

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!**

Dream Interpretation and Types of Dreams

By Larry Quigley

Dream researchers have discovered several distinct categories of dreams, and these dream

categories can be very useful both to people attempting to interpret their own dreams and to professional psychologist and therapists striving to interpret the dreams of others. This article will discuss these categories of dreams.

Dream #1 – the Daydream

While not technically a dream, since it takes place while we are awake, researchers are looking into just where the daydream fits on the spectrum of dreaming, and what it can teach us about more traditional dreams.

It is estimated that most people spend between 70 and 120 minutes each day engaged in daydreaming. Daydreaming is thought to be a level of consciousness below that of a normal waking state but above that of sleep. Daydreaming falls about midway between these two extremes.

During a daydream, we allow our imaginations to take us away from the mundane tasks of the day. As the mind is allowed to wander and conscious awareness is reduced, we can become lost in the fantasy or imaginary scenario.

Dream #2 – the Lucid Dream

Lucid dreams are among the most fascinating subjects in all of dream research. Lucid dreaming takes place when the dreamer realizes that he or she is dreaming while still immersed in the dream. Lucid dreaming occurs in that moment when you tell yourself – "This is only a dream". The occurrence of lucid dreams varies widely from person to person, with some people reporting never having lucid dreams and others reporting almost 100% lucid dreams.

While most dreamers wake up when they realize that they are in a dream, other people are able to develop the ability to remain in the dream and take control of it. These people are able to become an active participant in their dreams, and to take the dream narrative where they want it to go. These people experience some of the most enjoyable and interesting dreams.

Dream Interpretation and Types of Dreams

Dream #3 – the Nightmare

Many people are troubled by frightening and disturbing dreams, commonly known as nightmares. Young children in particular often suffer from nightmares brought on by fears of monsters in their closets and under the bed, as well as other types of fear.

Of course nightmares are not confined to childhood, and many adults, particularly those who have suffered real life trauma, are particularly susceptible to nightmares. Those people suffering from post traumatic stress disorder (PTSD), such as soldiers returning from war, and rescue workers who have been through harrowing situations, report a higher incidence of nightmares than the public at large.

Many people who suffer from frequent nightmares report a history of real life problems, including psychiatric problems, problems with drugs or alcohol, or problems with family relationships. Treatment

for frequent nightmares should therefore be aimed at dealing with the initial trauma or traumas that created the situation in the first place.

Dream #4 – the Recurring Dream

Most people have had a recurring dream at one point in their life, a dream that repeats itself, with minor variations or even none at all. Recurring dreams can be about any subject, and they focus on that subject night after night.

Some recurring dreams are positive and uplifting, but studies show the majority of recurring dreams to be negative in nature. Dreams can recur in this manner because the real life event that triggered it has remained unresolved. Dealing with the real life trauma responsible for recurring nightmares is often the best way to banish the bad dream.

Some dreamers report experiencing narrative dreams, in which the dream picks up where it left off night after night. These dreams are somewhat rare, but the people who experience them report them to be very vivid and memorable. Keeping a dream journal can be a big help in both remembering and interpreting these kinds of dreams.

Dream #5 – the Healing Dream

Healing dreams are often seen as sending a message to the dreamer regarding his or her health. Healing dreams often spur the dreamer to take a long delayed trip to the dentist or doctor.

Dream #6 – the Prophetic Dream

Prophetic dreams are also known as precognitive dreams, and the people experiencing these dreams often report the ability to use them to foretell the future. Independent studies of these types of dreams are rare, and the jury remains out on whether this ability to see the future exists.

Dream Interpretation and Types of Dreams

One non supernatural explanation for the prophetic dream is that the subconscious mind pieces together bits of information encountered throughout the day, then puts them together in a form that makes sense to the dreamer.

Dream #7 – the Epic Dreams

Epic dreams are somewhat rare, but they are unforgettable to those who experience them. Epic dreams are so vivid, and so compelling that they simply cannot be ignored. The tiniest details of these dreams are often remembered for many years. These epic dreams may possess lots of symbols and meaning for the dreamer.

Larry Quigley is the editor of DeJaDreams where you can find out "What your Dreams are Made of" Visit

<http://pc-biznet.com/dejadream>

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.

Dream Interpretation and Types of Dreams

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.

=====
You can change the website URL in the author's bio below to
"http://USERID.awareindia.hop.clickbank.net" Be sure to
replace USERID with you unique Clickbank nickname.
=====

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>



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!