

Déjà vu(still a mystery)



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Contents



ABSTRACT.....



INTRODUCTION.....



MATERIALS & METHODS.....



RESULTS.....



DISCUSSION.....



ACKNOWLEDGE.....



REFERENCES/BIBLIOGRAPHY.....

ABSTRACT

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Déjà vu

PURPOSE: 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.

PROCEDURE USED:

1. First I imagined my project reason and what I will work out .
2. I stated some question :What Deja vi is? Who first thought about it? How do scientists explain it?
3. I found useful information from secure webs and books.
4. I wrote them down in my research notebook,
5. I summarised those informations.
6. I made them more understandable for others.
7. See for conclusions.
8. I stated them in a poster including the main information and many pictures.

Data/Observation/Result:

After a big job and many researches I found that _ : -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

Conclusion: **These results** provide evidence 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.

INTRODUCTION

WHAT IS DÉJÀ VU?

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

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 Shelly 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 Shelly 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."

MATERIALS AND METHODS

-HOW DO DIFFERENT SCIENTISTS EXPLAIN IT?

Scientists are finally starting to unravel(solve)the mistery of feja vu. 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:

- a mix-up of senses and memory
- dual processing
- parallel Universe theory
- familiarity-based recognition
- the hologram theory
- precognitive dreams
- devided attention
- amygdala**(is a small region of our brain involved in our brain experience of emotion
- renicarnation**(we lived as someone else in a previous life before we were born into this life)
- a gitch 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 orded and structure).



6 THINS YOUR BRAIN IS TRYING TO TELL YOU WHEN YOU EXPERIENCE DÉJÀ VU

- a-You're not paying attention
- b-The experience actually happened it
- c-you have a dominat 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

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.

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 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.

DÉJÀ VU IN ALBANIA

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

A SURVEY ABOUT DÉJÀ VU:

The questions:

Have you ever experienced Déjà vu ?

_____yes _____no

How often do you experience Déjà vu?

A once in years **B once in a year**

C once in months **D** more

Do you have a dominant eye?

_____yes _____no

Do you experience déjà vu when you're sleepy>?

_____yes _____no

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

_____yes _____no

When have you experienced more Déjà vu?

_____5-10years old _____10-14 years old _____now

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

___yes ___no

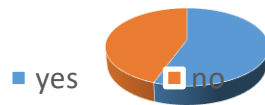
Do you experience more Déjà vu when you are stressed?

_____ yes _____ no

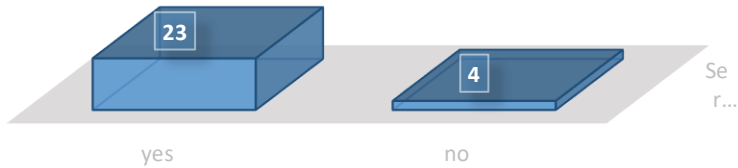
Number off questioned persons is 27.



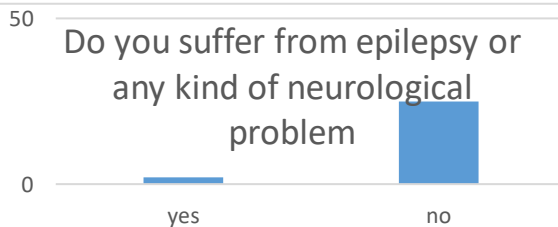
Do you have a dominant eye?



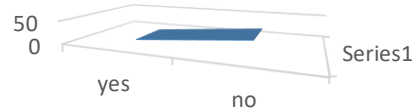
Have you ever experienced Deja vu?



Do you suffer from epilepsy or any kind of neurological problem



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



Question	A	B	C	D
2	1	3	12	11
6			4	11

Question	Yes	No
1	23	4
3	15	12
4	8	19
5	14	13
7	2	25
8	9	18

RESULTS: The results of my research and my pioneering provide evidence that not all the informations or results in the internet have the same results. Based on my experiment and the more repeated informations the results are those -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

DISCUSSION: There is so much information to explain the main reason of experiencing déjà vu. The hypothesis of many scientist ,researchers and psychologists in cases have a point between each-other but not always .It has always remain a mystery the reason of déjà vu. According to my research it seems that it will still remain a mystery but fortunately it will be easier to keep on searching because of my results.

CONCLUSION: *These results mean that the main important topics for generates coming 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.*

Biobliography:

WIKIPEDIA ,Bustle magazine, youtube

JR Thorpe

Jaydon Colin and Michael Nolan

Dr.Art Funkhouser, Amanda Chatel, Brandi Neal, Julia C.Teale ,Akira O'Connor

Christopher Moulin

Dr.Bujar Berisha