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Secrets of Dream Analysis

By Joi Sigers

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Have you ever written yourself a letter in which you unload your concerns, worries, hopes and deep-felt thoughts? Probably not....though the Dr. Phils of our world would probably applaud the practice as deliciously therapeutic in the quest for self-awareness!

Each time you enter the world of dreams, you are, in essence, writing yourself such a letter. Your subconscious mind, without the distractions of the day, puts your life, your feelings, your emotions, your hopes and your plans all together. All the insight you could hope for is right there, ripe for analyzing!

Examining the nightly escapades which occur behind your eyelids will give you all of the insight and inspiration you need. Like the swallows to Capiatiano, you'll return again and again to your dreams to give you the answers you seek.

How can Dream Analysis actually help you?

First of all, it helps to understand that what occurs in our minds when we are fully asleep is reflective of the emotions and thoughts we have while fully awake.....granted sometimes they suffer in the translation, but our emotions are certainly at the root. The basic feelings make their way from our consciousness to our unconsciousness.

The difference is that when we are awake, we are too blamed busy to stop and say, "I'm wrapped tighter than a plus-sized woman in spandex.....I need some down time." We just keep getting after whatever it is that's stressing us out and don't take any time to really look at the condition of our psyche.....something that quite often isn't in as good working order as we suspect.

However if you're having particularly troublesome, mad-as-a-hatter dreams, you can discern that you need to take a good long look at your lifestyle. Are you too busy? Are you being pulled in more directions than you can possibly stretch without snapping? Is there something in your life which is more bothersome to you than you gave it credit for? Try to work some time into your day that's all about relaxing, whether it's yoga, golf, walking, reading....whatever you can do that gives your brain a break.

Other times our dreams let us know that we simply need to start paying more attention to certain people in our life that we may be taking for granted. If we dream about a relative we haven't seen in a while, we should give them a call. If we dream of starting an argument with our spouse, we should give them a little more attention than usual. Many times, our proverbial "guilty conscience" knows only one way to reach us, and that's while we are asleep.

Another very interesting way dreams help us is in the healing process after a traumatic experience. Following such an occurrence, we will often dream about the tragedy itself, or of something equally morbid. It's our mind's way of wrapping itself around what has happened. The dreams will eventually stop all together, as soon as your subconscious has come to grips with everything.

Sometimes it helps to discuss your dreams with others. If you think your dreams are trying to tell you something in particular, discuss it with someone. An outside opinion can often do a world of good.

When you take an honest look at your life and at your typical day, it will be obvious what your dreams are trying to tell you. Most people miss out on so much because they discard their dreams and forget all about them.

It would be the same as writing the letter we talked about before, putting all of your thoughts and feelings on paper, then crumpling the paper and throwing it away. Listen to what your subconscious mind is telling you. Don't throw away a chance to grow.

From <http://www.dreamprophesy.com>

This article is one of many featured at

, a website dedicated to the

world of dreams and the study of dream interpretation. Feel free to e-mail the author at joi@dreamprophesy.com

Secrets We Keep From Those We Love

By Timothy Cole

Everyone keeps a few secrets from a husband or wife, boyfriend and girlfriend. And people keep their secrets for a lot of reasons. Often people are embarrassed or they are fearful of a partner's hostility or possible rejection.

And research shows that it is in one's best interest to keep some things private, especially when partners or spouses are likely to respond poorly to the truth. Being rejected, scorned, or stigmatized does not help any one work through a serious issue.

But, keeping secrets can also be harmful.

Secrets of Dream Analysis

Keeping secrets often prevents people from dealing with the problem at hand. Keeping secrets leads to increased stress, anxiety, and it often makes people think about the issue (event or topic) more frequently.

For instance, people who have a secret crush on someone often dwell on their feelings more than people who are able to talk about their feelings out in the open. More often than not, keeping something secret makes it seem more important than it really is.

Likewise, revealing secrets is very helpful when it is done right; that is, in a safe, non-judgmental environment. Revealing secrets can reduce stress, it helps people let go of an issue and think about it more clearly.

If a secret is bothering you, it really does help to get it out – as long people don't respond negatively or use the information against you.

In fact, research shows that the simple task of writing down a secret, even if no one ever reads it, makes people feel better. Writing a secret down reduces stress – it is cathartic.

With this in mind, we have created a place where people can anonymously reveal the secrets they keep. Maybe you will find that letting go of one of your own secrets is helpful and not so embarrassing after all.

Article by Timothy Cole, PhD. Take a look at the secrets people keep from their romantic partners at



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