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Foreword

Dreams are easily molded by elements in your life and spirit, and these influences produce "categories" that are nearly infinite. We do widely categorize them in terms like "prophetic, regular, physical and nightmare" (to name simply a few). A lot of things may be gained from dreams, better wellness (mental and physical), amusement and even financial gain! Get all the info you need here.



Dream Interpretation

Deciphering Your Dreams

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Chapter 1:

Dream Basics

Synopsis

Dreams are a communicating of body, brain and spirit in a symbolic communicato r y environmental state of being. That's it! Now that you're soundly confused let me explain in better terms. Our brains are in ceaseless activity.



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The Basics

Assorted states of awareness (like awake, sleeping, alert, sleepy, charged up, bored, focusing or daydreaming) cause different brain wave activeness. Our conscious brain, or the piece we think with, merely takes up a really little part of our brain activity. Additional areas command matters like breathing, pulse, converting light to vision, sound to auditory sense, balance when we walk, and so forth.

This as well has its own percentage. A different area controls imagination. This realm is widely an unexplored frontier. Imagination is more than dreaming of a new automobile or picturing somebody naked! If you look at clouds and see forms or wood grain and see figures, this is the "order from chaos" a piece of your imagination.

The brain can't deal with chaos really well, as a matter of fact it will resist it and occasionally manufacture order. (Really crucial to the dreaming operation.) This as well occupies a little percentage of brain activity. Then there's memory. Memory is huge!

And then there's the action called dreaming. I think that to a particular extent, we dream all the time. Even while not sleeping!

However, the procedure is functioning in our subconscious brain, behind the conscious. If defined accurately, they may not be named as dreams technically; however, the activity is really nearly related. During particular cycles of brain activity while sleeping, we may

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"view" these dreams with our conscious brain and place them in our memory.

Although what are dreams? Well, with all of this in mind (peculiarly the order from chaos part) attempt to imagine this. Your brain and spirit, while resting "reviews" and analyzes in its own way long term, short term and spirit memory.

It knock s abo u t emotions, thoughts, notions, actions and fundamental interactions of th e short term memory. It has in its backdrop the trends of your life and doctrine to influence it. Your brain is likewise processing spiritual data, your beliefs, whether or not you breached them, your data gained by psychic intuition and naturally, any communication from God.

ALL that data, likewise as your subconscious mind "reading between the lines" of what individuals do and tell you, is then processed unsupervised by you! All this information is a sort of chaos, and your brain puts it all together in a sort of visual "movie".

It's really not that simple! Dreams are easily molded by elements in your life and spirit, and these influences produce "categories" that are nearly infinite. We do widely categorize them in terms like "prophetic, regular, physical and nightmare" (to name simply a few).

A lot of things may be gained from dreams, better wellness (mental and physical), amusement and even financial gain!

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Now that you know a few of the basics about dreaming and what dreams are you ought to have a better grasp as we look at how understand and use your dreams..



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Chapter 2:

What Sigmund Freud Said About Dreams

Synopsis

Dreams, in Sigmund Freud's view, are all configurations of "wish fulfillment" — endeavors by the unconscious mind to settle a conflict of some kind, whether something recent or something from the corners of the past. Because the data in the unconscious mind is in an ungovernable and frequently disturbing form, a "censor" in the preconscious won't allow it to pass unchanged into the conscious.



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Freud

During dreaming, the preconscious is looser in this duty than in waking hours, however is still heedful: as such, the unconscious mind has to distort and warp the meaning of its data to make it by the censorship. As such, pictures in dreams are frequently not what they seem to be, according to Freud, and need deeper interpreting if they're to tell us about the unconscious thoughts.

Freud used to speak about dreams as "The Royal Road to the Unconscious". He suggested the 'phenomenon of condensation'; the thought that one simple symbol or picture demonstrated in an individual's dream might have multiple significances. For this very reason, he attempted to center on details during psychoanalysis and asked his patients about matters they may even believe trivial.

As he was centering on the biologic drives of the person, he said that if we notice a hollow object in our dreams, like a box or a cave, this is a symbolization of a womb, while an extended object is a symbol for penis. Ascribable to these statements, Freud got much criticism from those who thought him a "sexist" or "misanthrope", as he was said to have overstressed the role of instinct, as if he believed individuals were "wild beasts".

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Chapter 3:

What Jung Said About Dreams

Synopsis

Like his mentor Freud, Carl Jung likewise believed in the existence of the unconscious mind. All the same, he didn't see the unconscious mind as animalistic, instinctual, or sexual; he sees it as more spiritual. Finally, Jung split with Freud due to their disagreeing views on dreams.



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Jung

According to Jung, dreams are a way of communication and familiarizing yourself with the unconscious mind. Dreams are not attempts to hide your true feelings from the waking brain, but instead they're a window to your unconscious mind. They serve to guide the waking self to accomplish wholeness and offer a resolution to an issue you're confronting in your waking life.

Jung sees the ego as your sense of self and how you present yourself to the world . Part of Jung's hypothesis is that all things might be deemed as paired opposites: great/wicked, male/female, or love/hate. So working in opposition to the ego, is the "counter ego" or what he cites as the shadow . The shadow constitutes the rejected facets of yourself that you don't want to recognize. The shadow is cruder, fairly uncultured, and a bit clumsy.

As dreams are a way of communication with the unconscious mind, Jung thought that dream pictures bring out something about yourself, your relationships with other people, and states of affairs in your waking life.

Dreams lead your personal growth and help in accomplishing your true potential. Jung likewise believes th a t the dream's manifest material is even as important and revealing as the latent material. By merely talking about what is presently going on in your life, it may help you interpret and unlock the inscrutable images of your dreams.

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Jung's technique of dream interpretation is placed more confidently on the dreamer. He thought that you all have the essential tools to interpret your own dreams. There's no one right way to interpret a dream. The meaning of your dreams is a personal judgment and is up to you on how to translate them. Whatever version feels correct to you is most important and more crucial than what somebody else believes or trusts.



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Chapter 4:

Do Dreams Have A Biological Function

Synopsis

The human mind is a mystical little ball of gray matter. After all these years, investigators are yet baffled by a lot of aspects of how and how come it works like it does.

Scientists have been doing sleep and dream studies for years now, and we yet aren't 100 percent certain about the function of sleep, or precisely how and why we dream. We do understand that our dream cycle is commonly most abundant and best remembered during the REM stage of sleep.

It's likewise pretty generally accepted amidst the scientific community that we all dream, although the frequency in which dreams are remembered changes from individual to individual.

Biological?

The question of whether dreams really bear a physiological, biologic or psychological function has yet to be resolved. However, that hasn't stopped scientists from exploring and speculating.

There are a lot of theories as to how come we dream. One is that dreams work hand in hand with slumber to help the mind sort through everything it accumulates during the awake hours. Your mind is met with 100s of 1000s, if not 1000000s of inputs every day.

A few are small sensory details like the color of a passing automobile, while others are far more detailed, like the huge presentation you're putting together for your business.

During rest, the mind works to handle all of this data to choose what to hang on to and what to blank out. A few investigators feel like dreams play a role in that procedure.

It's not merely a stab in the dark though -- there's some research to support the thoughts that dreams are tied to how we build memories. Studies show that as we're learning new matters in our waking hours, dreams increase while we sleep.

Participants in dream studies who were in a language course demonstrated more dream activity than those who weren't. In light

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of these studies, the notion that we utilize our dreams to sort through and convert immediate memory into long-term memories has gained some momentum as of late.

A different hypothesis is that dreams commonly reflect our emotions. During the day, our minds are working hard to make associations to accomplish particular functions. If presented with a tough mathematics problem, your mind is incredibly centered on that one thing.

And the mind doesn't only handle mental functions. If you're building a bench, your mind is centered on making the correct associations to allow your hands to work together with a saw and some wood to make a precise cut. The same goes for easy jobs like striking a nail with a hammer. Have you ever lost focus and banged up your finger because your mind was elsewhere?

A few have suggested that at night everything decelerates. We aren't required to center on anything during sleep, so our minds make very informal connections.

It's during sleep that the emotions of the day fight it out in our dream cycle. If something is pressing heavily on your mind in the daytime, chances are you may dream about it either specifically, or by obvious mental imagery.

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For example, if you're worried about losing your job to downsizing, you might dream you're a shrunken individual living in a world of titans, or you're wandering without aim through a great abyss.

There's likewise a hypothesis, definitely the least intriguing of the bunch, that dreams don't truly serve any function in the least, that they're simply a pointless byproduct of the mind firing while we sleep.

We know that the back portion of our mind gets pretty active during REM sleep, if most dreaming happens. A few believe that it's simply the mind winding down for the night and that dreams are random and non-meaningful firings of the mind that we don't have if we're awake. The fact is, as long as the mind stays such a mystery, we likely won't be able to nail with downright certainty precisely why we dream.



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Chapter 5:

Types Of Dreams

Synopsis

Are our dreams -- those wild, marvelous and decidedly uncensored jumbles of pictures that bombard us in our sleep -- simply a repeat of our day's events, or are they a lot more?

And may you open your mind to the theory that your dreams may in reality come bearing gifts -- valuable gifts that may help you gain guidance, resolve issues and work out your magic recipe for meeting the person of your dreams or getting the raise you've been looking for?



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Some Types

I think the answer to that is a definitive yes. Dreams can be healing, releasing, predictive, cleansing, therapeutic, inspiring, reconstructing and processing.

In order to make sense of these many-sided, multi-purposed, multi-layered and multi-platinum gifts that you wake up with, it's helpful to understand how to categorize them.

As a matter of fact, there are telling signs inside every dream to help you distinguish whether it's helping you work on information, release negativism, embrace your shadow side, push through limitations, anticipate the future, get inspiration from your higher self, or produce a life you want.

Here are the most common sorts of dreams, what they mean, and how understanding may work to your benefit.

Processing Dreams

These dreams may feel rather annoying in that they're a hashing over of the events of your day -- put differently, "sleep-working." Processing dreams are a way for our subconscious mind to go through the bazillion messages we're exposed to all day. In these dreams you're tying down unfinished business from the office or practicing ways to settle a conversation that went wrong.

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As boring as these dreams might feel they may give you an enormous benefit, like a dry run before a play. You may likewise think of these dreams as your own personal after-hours helper whose job is to clean up the messy office of your brain. Nightly while you're sleeping this helper cleans up the clutter, files crucial papers, throws out irrelevant scraps, and helps discover resolutions and ideas for questions that were presented throughout the day. Is it any wonder that when you're unsure about a choice you say, "Let me sleep on it."

Venting Dreams

These are your nightmares where you're being pursued, falling down, bombing a test or showing up naked to an employment interview. Venting dreams may be terrifying. However before you delete these uninvited dreams off your list, consider that they may either help you get prepared for a crucial opportunity or help you discharge notions that are blocking your creative thinking and passion.

Consolidation Dreams

You dream that you or somebody else is behaving in an extreme way that you either greatly look up to or earnestly judge. What this dream is attempting to teach you is that this persona or action is a critical aspect of you, and in adopting it you become more whole. Put differently, the behavior you're judging might be a part of yourself you're frightened to embrace -- or in secret dislike.

Breakdown/Breakthrough Dreams

Dreams of calamity, death, fires, tornadoes, floods, quakes! These dreams are suggestive of eminent change on the horizon. If you're a creature of habit who clutches routine then these dreams could be helping you to relax and escape business as usual, so you may be organized for what's next. The trick is to adopt change, as it's an inevitable part of life.

Repeating Dreams

Your repeating dreams are like an intelligence agent on a mission. Their mission: to hand over a message to your conscious brain that will enhance your wellbeing and happiness, ought you decide to accept it. Till the mission is achieved, the repetitive dream will try over and over till the message is welcomed and decoded successfully. Pay attention to the hints!

Clairvoyant Dreams

These are dreams where you check out the crystal ball and really see the future. You may never quite be certain that yours is a clairvoyant dream till an aspect of it happens in "real" life. However, here's a hint that your dream might be prophetic: You dream of individuals, places and conditions that are future extensions of what is presently happening in your life.

Wish-Fulfillment Dreams

A wish-fulfillment dream, like a genie, aligns you with the resonance of your desires. Just as individuals who are affluent attract more

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wealth to them and happy individuals draw in more of what makes them happy, once you move in the direction of your dreams by acting as though they've already happened, you add speed to the procedure of manifestation. Wish-fulfillment dreams may include dreams about an approaching vacation, an ideal scene at work, or the solving of a struggle that you've had with a sibling. Because your subconscious can't distinguish between actual events and that which is vividly imagined, your wish-fulfillment dreams really create an energetic map that may lead you from where you are to where you'd wish to be.



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Chapter 6:

Using Dream Journaling

Synopsis

A dream journal may be a memory-jogger and an unbelievable source of insight into your interior world. Maintaining a dream journal calls for some self-control however once you're in the habit of maintaining one, it's likely to be a long-term generator of reassurance and intrigue.



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Journaling

A dream journal is ideal for you if you wish to determine repeated patterns in dreams, recollect crucial aspects requiring interpreting, and to better your dream recollection generally. In the end, it ought to be a fun exercise and one that helps you to make sense of your subconscious mind. Here is how to maintain a dream journal.

Find a proper journal. Of course, there are a few pre-made dream journals out there but they're not necessary and in a lot of ways, it's a lot more fun and originaive to create your own. The types of things that are helpful to keep in mind when picking out an appropriate journal include:

Are you planning on making this an annual journal, or a lighter or longer journal?

If you would like to be able to sort pages into subjects, then it may be helpful to utilize a loose-leaf notebook that lets you change the pages easily.

Make certain that the journal has space for putting in scraps of paper, and so forth.

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If you would like to write in different colors for particular themes or recurrent interpretations, bear this in mind when buying the markers.

Get something that allows you to keep all the things required sitting neatly and ready for use at any time.

Think about a travel cover or protective case for your journal if you travel a lot and wish to take your dream journal with you.

A dream journal is best used upon waking up, so the greatest place to keep it is next to your bedside. The trouble with rummaging for something to write on is that you'll likely forget your dream by then, so make this piece of keeping a dream journal as simple as possible!

A different great idea is to keep a reading light by your bedside. If you awaken in the middle of the night and want to write down a dream, having the light easily accessible will help you to accomplish this before forgetting the dream.

Write the date for the following entry in after every entry is finished. That way, you don't have to spend time thinking about today's date when you first wake and may just get down to writing the dream.

Whenever you do write in the date the night before, you may likewise like to put down how you're feeling. The feelings that

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you have might have a crucial influence on the dream s you experience during the night, so maintaining a quick note of these may be a really helpful form of guidance.

There's no right or wrong way to ready the dream journal or to record in it however you may help yourself by making the things a little simpler to spot.

Column technique: If you draw a column down the page, this helps you to write down the dream on one side of the page, and then to compose the potential interpretations down on the other side of the page.

Compose then follow up: If you don't like ramming things into columns, merely follow a procedure of writing down the dream first, then following through with the interpretation below the dream write-up.

Use your common technique for falling asleep and dreaming. You may find it helps to remind yourself that you anticipate to be writing out your dreams in the morning, so that you have a focus in your subconscious mind on the significance of remembering your dreams.

It's a great idea to utilize a beeping or ringing alarm instead of a radio or music alarm. The talking or singing could distract you from remembering the particulars of your dream. If you're fine

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with waking up without an alarm, that's even better and much more peaceful.

Upon waking, start recording your dreams. If you can, wait on visiting the bathroom till the dreams are recorded as any interruption between waking and recording may lose the dream, or its chief points. With more experience and practice, you might find this isn't such an issue and recall gets simpler but for the beginner, the less distractions, the better.

Think of a few adjectives to describe the most vivid and weighing images and feelings that the dream produces in you. For instance, if you dreamed about a home on fire, you could write: "terrifying, energizing, and red hot burning home", with your feelings being "frightened, panicking, curious".

A few dream journal authors like to add pictures drawn by themselves or to utilize different colors to convey different emotions, colors, or topics in a dream.

At first, it may be hard to remember enough of a dream to write more than a couple of lines. Persist because with practice, it gets simpler to remember more and more factors of the dream till it becomes a habit.

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Chapter 7:

Interpreting Nightmares

Synopsis

Our unconscious mind, which is the source of dreams, is a fantastic inner ally that's attempting to bring us hidden information. Here's a list of some of the most common nightmares, or dreams with negative significances.



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Nightmares

1. Getting an illness or being in a health emergency

This nightmare may reflect a fear of a strange thing abruptly having a damaging impact on the dreamer's life. It may likewise reflect a fundamental fear of sickness or of catching a serious disease. It may likewise convey a fear of not getting able to enjoy life or that there's something awry ("ill" or "rotten") in one's life.

A nightmare of an illness may likewise be a way of telling the dreamer that he or she really has an illness, even if consciously unwitting of it.

2. Getting attacked or hurt

This sort of nightmare might fear of other people, a fear of not fitting in, a literal dread of violence, or a fear of getting figuratively "assaulted" or criticized by other people. It's crucial to take into account the true scenario and what's going on in the dreamer's life for significances.

3. Automobile trouble

This nightmare may reflect a notion of not being able to move ahead in life or even of one's life getting out of control. Our automobile is oftentimes how we not only travel, but "get to places" in life.

4. Being Drown

This nightmare may signify you feel deluged or put out a lot of work with no success or return. It may likewise merely represent a fear of water. It's crucial to pay attention to the total scenario as different

meanings or even nuances may come out. For instance, if the dreamer is drowning, it may imply one thing, but if the dreamer is drowning along with others or getting submerged by somebody, there may be altogether different meanings.

5. Falling down

If there's no negative feeling attached to a “falling dream”, then the dream might be going on in what’s called the “hypnagogic state.” This is the state of awareness between waking and sleeping.

We abruptly might feel that we’re falling down, jerk awake, and then recognize that we had indeed been asleep. Nightmares of falling may reflect a fear of heights, a fear of not getting in control, a feeling of having nothing solid to hold onto in life, or even a fear of demise.

6. Loosing Teeth

This nightmare commonly implies you feel out of control, weak, or inadequate. It may likewise reflect social embarrassment, fear of unattractiveness, or fear of getting disclosed as inadequate.

It would be crucial to think about what the dreamer was undergoing in life for more particular meanings.

7. Getting lost

This nightmare might be worse for youngsters than for grownups, but both may have it.

For grownups, it may mean that the dreamer doesn't feel in command in life or doesn't understand what to do next or which direction to go.

It may reveal a figurative feeling of “not finding one’s way.” It may likewise possibly reflect a feeling of not paying attention to or abiding by directions.

8. Bombing a test

This nightmare is reasonably common, while the precise scenario may vary. It may show that one feels unprepared or hasn’t done something right in life. It may likewise refer to feeling that one has to prove oneself and either doesn’t understand how or feels inadequate. Depending on the dreamer’s life and work, one might experience different versions of this dream. It’s crucial to look at the precise scenarios for more accurate meanings.

9. Naked in public

This nightmare may frequently mean that the dreamer feels vulnerable or revealed in some way, as though he or she had no secrets, couldn’t measure up, or was inadequate. It may likewise mean feeling little or fighting a losing battle.

10. Getting chased

A lot of individuals report nightmares in which they’re getting pursued. This is frequently suggestive of feeling overpowered, stressed, that something getting avoided is overtaking them, or not getting everything done in their lives. In the interpretation of dreams, it’s crucial to think about the feelings the dreamer had.

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Chapter 8:

Interpreting Embarrassment Dreams

Synopsis

If you dream of embarrassment, it ought to definitely be taken at face value.



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Being Embarrassed

If you dream that an individual embarrasses you, it's likely your subconscious mind making you recognize that in real life that individual embarrasses you, even though you might not be cognizant of it. If you dream that a particular facet of yourself is embarrassing, it might be something that you have to deal with and change or work at moving past it. When you dream of becoming embarrassed in a particular circumstance, it might indicate that you are anxious about the possibility of looking goofy and being embarrassed when faced with that circumstance. Confronting your apprehension may be useful in overcoming it. Feelings in dreams are a great deal of the time real indicators of the same feeling occurring in real life. They are not constantly symbolic.

All the same, there are times when dreams of feelings might be symbolic of something else. Dreams of embarrassment might be an indication that you're sexually insecure or uncertain about your sexuality. It might likewise be that you are low on self-assurance and are plagued with concerns and hidden weaknesses. Dreams of embarrassment in those cases might be your subconscious mind bringing such feelings to the forefront of your brain so you will be able to deal with them.

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Chapter 9:

Interpreting Sex Dreams

Synopsis

Sex dreams may be fun, troubling, confusing and out-and-out weird—frequently all at the same time. However, what do they mean?



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Erotic Dreams

You'll require:

- * A dream journal
- * An open mind
- * Self-examination

Maintain a dream journal

Maintain a dream journal by jotting down your dreams as soon as you wake.

Describe the emotion

Note the dominating emotion you felt during the dream. Fury? Panic? Fear? Joy? Sorrow?

*Hint: do not feel bad if your nighttime emotions are preponderantly negative—that's absolutely normal.

Discount the partner

Discount your sex partner in the dream. Investigators state that whom you're having sex with isn't crucial—how you felt about it is. Put differently; do not feel weird around your nerdy colleague simply because you got it on in your dream.

Break down your feelings

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Consider how you felt during your dream and see if you are able to link that emotion to something happening in your life. For instance, erotic dreams are thought to happen most frequently if the dreamer needs a release from stress.

*Hint: a few psychologists think that sex dreams happen when an individual feels he is being brushed aside and/or fears being deserted.

Understand buried meanings

Understand the hidden meanings of basic sexual imagery. Breasts represent both nurturance and sexual arousal; ejaculation suggests a need to give up or a loss of control; and for straight individuals, homosexuality stands for self-love or an insecurity about your success with the opposite sex.

Hint: Expectant fathers frequently have dreams of gay encounters.

Seek patterns

Every few weeks, recap your dreams and look for patterns. If particular emotions and conditions arise over and over, it might help you make sense of them.

Last note:

Dreams about having sex with somebody highly inappropriate—like a family member—are relatively usual.

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Chapter 10:

What The Critics And Proponents Have To Say

Synopsis

Is dream interpretation real? Or is applying significance to a dream a worthless exercise?



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Is It Real

There are as many dissimilar notions about dreams and their purpose as there are individuals in the world. The Bible has references to angels coming to individuals in dreams. The Roman armed forces regularly employed dream prophets to suggest their military missions. Egyptians and infinite other cultures throughout history put gravid importance on the study of dreams and their meaning.

However because science has yet to demonstrate that dreams serve a purpose, our society in general has deemed them insignificant. So, what is the truth in dreams? Do they have significance or not? Are they filled up with spiritual meaning and messages from above or are they non-meaningful electrical impulses? Here is my idea about dreams and dream interpretation.

If you're interested in personal growth or if you wish to communicate with a higher source, dreams are a way to do so. How may I be certain? Experience. Experience with my own dreams as well as with what other people have taught me again and again that dreams carry personal meaning for the dreamer. Dreams may be interpreted to expose personal guidance from your unconscious mind.

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Dreams are like movies. Most individuals go to see a movie merely for the entertainment value. They want a break from life and they wish to see a great story. And if that's all you ever watch movies for, then there's nothing wrong with that. All the same, a few movies move us on a richer level than simply the entertainment value.

They supply us with keen insight and experiences we wouldn't differently gain. If you leave a theater and feel the need to discuss the movie further and mull over the story's symbolic meaning, then you're translating the deeper significance of the movie. You're analyzing the movie's hidden message, the moral to the story if you will. In the same way, you are able to view your dreams merely for their creative entertainment value with no added insight into your daily waking life or you can understand its significance.

I believe in Carl Jung's theory that life is full of symbols and communication from our higher selves, our God-self who directs us towards our goals in life and toward personal growth. I think that if you decided to utilize your dreams, they may supply you with a foundation of symbols to direct you.

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Wrapping Up

By interpreting your dreams and abiding by the guidance you get, you'll learn how to formulate your spirituality, reaching wisdom and perfection.



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