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**Handy Tips and Bits and Pieces of Information for Easy Understanding of Dream Mood,  
Signs and Meanings**

**By Jennifer Ambrose**

Dreams can be one of the keys to unlock the inner recesses of the hidden aspects of your own reality. The in bits and pieces of the unfathomable truth of our existence can be found in each and everyone of us as part of the big puzzle of life which man has been trying to understand and comprehend. That is why there are several studies and theories offering various interpretation of the what, why and how of dreams.

Scientifically, dreams are psychological activity with meaning that can be connected to the real life events of the individual as well as the suppressed feelings and emotions that he choose to hide than to express and show.

Analysis of what dreams mean together with the mood, settings and other elements can be traced back to the Ancient Greece. They used the dream for healing and guidance believing that the gods would appear in dreams to free them from impurities that might be causing their illness or to aid them in making decisions for whatever endeavor that they have to take.

The Greeks have specialized temples where they held the rituals and ceremonies to summon the gods to appear in the dreams of the person concerned. It is also in these temples where the god Asklepos would appear to conduct symbolic operation to heal or give the needed guidance.

The analysis of dream mood, background and other factors involved in it is one of the most exciting areas of Psychology. Sigmund Freud and Carl Jung are two of the well known proponents of theories that aims to explain the nature of dreams. The European psychologist Sigmund Freud focuses on the connection of dreams to repressed emotions, desires and longings that finds expression through dreams. The meaning that the dreams convey can be traced back to the childhood experiences of the individual.

Carl Jung on the other hand focuses on the analysis of the meaning of the signs and symbols in the dream such as the location, mood, persons involved and many other elements. The symbolisms

according to Carl Jung are stepping stones toward the unexplored areas of the subconscious. It can also serve as the means to satisfy the unfulfilled longings and desires of the individual to help his mind to cope up with the harshness of the real world.

Dreams can as well be used for prophetic purposes to know what the future may bring. Some people are exceptionally gifted with this capacity but anyone can also have it through proper focus, concentration and practice.

Dreams use language through images, feelings and mood instead of verbal words although the characters involved could also speak but what it really means is backed up by other factors included in the dream. The symbols and signs can elicit different moods and feelings which the dreamer can personally feel as if it is really happening.

The viewpoint or perspective can affect the degree of mood or feelings that the dreams may convey.

Persons who are directly involved in their dream especially if he or she is the lead doer of the action

can get tangled in the situation which is usually the condition that happens if the dream is a nightmare or a frightening experience. What happens in the nightmare can be personally felt that is why it often ends up in screaming or crying. At times, the individual can be a mere observer or audience but he can still be affected by the mood or feelings that go along with the dreams.

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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>

**In Search for Dream Meanings: Dream Theories from Past to Present**

**By Jennifer Ambrose**

In Search for Dream Meanings: Dream Theories from Past to Present

People have always been interested in dreams, in particular, in their meaning and in what causes them. A big proof of this interest is the fact that even scientists have a discipline for dream research called oneirology. But while oneirology has been able to answer a lot of questions about dreams and dreaming, the field has failed to describe exactly what dreams mean.

Oneirology, however, is a fairly new field describing man's interest in dreams. Long before oneirology was born, there was oneiromancy, which is a form of divination by the analysis and interpretation of dreams. Oneiromancy has a long history, dating back to about 3000 to 4000 years before Christ and was practiced by ancient cultures, specifically by the Greeks, Romans, Egyptians and Babylonians. This long history of dream interpretation just proves man's great interest in dream meanings.

Oneiromancy, however, is kind of vague, with each ancient culture offering different variations in dream interpretation. And aside from the dream meanings advocated by our ancestors, some great psychoanalysts have also offered their own theories in dream meaning. Further, many modern psychologists want to combine oneiromancy and oneirology, coming up with their own versions of dream theories.

With the long history of oneiromancy, one can expect to find different explanations about dream meanings. In this article, we present to you a few of the well-known theories on dream meanings. Among them are:

- The ancient dream theories
- Dream Theory of Sigmund Freud
- Dream Theory of Carl Jung
- Modern Dream Theory of Calvin Hall

#### The Ancient Dream Theories

Our ancestors have different beliefs on what dreams really mean. For the Greeks and the Romans, dreams are messages from the gods. As such, these people would often bring dream interpreters in battles to assist their military leaders.

In the Bible, one can also find a lot of accounts about dreams and their meanings. This just shows that Hebrews, as well as Egyptians, also believe in dreams. For the Egyptians, a dreamer is a blessed person while a dream interpreter is a gifted person. For Jews, dreams are often seen as prophetic.

In Chinese, Native American and ancient Mexican cultures, dreams are interpreted in another distinct way. For these people, dreams belong to another dimension or another world, and that a person's soul goes out of his body while he is dreaming.

#### Dream Meaning According to Freud

According to Sigmund Freud, author of the book 'Interpretation of Dreams', dreams are the "royal road to the unconscious". In his book, he described dreams as something that represents wishes that are repressed since childhood. These wishes are ever present in the unconscious but are not allowed into the conscious mind because, among other things, of their sexual nature.

According to Freud, dreams are highly symbolic because the unconscious tries to hide the wishes from

the conscious mind. Thus, the wishes are disguised in either of the following methods:

- Condensation - where a dream object could stand for different things.
- Displacement - where the significance of the dream object is less than that of the disguised object.
- Representation - where a thought is translated into visual images.
- Symbolization - where an event or personality is replaced by a symbol.

### Dream Meaning According to Jung

Carl Jung is once a follower of Freud but disagreed with him in some aspects of interpreting dreams. According to Jung, dreams are a way of the unconscious to communicate with the conscious mind. Jung also believed that archetypes in dreams represents the same things for all people and that these archetypes belongs to a "collective unconscious".

### Dream Meaning According to Calvin Hall

According to Calvin Hall, dreaming is a cognitive process. Unlike the theories of Jung and Freud that suggests that dream meanings can be discovered through the dream objects, Hall's theory suggests that dream objects are but visual representations of personal conceptions. Thus, Hall claims that there is no general or symbolic meaning in dream images.

### Which of Them Is True?

Different dream theories explain dream meanings differently. Sadly, there is no way for us to say which theory is the truth. Theories in dream interpretation are hardly based on scientific research, thus making them hard scrutinize. But whichever of them is the truth, all these theories tell us that dreams have meaning and must not be simply disregarded.

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