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Interesting Dream Facts–From the Scientific to the Surreal

By Jennifer Ambrose

Dreams or dreaming have always been a part of man's life. So ordinary it is that some people would feel deprived if they didn't have a dream or two for a particular night. For as long as a person lives, he surely would have a dream story to tell. Dream stories that are sometimes easy to understand, although usually vague and even weird.

Many consider dreams as an essential part of man's life. In fact, many scientists believe that dreaming has co–existed with man. In the course of our history, we see records about great men and women and their incredible dreams. Some of these dreams have even become integral to the shaping of our history.

But while man has long been sharing a history with dreams, not much has been made to make the ordinary man fully understand dreams or dreaming. Many great personages have dedicated much of their lives to discover what dreams are and why they happen. Many people have also tried to decipher the meaning of dreams. All of them, however, seem to have come short of making dreams and their meaning clear to the ordinary person.

Not all was put to waste, however, for all of these oneirologists and oneiromancists. Today, we have a great deal of accepted facts that try to explain dreams, why they happen and what they mean. Today, we have a large collection of interesting dream facts coming from different sources. These facts ranges from the scientific to the surreal. In this article, we try to present a few of them.

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Fact # 1: Everybody dreams.

Dreaming has always been associated with REM sleep, which is that part of the sleep cycle where we

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sleep the deepest. Thus, for as long as a person undergoes REM sleep, he would actually dream. Failure to recall a dream from sleep doesn't mean that the person did not dream at all.

Fact # 2: Dreams occur in all humans with about the same frequency per amount of sleep.

In normal sleeping (that is, a sleeping period of about 8 hours), a person would dream for an average of one to two hours. In this dreaming period, a person would normally have 4 to 7 dreams. So if an individual feels that he did not dream or had only one dream in a particular night, his must just be a case of poor dream recall.

Fact # 3: Five minutes after dreaming ends, half of its content is forgotten. After 10 minutes, 90% of the dream is erased from memory.

This explains why nightmares that cause us to suddenly wake up from sleep are more vividly recalled

than other kind of dreams. This also explains why a person recalls his dream better if he is awoken from sleep by something (e.g. the sound of the radio, an alarm clock) than if he wakes up in the normal transition from sleeping to waking up.

Fact # 4: Blind people do dream.

While dreaming has always been associated with visual images remembered during sleep, vision is not the only sense that makes dreaming possible. Blind people also dream, and whether they dream of visual images or not depends on whether they are blind from birth or not. Most blind people, however, have dreams that are based on sound, taste and smell.

Fact # 5: Dreaming is not only for humans.

Recent studies have revealed that dreaming is not only experienced by humans; it is also experienced by animals. These studies show that animals, mammals in particular, exhibit the same brain actions in some parts of their sleep just as humans would do while dreaming. Except for those mammals that don't sleep at all, mammals do dream, although the subject of their dreams is hard to determine.

These five facts are just a few of the many interesting facts that our scientists have discovered about dreams and dreaming. Reading books about dream and searching the web for articles about dreams would introduce you to more of these facts. All of this information may not be enough to fully explain the nature of dreams and their meanings; but at least, they give us an idea of what the thing is and encourages us to know more of the interesting facts about dreams and dreaming.

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>

Scientists Declaration about The Holy Quran and Islam–Durja Rao

By Durja Rao

Scientists Declaration about The Holy Quran and Islam–Durja Rao by Durja Rao

Sheikh Zindanî presented to Prof. Rao many verses dealing with his area of specialisation, and asked: "What do you think of the existence of the scientific information in the Qur'ân? How could Prophet Muhammad have known about these facts fourteen centuries ago?"

"It is difficult to imagine that this type of knowledge was existing at that time, around 1400 years back. May be some of the things they have simple idea about, but to describe those things in great detail is very difficult. So this is definitely not simple human knowledge. A normal human being cannot explain this phenomenon in that much detail. So, I thought the information must have come from a supernatural source."

"I find it very interesting that this sort of information is in the ancient scriptures of the Holy Qur'ân, and I have no way of knowing where they would have come from. But I think it is extremely interesting that they are there and this work is going on to discover it, the meaning of some of the passages."

And when he was asked about the source of the Qur'ân, he replied, "Well, I would think it must be the divine being."

"That is a difficult question which I have been thinking about since our discussion here. I am impressed at how remarkably some of the ancient writings seem to correspond to modern and recent Astronomy. I am not a sufficient scholar of human history to project myself completely and reliably into the circumstances that 1400 years ago would have prevailed.

Certainly, I would like to leave it at that, that what we have seen is remarkable, it may or may not admit of scientific explanation, there may well have to be something beyond what we understand as ordinary human experience to account for the writings that we have seen."

"I say, I am very much impressed by finding true astronomical facts in Qur'ân, and for us modern astronomers have been studying very small piece of the universe. We have concentrated our efforts for understanding of very small part. Because by using telescopes, we can see only very few parts of the sky without thinking about the whole universe. So by reading Qur'ân and by answering to the questions, I think I can find my future way for investigation of the universe."

Professor of Marine Geology teaching at King Abdulaziz University, Jeddah, Saudi Arabia.



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