

Déjà vu

The purpose is to find out the main reason why we experience Déjà vu. What causes Déjà vu? Does déjà vu provide the theory of parallel universes or reincarnation? Do we have to be frightened from it? It may seem impossible but many scientists approve what I said. Albert Einstein is one of them and he has said: "Energy can never disappear". St Augustine (a philosopher) who had said: "Our souls are deathless". That quote is said to date since 354 or 420. Michio Kaku believes on multiverse theory (universe is regarded as a part or instance.) Steve Weinberg believes the same. To answer to my question "what déjà vu is", I have state some questions to investigate into. I've done researches and according to that information I have interviewed many persons to see whether they are true or not.

The results as are: -Almost 9 among 10 persons experience déjà vu

-They experience déjà vu more than once in many months

-Having a dominant eye doesn't effect déjà vu

-Being sleepy doesn't causes déjà vu

-Being not focused may cause déjà vu

-Déjà vu is more likely to occur on youngs

-Epilepsy doesn't cause déjà vu

-Being stressed doesn't cause déjà vu

-Déjà vu happens also in blind persons

These conclusions mean that the main important topics to study déjà vu occurrence are: divided attention, the experience may have happened, you're young and the most difficult and abstract part you lived a past life.



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TO GIVE ANSWER TO MY QUESTION I HAVE LISTED MANY TOPICS TO SEARCH FOR:

- 1-What is it?
- 2-The earliest examples of déjà vu.
- 3-How do scientists explain it?
- 4-10 things to know about Déjà vu.
- 5-? Why do we feel it?
- 6-A way to explain we may have not actually experience déjà vu.
- 7-What is your brain trying to tell you when you experience Déjà vu?
- 8-How do scientists investigate it?
- 9-Do we have to be frightened from Déjà vu?
- 10- Things to know about Déjà vu.
- 11-Déjà vu in blind people.
- 12-Déjà vu in Albania.
- 13-A survey about Déjà vu on Albanian students.



WHAT IS DÉJÀ VU?(WIKIPEDIA)

Is the feeling that one has lived through the present situation before. It is literally translated already seen. Two types of Déjà vu are recognised: the pathological type usually associated with epilepsy and non-pathological type characteristic of healthy people. People who travel more or watch more movies are more likely to experience Déjà vu. People also tend to experience Déjà vu in sensitive situations or under high pressure and research shows that the experience of that phenomena also decreases with age.

THE EARLIEST EXAMPLES(Dr. Art Funkhouser)

There does not appear to much interest in the phenomenon until the early part of 1800s. But of course there are different persons who say to have experienced it earlier. Ovid (a Roman poet) has recorded a speech by St Augustine (a philosopher) who had said: "Our souls are deathless". That quote is said to date since 354 or 420.

After St Augustine almost 1500 years passed before someone wrote about Déjà vu experiences. He was Sir Walter Scott who wrote about a person who was revisiting the ruins in Scotland of the castle ground from which he had been kidnapped as a young boy and he remembered being there once again after it was ruined.

Although only published in 1840, it seems that the English romantic poet Shelley also wrote about a déjà vu experience. Was his wife Mary Shelley who published his collection with the title Speculations on Metaphysics in 1840. It seems that Shelley was the earliest to see a connection between déjà vu and his own prediction dreams.

In 1858 Oliver Wendell Holmes a Bostonian and Harvard Professor of Anatomy had written in a newspaper: "All at once a conviction flashes through us that we have been in the same precise circumstances as at the present instant, once or many times before."

HOW DO DIFFERENT SCIENTISTS EXPLAIN IT?(JR THORPE)

Scientists are finally starting to unravel(solve)the mystery of déjà vu.A research team developed a way to trigger the sensation of déjà vu in the lab.They monitored the brain activity of volunteers while they had this experience.**Memory regions stayed quiet suggesting déjà vu isn't created by false memories.** Instead areas of the brain involved in decision making and conflict resolution lit up.It could mean that these areas are checking through our memories and alerting us when they detect an error.**So déjà vu might be a sign that your brain's memory checking system is working well.**

10 Fascinating theories to explain déjà vu :(Jaydon Colin and Michael Nolan)

- a mix-up of senses and memory

- dual processing

- parallel Universe theory

- familiarity-based recognition

- the hologram theory

- precognitive dreams

- divided attention

- amygdala(is a small region of our brain involved in our brain experience of emotion)

- reincarnation(we lived as someone else in a previous life before we were born into this life)

- a glitch reality(describes déjà vu as a momentary breakdown in our reality.Einstein suggested that there's no such thing as time .time is a human creation to establish order and structure).

WHY DO WE EXPERIENCE DÉJÀ VU?(Amanda Chatel)

1-Things have become out of sync in your brain

According to Dr.Gordano although those two aforementioned pathways usually work in a harmonious way ,sometimes they become out of sync.This happens when a situation triggers a strong response of the fast pathway and shows pathway ,than catches up fractions of a second later.

2-There's a neurological mismatch.

3-A glitch in throwing things for a loop

Because it often happens suddenly it,s incredibly hard to study in a clinical setting

4-If you have been diagnosed with epilepsy

5-you're young

Almost 60-70% of people report having déjà vu ,but it's likely to occur more commonly in younger people.

6-You have lived a past life

Although the chances are slim that you'll find a neurologist who agrees with this assessment ,it is possible

7-Your brain is working

6 THINGS YOUR BRAIN IS TRYING TO TELL YOU WHEN YOU EXPERIENCE DÉJÀ VU :(BRANDI NEAL-A NEWS WRITER AT BUSTLE COVERING MENTAL HEALTH)

a-You're not paying attention

b-The experience actually happened it

c-you have a dominant eye

d- you need more sleep

e-the way that brain tells you it's working well

f-you're on the right path in life

AN EXAMPLE (by Julia C.Teale and Akira R.O'Connor)

You watch a video of a monkey on a goat while you're moving. Later on you see a person on a horse and it seems familiar. You think it was déjà vu but in fact it was just a familiarity situation. You think it was déjà vu but in fact it was just a familiarity situation.

HOW DO SCIENTISTS INVESTIGATE DÉJÀ VU ? (Julia C. Teale and Akira R. O'Connor)

It's studied in two main categories

1-Experimental studies

One of the weirdest ways this has been done by squirting warm water into people's ears. It is really hard to do it. Experimental studies into the results. The problem is that scientists are not sure if patients tell them the truth.

2-Observational studies researchers measure features of déjà vu experience and look for patterns and links. Observational studies tell us that young people have more déjà vu. It has 10 years that has been applied.



THINGS TO KNOW ABOUT DÉJÀ VU:

- On average, people who report experiencing déjà vu experience it about once per year.
- Déjà vu most often occurs during periods of stress or extreme fatigue (exhaustion)
- Déjà vu is probably experienced equally by both men and women
- The occurrence of déjà vu decreases with age.
- People who are more educated and have a higher socioeconomic status are more likely to experience déjà vu.
- Déjà vu can be produced by electrical stimulation of the cortex and deeper brain structures.

- People who travel frequently experience déjà vu more frequently than those who don't.
 - Some people who experience déjà vu experience déjà vu say the experience resembles a prior dream.
 - Opposite of déjà vu is jamais vu.
 - Various models have been proposed to explain déjà vu .
- The most common is split-perception(divided attention)

TWO ENGLISH RESEARCHERS DESCRIBE WHAT THEY SAY IS THE FIRST REPORT OF DÉJÀ VU IN A BLIND PERSON.

Akira O'Connor and Christopher Moulin, PhD, present the case in [Brain](#) and Cognition.

Both work at England's University of Leeds. O'Connor is a [psychology](#) graduate student -- Moulin a lecturer in cognitive neuropsychology.

"Given that current theory now favors a memory explanation for déjà vu, that we report déjà vu in a blind individual is, in itself, not a cause for surprise," they write.

"What is surprising is that it has not been reported before, and that the application of this knowledge has not previously been used to further our understanding of déjà vu," they say.

The healthy 25-year-old man in their study has been totally blind from birth, yet says he's had multiple "déjà" experiences since childhood, according to the researchers.

DÉJÀ VU IN ALBANIA

Dr.Bujar Berisha says that almost 9 among 10 persons experience Déjà vu in Albania.As most of scientists he can't explain déjà vu but according to him the main reason is just familiarity.

Question	A	B	C	D
2	1	3	12	11

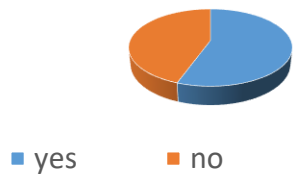
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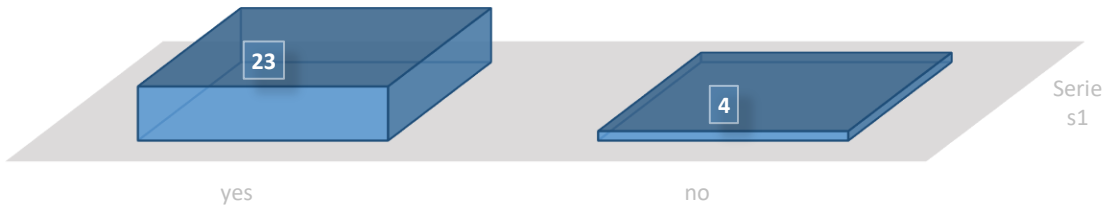
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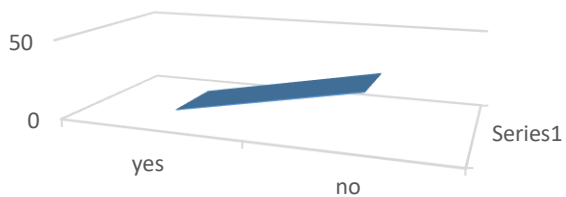
Do you have a dominant eye?



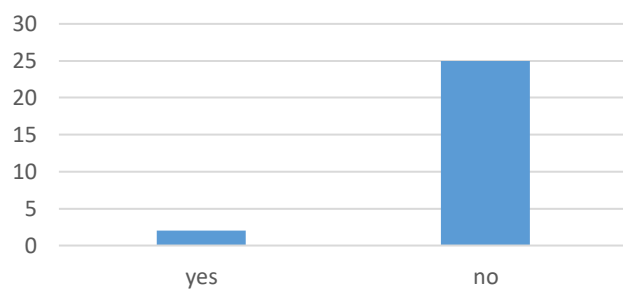
Have you ever experienced Deja vu?



Do you experience deja vu when your attention isn't focused

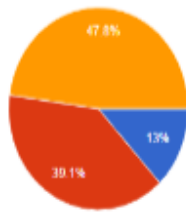


Do you suffer from epilepsy or any kind of neurological problem



6-When have you experienced more Déjà vu?

23 responses



8-Do you experience more Déjà vu when you are stressed?

23 responses

● 5-10 years old
● 10-16 years old
● now



● Yes
● No

1- Have you ever experienced Déjà vu ?

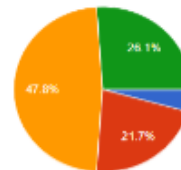
23 responses



● No
● Yes

2- How often do you experience Déjà vu?

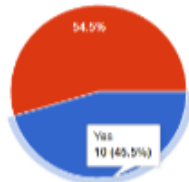
23 responses



● often
● once in a year
● once in months
● never

3-Do you have a dominant eye?

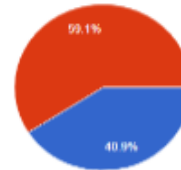
23 responses



● Yes
● No

4-Do you experience déjà vu when you're sleepy?

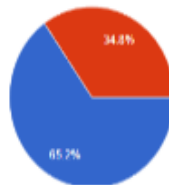
22 responses



● Yes
● No

5-Do you experience déjà vu when your attention isn't focused on only something?

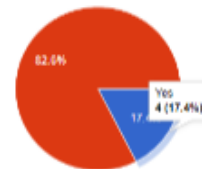
23 responses



● Yes
● No

7-Do you suffer from epilepsy or any kind of neurological problem?

23 responses



● Yes
● No