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Keep a Dream Journal: Why Bother?

By Patti Testerman

Keep a Dream Journal: Why Bother?

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Want a key to unlock your inner wisdom? Try keeping a dream journal.

Experts believe that our nighttime dreams deal with concerns, worries, or events that we experience during our waking hours. A study done in 2003 speculated that about 50-percent of people have work-related nightmares.

In brief, dreams are like movies that stream through our minds, directed and produced by our subconscious. Dreams can help solve knotty problems, or simply give voice to ongoing issues. Some dreamers even implant a before-bed suggestion to dream a solution to a specific problem, like "tonight's dream will help me overcome my problem with Jack."

The connection between dreams and our subconscious has been speculated on for centuries. In fact, Aristotle theorized that there is a definite connection between dreams, emotional needs and waking experiences. However, in order to take full advantage of our nighttime movies, we need to keep dream journals that record as much detail as can be remembered.

To fully understand our dreams, experts like Carl Jung and Ira Progoff, believe a series of dreams must be examined, not just a single night's images. To assist in the interpretative process, the following steps are suggested:

1. Date and time your dream. You may find that the dreams you have just before waking have different themes than those right after going to sleep. When you date your dream, don't forget to include the year.
2. Title your dreams, like The Monkey Attacked the Cow, Airplanes Explode over the North Pole, or Jack Won't Stop Pulling My Hair. Over a period of time, you'll probably find recurring themes, like dreams with spiders, or plane crashes, or being chased.

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3. Briefly note the day's events. If you write down any irritations, worries, angers, or heightened emotions you had during the day, you may be able to see a clear correlation between the day's events and your dreams.
4. Record your dream in as much detail as possible, including the emotions you experienced during the dream, AND the emotions you experienced in recording the dream. Feel free to illustrate your dream, either through a drawing or photograph.
5. List the important keywords from your dream. These might be words like love, hero, flying, snakes, puppies, peace or death.
6. Interpret the dream. Without using devices like a dream dictionary, try to interpret what you feel the dream was about. Was it about being trapped, breaking free, venting strong emotions, taking a journey, or?? There is no right or wrong answer—so allow yourself the freedom of speculating on a meaning.
7. Look for recurring themes. Once a month, look back through your dream journal, searching for repeating patterns. If you find one, your inner self is trying its best to give you an important message. Don't forget to look for patterns in your list of important keywords.

Sweet dreams!

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Patti Testerman is content manager at

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My Dream—My Reality

By Onaefe Edebi

Such a thin line between our dreams and the realities of life.

Many nights, I would dream of who I want to be and how I should go about it . I feel the excitement

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when I behold the picture of who I want to be –that big picture. Then suddenly, just as the dawning of the , I soon quickly realise that there are limitations, boundries and hurdles I'll have to cross. Then comes fear and discouragement; the beginning of the end of my dream.

No! I will not give up. I will not and let none despise my youth. But then another matter arises; how is to be or learn to be if all your life you've been told who to be and what you'll be. How can I achieve my dream if my family have their's for me? I will air my views to them and present my case before my Father who hath in heaven; Before Him whose judgement is flawless, would I present my case.

I look beyond space and time , far beyond my limitations. I will encourage myself. I will go as far as I can.

But to why certain things had to be , I will not carry as a thought or bother to my heart, for some questions in this life would continue to remain unanswered. But in the life to come –not that it would matter then, I look forward to knowing why such times had to be.

Till then I will keep my dream in focus. My vision will not pass me by. I will achieve it and greater.

Writer of the Inspirational "THE A TO Z I BEHELD" Onaefe Edebi is a motivational instructor and writer. He is also into computing technology.

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