

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Do We All Dream in the Same Language?

By Susan Dunn

Do We All Dream in the Same Language? by Susan Dunn, MA Clinical Psychology, The EQ

Coach

Do we all dream in the same language? Yes, we do, and it's because of our limbic brains—the seat of dreams and also of advanced emotionality.

Just how important are our emotions to our survival? Take a look at what the human infant, what Dr. Richard Lewis refers to "the world's most interesting noncognitive mammal."

Probably you've read about the studies with infants and the human face – there's nothing, NOTHING more captivating to an infant than someone's face (Mom's most of all, of course). We are hard-wired to gnom on to the face because that's how we humans express our emotions whether or not we can speak and use words.

It's crucial to an infant's survival to know it's mother's emotional state. Why? The "visual cliff" experiment reveals the probable answer.

They place a baby on a countertop that's half solid and half clear Plexiglas. To the baby, it looks like an abyss when he gets to the Plexiglas part, and triggers our innate (reptilian) fear of falling. The baby's crawling, and knows he's on something solid, but it's clear to his vision and he doesn't know what to do. Babies are pretty smart!

Typically the baby crawls to the perceived edge and then turns and looks at its mother. What's he looking for? To see whether it's safe to continue. To figure out what to do next. He'll read fear or reassurance on her face, and "know" what to do.

Well, it's for sure we were all infants and babies at one time, learning emotionally from our mothers.

Spend a little time this week thinking about what emotional messages your mother gave you along with her life lessons.

Do We All Dream in the Same Language?

No one in my household was the slightest bit worried about thunder, and I rarely even "hear" it, but I have a friend whose hands start to shake. Innate temperament and a mother who feared lightning.

I have a friend who can't ever really relax on a vacation trip. She always has a vague anxiety about traveling. Nothing phobic, just uneasy. When I asked her to talk about traveling when she was a kid, she flashed immediately to a time when her mother took her and her 3 siblings by train from Chicago to Texas back when things were even more iffy – they got stranded for 6 hours at one switchover, and her mother totally broke down in the station, with her 4 little kids, no food, no help, all the bags, no information. She started crying and screaming hysterically and my friend remembers this as clearly as if it were now. It's part of what her mother "taught" her about traveling.

Her brain got it wired that travel = panic, and then each trip she's taken since then has reinforced that.

Things like NLP and coaching can start to unhook these connections and no, you can't do it by reading a self-help book. Remember, it isn't a "thinking" thing. Wrong brain.

You can learn something immediately - just memorize that list of phone numbers – but to learn something new into the limbic brain takes practice and repetition, and a coach or someone to interact with who has a new perspective.

To learn more about the limbic brain and emotional intelligence, take The EQ Foundation Course©, <http://www.susandunn.cc/courses.htm> .

(c)Susan Dunn, MA Clinical Psychology, The EQ Coach, <http://www.susandunn.cc> . To take The EQ Foundation Course, go here: <http://www.susandunn.cc/courses.htm> . Emotional intelligence coaching and EQ coach training, distance learning.

What You Always Wanted To Know About Dreams And Their Meanings

By Susan Wellington

Every dreamer has asked questions about why we dream, and what those dreams mean. While every dream is unique to the person who dreams it, the world of dream interpretation is a rich, fascinating and exciting one. We have included here some of the most commonly asked questions about dreams and their analysis.

What is the significance of dreams? Yes. Dreams do have significance in the real world. Dreams are told in a symbolic language, and the images in dreams tend to contain hidden meanings and hidden messages. When analyzing and interpreting dreams, it is important to understand that the stories told in dreams are symbolic and not meant to be taken literally. The significance of dreams for each dreamer is a personal matter related to each person's experience and emotions.

Why do recurring dreams happen? Recurring dreams are among the most common types of dreams. Most often, recurring dreams indicate that the dreamer has some issue that is not being confronted in

Do We All Dream in the Same Language?

his or her waking life. Examining these recurring dreams, and understanding what triggers them, can often allow the dreamer to resolve the underlying issue and banish the recurring dream.

Do most people dream in color? Most people do dream in color, but many may not notice the colors in the dream world. Since color is such a natural part of our normal day to day experience, color may be overlooked in the dream world. In addition, because dreams fade so quickly, the sense of color may be the first thing to leave the conscious mind.

Do animals dream as well? All mammals studied have exhibited the same brain activity that humans exhibit during dream sleep. Many scientists see this as proof that animals do in fact dream, although what they dream about is likely to remain a mystery.

How are dreams affected by our daily lives? Any feelings or thoughts repressed during the day are likely to make an appearance in your dreams during the night. For example, if you wanted to show your anger to someone but were unable to do so, you may express anger to that person or a similar figure in a dream. In addition, those who have experienced traumatic events are often troubled by nightmares in which they relive that trauma.

Do men and women dream differently? Men and women both experience the same brain wave activity during dream sleep. The content of the dreams of men and women do differ, however. Studies of dream content have shown that men tend to dream more about other men than about women, while women tend to dream about men and women equally.

Why do I remember only bad dreams and never good ones? One reason is that the most vivid dreams tend to be those that are remembered, and nightmares are generally more vivid than good dreams. In addition, sleepers are often awakened by a particularly vivid nightmare, and waking during dream sleep means that the dream will most likely be remembered in its minutest details.

What does it mean to dream about dreaming? Experiencing a dream within a dream may be a way to deal with items from the subconscious mind. A dream within a dream may prevent the dreamer from waking up prematurely, and they often are reflections of a critical issue that the dreamer needs to

confront and gain control of.

Will I really die if I hit the ground during a falling dream? The many people who have described hitting the ground during a dream about falling are proof positive that hitting the ground in a dream is not a terminal experience. It is true, however, that dreams of falling often wake the dreamer, and that is probably where that old legend got its start.

If you want to learn more about dream interpretation or what a dream does mean just visit the free website at:

Do We All Dream in the Same Language?



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!