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**Day Dreaming: The Negative and Positive Sides of It**

**By Jennifer Ambrose**

Do you stare blankly at something or at someone for minutes or even hours? Do you smile or laugh

by yourself without any other person knowing your reason for doing so? At worst, yours can be a case of lunacy. But if you are well convinced that it is not, then you may just be daydreaming quite often. Or simply said, you may be a daydreamer.

Daydreaming

Many would define daydreaming as that state, level or form of consciousness between that of being awake and asleep. Thus, it is not uncommon for many to daydream just after waking up. Daydreaming, however, extends farther from that period of transitioning from the state of sleep to the state of wakefulness. In fact, daydreamers would tend to dream in just about any time and place.

Another definition of daydreaming describes it as a spontaneous human activity that involves recalling or imagining a personal or an invented experience in the past or future. It is an activity where the dreamer would indulge in thoughts and sometimes in seemingly absurd fantasies while awake.

Common Causes of Daydreaming

There are many reasons why a person would daydream. In the same manner, there are also many things or circumstances that may cause a person to enter the state of daydreaming. Among the many reasons and causes, however, are two common reasons why people would yield to daydreaming.

- A person's inability to accept an untoward or unpleasant reality.

Daydreams are usually interpreted as an escape from the real world. It is an escape from facing real problems and stressful situations. Rather than facing them right away, daydreamers would tend to create the same situations in a different world, where his options are greater and he has better control of the whole situation.

- A person's obsession with his own thoughts.

## Day Dreaming: The Negative and Positive Sides of It

Beautiful thoughts are indeed better than the harsh reality. By indulging in these beautiful thoughts, a person becomes unmindful of his environment. And so he starts daydreaming.

When daydreaming, a person would normally isolate himself from others and pass up time dwelling on his fantasies. Others would take this negatively, because much time is wasted on doing nothing. Others, however, would take daydreaming positively because they believe that such activities can enhance a person's imagination and creativity.

But how should we really picture daydreaming? Is it something positive or negative?

### The Positive Side of Daydreaming

People who believe that daydreaming is a positive activity believe so because for them, daydreaming:

- Supports the process of creativity

By passively thinking about a certain problem all the time, a person may be able to formulate new solutions and invent new ways to do things. This is something very important for those whose job involves a lot of creativity.

- Supports planning for the future

Because a person has full control over the future situation he created in daydreams, he also has the ability to analyze whatever response he has in mind in facing the situation. Thus, daydreaming allows him to test every possible solution and choose the best from those solutions.

- Supports learning from success and failure

Since daydreaming may also be a form of recalling past events, one may be able to find lessons from them that were disregarded or simply overseen in the real event.

- Supports emotion regulation

By recreating a situation that may be hard to accept for the person, the daydreamer may be able to rationalize it better. Depending on the rationalization, the daydreamer may feel better or worse about the situation.

### The Negative Side of Daydreaming

People who think of daydreaming as something negative, however, have these things in mind:

- Daydreaming may lead to accidents and may even be fatal to the daydreamer

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A fine example of this is the case with people who daydreams while driving or walking. Because he is not mindful of his environment while daydreaming, he may get into a lot of accidents, some of which may even cause his death.

– Daydreaming is counter productive

Because daydreaming would mean indulging in your fantasies while you are awake, you would generally waste a lot of time that must have been used for doing something else. Prolonged and frequent daydreaming prevents a person from finishing his tasks on time.

With all these said, one will find that there are actually two sides to daydreaming: a positive side and a negative side. The key to making this activity a worthwhile one is control. If properly controlled, daydreaming can bring out the best in a person, especially in terms of creativeness and decision making. But if practiced excessively, it can lead to negative things, even up to the point of causing the person's death.

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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>

### **Lucid Dreaming**

**By Dr. Barry Burns**

Lucid dreaming is simply being aware that you are dreaming while you are in a dream. Learning how to do lucid dreaming intentionally is a personal growth tool. It may help you resolve personal problems because you're able to consciously take an active role in your dreams. It can also be a lot of fun!

Lucid dreaming is a challenging art to master, but there are steps that can be taken to help you achieve the state.

As you go to sleep, use the suggestion: "As I am dreaming tonight, I will realize I am dreaming" (use your own words).

It's important to do this as you are drifting off to sleep, but you can do it throughout the day as well.

## Day Dreaming: The Negative and Positive Sides of It

Sometimes as you are making this suggestion you may actually have a memory of a previous dream come to mind! Your attitude should be one of positive expectation, but gentle inviting rather than insisting or applying any type of pressure or anxiety.

Next, work on remembering your dreams after you wake up. By getting the mind used to remembering your dreams, you are creating a more deliberate connection of awareness between the conscious and unconscious mind. In fact, it's possible that you may already be having lucid dreams, but you aren't remembering them!

The final step is to attempt to stay in the twilight sleep state for as long as possible upon awakening. You will often have a dream just before you awake in the morning so if you can stay still and keep your eyes closed, you may be able to enter back into the dream, but with more conscious awareness - thus creating a type of lucid dream as you balance between the sleeping and waking states.

A common problem some people encounter with lucid dreaming is that they wake up as soon as they realize they're dreaming. This is because the work of making conscious choices while sleeping causes the conscious mind to rise from its slumber, thus arousing the waking state.

This can be overcome with practice, but there is a technique that can help. Before you go to sleep, plan on what you will do in your lucid dreams. This removes an element of conscious choice during your dreams, which may help you stay in the dream state.

Dr. Barry Burns received his doctorate from the American Institute of Hypnotherapy. He studied Neuro-Linguistic Programming, Hypnosis and Dreams. Dr. Burns founded Wellspring Hypnotherapy, conducts seminars nationwide and is author of "Wide Awake," a book on dreams. For more on the meaning of dreams, visit:

<http://www.diagnoseyourdreams.com>



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