



Dreams

DREAMS

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Dreams

- Dreams are so compelling, and they often seem so strange - no doubt they must have a «aim»; that is, an «adaptive role» in the support of our bodily or psychological health. Dreams are a communication of body, mind and soul in a symbolic communicative environment state. Now that you are thoroughly confused let me explain. Our brains are in constant activity. Different conditions of feelings (like asleep, alert, excited, bored, concentrating or daydreaming) make different brain wake activity. «Our conscious mind, or the part we think with, our «window» into life, only takes up a very small part of our brain

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• Every person on Earth dreams every night, and we all pass nearly a third of our lives in sleep. It follows that there must be something very important going on while we sleep and dream, but in the industrialized world, we generally do not pay close attention to our dreams. Generally we ignore this third of ourselves.

Most people dreaming four or five times a night, but not all people remember their dreams. But the process works in our subconscious mind, out of view from our «window». Your mind is also can processing spiritual data, your beliefs, your information gained from psychic intuition and of course, any communication from God. All this data is a form of chaos, and your mind puts it all together in a form of a visual screenplay, a blend of sight, sounds, emotion and imagined dialogues.

• The end result is a dream

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If you watch a person sleep, you will soon notice that the sleeper's eyes at times move under the eyelids. These rapid eye movements are associated with dreaming. In adulthood, REM sleep may help us process emotional events. Some theorists believe that dreams have deeply hidden meanings. Others regard dreams as no more than ordinary thinking.

Freud believed that dreams express unconscious desires and conflicts as masked dream symbols. Dream symbols are images in dreams that serve as visible signs of hidden ideas, desires, impulses, emotions, relationships, and so forth.

Struggling to interpret information, the brain searches through stored memories and shows the dream. However, frontal areas of the cortex, which control higher mental abilities are mostly close down during REM sleep. This explains why dreams are more primitive and more fancy than daytime thoughts. According to Hobson and McCarley's theory, dreams are created from memories and past

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Dreams are easily influenced by factors in your life and spirit, and these influences create categories. We categorize them in terms like oracular, standard, physical, and nightmares, just to name a few. Our mind and spirit together with our brain, is actually the greatest computer. To understand its processing is to learn more about ourselves, God, our future and each other. Many things can be gained from dreams, better health, entertainment and even financial gain. In many ways, dreams can be thought of as a message from yourself to yourself. The way to understand dreams is to remember them, write them down, look for the messages they keep and start deeply understand your own symbol system.



The End.