of the dream object using my hand.

Our findings suggest the potential of a technology-aided dreamwork framework, where spatiality, movement, interactivity, and abstract anchors could enhance traditional dreamwork methods. We propose a collaborative role for generative AI in facilitating insights through dream re-experiencing.