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Waking Dreams: The Key to Spark Up your Imagination and Creativity

By Jennifer Ambrose

The gods and goddesses of ancient Greece appeared to mortals through visionary dreams. They

have dream temples where they perform sacred rituals to talk with the gods. The decisions they made in life are consulted first to ensure success in whatever plan that they have. Thus their life is greatly affected by what the gods will say.

Nowadays, dreams are ordinary psychological phenomenon that takes place while sleeping although there is also a type of dream that occurs when one is awake. Why and how it occurs has been posed with several answers through the theories and studies done by psychologists and other experts. According to Sigmund Freud, the unconscious of an individual can mingle into his consciousness which can give his dreams sexual coloring. What it means is explained in psychoanalysis and dream interpretation although it can be subjected to diverse and at times conflicting meaning.

You are not probably in deep sleep when you dream. Dreams can take place when you sleep lightly or just before you fully awaken which means that the dreams you remember after you wake up takes place in light sleep. Some authorities and experts believe that you always dream when you sleep but most of it does not leave impression on the waking mind. This is the reason why you tend to forget your dreams.

Psychologists however have come up with the methods for the possibility of waking dreams or remembering the events that took place while dreaming as well as the included signs and symbols that can lead you to the twists and turns of your unconsciousness. Dreams can lead you to the portals of imagination and creativity that can help you to discover and make use of your full potential.

There are several inventions and work of art that have been inspired by dreams. You can also open up your storehouse of imagination and creativity by using dreams to come up with something that would help you to make a difference in the world we are living in. It could be a new invention, insight or knowledge.

Waking dreams from sleep to reality can be done by exerting consistent effort to recall and record the dream experiences so that the waking mind can find and draw out its real meaning and message that it

wants to convey. Remembering your dreams is a matter of attention and concentration. The more frequent you do it, the easier it will be. Consciously controlling your dreams is one of your capacities which need consistent practice. Dreams usually come in series so it is preferable to record it or put it in a journal for easier organization and access.

The question you want to answer or problem you want to solve can be given the needed response through signs, symbols and images. Knowledge of what it means can help a lot to draw out the insights from your dreams. Its meaning can be drawn through several sources which may include books, magazines and internet. Some interpretation may not be as authentic as the others so be careful of what or which you will believe in.

Your everyday actual experiences are linked to your dreams so be sure to have an open critical mind to bridge the dreams to your waking mind. Too much concentration however can cause strain and fatigue to your mind especially if you are under stress so just take it easy. Relax and have fun!

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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>

Dreams Interpreting: The Symbols and Meaning of Dreams

By Jennifer Ambrose

Reality can at times be harsh. It can be one of the stumbling blocks that can hinder your longings, desires and aspirations in life. However our minds have its own ways and means to cope with the harshness of reality and one of that are dreams. Dreams are psychological phenomena that can serve as the key to unlock the world the world that exists deep inside our awareness which we never thought existed. It also serve as wish fulfillment experiences that patches the missing pieces that we may not be fulfilled in real life waking hours.

Several theories were conducted to interpret the meaning of dreams in relation to real life situations. Dr

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Sigmund Freud and Carl Jung are just two of the well known psychologists that delved into the study of dreams together with the meaning of the signs and symbols experienced in a dream. Although interpretation of dreams may depend on one's personal experiences, there are universal signs and symbols that can give you the hint of what your dreams mean. The following are just a few.

Animals stand for an instinct or emotion which may be possessed or longs to be possessed by the dreamer. Birds may signify freedom especially if you long to be free from something or someone. Direction can also stand for the unexplored areas of your personality. The same is true with the colors which can be subjected to various interpretations. The color black could mean guilt and other heavy emotions. White would refer to purity, yellow with happiness and green for rejuvenation or growth and development in one's life. A person with illness could constantly dream with the color green element as expression as his longing to be healed.

The setting or the background where the dream took place may just be an extension of the real places you've been to or the location you want to see, visit or explore. Dry barren land like deserts could stand for the suppressed feelings and longings but is trying to find ways to be ventilated or expressed.

What your dreams really mean as well as the interpretation of the signs, symbols and other elements can be known by looking into your real everyday living. Dreams often come in series which may be similar to the chain of events that happen in your waking hours. You are the holder of the key that will unlock the real interpretation and meaning of your dreams although you could be subjected to mistakes in drawing out the message that it implies. However don't be too serious or intense in concentration and focus since it may drain out your energy. Have fun and enjoy.

Aside from the fun and thrill of unleashing the possible meaning of your dreams, creativity and imagination can as well be sparked up. Incubating your dream to recall it during your waking hours can now be possible. Dream incubation has been in practice since the time of the classic Greeks. They use it to talk with the gods for guidance and healing. They have temples where they conduct the rituals and ceremonies for the dream or vision to take place. Aside from personal contact, dreams are also used by the gods to convey their messages to the mortals as what the Greeks believe.

Nowadays dream incubation does not have to pass through rituals and ceremonies. It is used not as a means to talk with the gods but to explore the consciousness by bridging the dreaming and the waking areas of the mind. Its main aim is to be aware that you are dreaming to establish contact with the elements in the dream.

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