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Can you Rely in Dictionary of Dreams

By Jennifer Ambrose

For centuries dreams have continued to intrigue man. Dreams were thought to be the gods' way of

communicating with mortals. At times, the ancients believed that dreams also foretell the future. The Greeks even had Hypnos, the god of sleep. Hypnos had sons, who were collectively known as the Oneiroi & were responsible for the dreams of the mortals. But man's fascination with dreams has transcended the ages & even now in this modern times, many people still seek explanations to their dreams.

Science define dreams as the subjective experience of mental images, sounds, voices, words, thoughts or sensations during sleep where the dreamer usually holds no control over the events taking place in the dream. The study of dreams is called Oneirology which obviously has a Greek mythological influence. Dreaming is associated with rapid eye movement (REM) sleep which is a light sleep that happens in the later part of the sleep cycle. It is characterized by rapid eye movements, stimulation of the pons, increased respiratory & heart rate & temporary paralysis of the body.

Many scientists believe that dreams happen to all human beings with equal frequency per amount of sleep. If individuals feel that they did not dream or that they only had one dream in any given night, it is because their memory of the dream has faded. This "memory erasure" aspect of the dream state is mostly found when a person naturally awakes via a smooth transition from REM sleep through delta sleep to the awake state.

The interpretation of dreams is not definite & precise. It is mostly reliant on the person giving the interpretation & his prejudices. For example, a dream can be given a religious interpretation called Oneiromancy, the art of divination by interpreting dreams. But if a person adheres to psychoanalysis, then Freud may give an entirely different meaning to the same dream.

The very first dictionary of dreams dates back to the times of the ancient Greeks. Artemidorus of Daldis wrote the Oneirocritica or the "Interpretation of Dreams". Artemidorus & his followers believed that dreams can be understood best by giving an interpretation based on everyday life rather than using divine interpretation. Artemidorus was probably one of the first to see the connection between our everyday experiences & our dreams. Even up to this day many of Artemidorus' interpretations are

being used in contemporary books of dreams.

The dictionaries of dreams that have now become so popular are in fact not so different from Artemidorus' Oneirocritica. These dream dictionaries still give out a ready interpretation on just about every conceivable dream from the morbid to the mundane, the exotic to the erotic, the humorous to the terrifying. Dictionary of dreams have also gone beyond mere pages. They have also joined the internet bandwagon & there are more than enough dream interpretation sites to satiate every appetite & answer every question.

Dreams are constancy in our lives. For as long as we are alive we will continue to dream happy dreams, or get scared of nightmares, or smile at whimsical dreams, cry with nostalgic dreams. And for as long as we are alive, we will always have dreams that will puzzle us, dreams that we want to remember, dreams that we long to forget, dreams we wish we never had & dreams that we wish to dream of again. And at times when we want to know what our dreams meant, it can be quite

comforting to know that an interpretation is just on top of the bedside table, it can give a strange satisfaction to know that our peace of mind is only an arms length away.

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Jennifer Ambrose is the author of the ebook "Unlock the Mystery Of Your Dreams" which teaches you how to interpret your dreams and understand them. Download it at

<http://www.MysteryOfDreams.com>

Not A Day Without A Dictionary

By Hallidae Thomason

There are many small ways to make your days a little more full and to take every opportunity for learning. As a teacher, I am passionate about seeing people grasp what a privilege and a blessing that learning is. If you are blessed enough to live in a place that allows or better yet encourages you to further your education, then I believe that it is right and good of you to do that. There are many, many ways for you to take learning seriously, but one of the easiest and best ways is to grab a dictionary.

There are many things I love about a good dictionary. Being an English professor, the connection is obvious. I love words. I love the power of language for communication. I think it is quite amazing that two people that have never met can sit down and have a conversation and basically understand everything that is being said because they speak the same language. While it is very true that you can

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Speak a language and even learn new words without using a dictionary, think of all there is to learn by using a dictionary.

I gave myself a challenge a few years ago when it came time to make a New Year's resolution. Typically, my resolutions had consisted of plans to eat better and workout more, but that year I decided that I would buy a new dictionary and spend a few minutes each day reading it. Sound boring? If so, then you obviously haven't tried reading from a dictionary. It is actually one of the best decisions I have ever made. I looked forward to my few minutes in the dictionary so much that I began reading it both morning and night. Reading my dictionary daily was by far the easiest resolution to follow.

What I love about reading the dictionary is learning how much I do not know. All I have to do is flip open a page and I am confronted with how much more there is to learn, not just about my language, but about all of life. I read words that I have never heard of and I learn concepts that I didn't even know existed. Reading my dictionary is one of the most humbling and yet thrilling things I've ever done.

So, grab a dictionary. Start the process of learning new words to add to your understanding and vocabulary, but also let your time in a dictionary teach you new and exciting things about the world.

Hallidae Thomason is an English professor who encourages all of her students to read a dictionary daily, even if just a few new words. See

<http://www.dictionarytimes.info>

for more on this great habit.



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