

Death dream saved my life, claims Scots film maker

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An acclaimed Scottish film-maker has credited her new documentary with saving her life, after she received a premonition about her own death in a dream.

Amy Hardie's film *The Edge Of Dreaming* is set to receive its UK première this Thursday at the Edinburgh International Film Festival. Already, the buzz around the film has increased its number of screenings.

Speaking to the Sunday Herald, Hardie said had she not made the film, about her personal adventure exploring the power of dreams, she would have died by her 49th birthday last December.

A veteran of science documentaries with a degree in logic, Hardie was inspired to look into the area of dreams after having a dream about her horse, George, dying. It was so vivid it woke her up and forced her to go outside to investigate. She found George dead in the field.

A few nights later she had a second dream. In it her late husband Arthur spoke to her and told her she would die when she was 48. Again she awoke. She was 47 at the time.

This was the inspiration for her documentary about dreaming. "I thought, let's look at it scientifically. So I was quite cheerful until I got ill. That's when I stopped finding it fun," she says.

Six months after her 48th birthday Hardie's lungs started to deteriorate and she started taking the dream about her death seriously. "This was my death warrant," she said.

Dr Mark Solms, a neurosurgeon, psychoanalyst and world leader in the scientific study of dreams, said that when we dream our brain senses parts of our body that are not working properly.

Hardie's dream, far from being a premonition, was just reporting something that was already happening in her body. But with the doctors baffled, and her 48th year drawing to a close, Hardie decided to take action. "I was scared," she said. "I really wanted to live."

Without giving too much of the film's conclusion away, she managed to find someone who helped her "change the dream". Her lungs are back up to 94% capacity.

"The film made me better," she said. "The journey saved my life."

The Edge Of Dreaming won awards in festivals in Amsterdam and Kiev, and was critically acclaimed in the US.



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