

Want to Fill your Nights with Sweet Dreams?

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By Jennifer Ambrose

Just like our intuitions, dreams come from our inner, subconscious mind. They occur in many forms.

There are creative dreams, problem solving dreams, or intuitive dreams. Precognitive dreams, where one views a future event and a mere "logging in" dream, where a person can grasp a glance of his mind can also happen when you are sleeping.

Dreams also make you aware of your mind's programming. They occur when you are sleeping to let you know what's happening and how it is affecting your life. There are times when dreams tells you that something in your life has already done its purpose and is no longer working for you. But a dream can also say something better. It can suggest a new attitude or habit that would work better or something that can give you a feeling of relief or a little encouragement. Sometimes, dreams happen to warn you that you have to be more aware and cautious of a particular situation and event in your life. However, dreams may also provide you with solutions to these problems, particularly to those that you have been working on but couldn't find conscious solution to.

Dream usually tells you what and how you really feel about yourself and others as well as the situations in your life, either in present or in the past. Dream states the condition of the many facets of your life. It says something about your self image. Dreams also contain so many symbols and metaphors which sometimes make you confused.

But most of us don't want a dream that's "bad," particularly those who do not know how to interpret their dreams. We always want to have "sweet" dreams that will satisfy us and will leave a smile on our face. But how can we have such kind of dream?

Today human inventions have already entered the realm of dreams. And apparently, there's a new gadget made to help people form their dreams into something that are full of whatever they want. May it be a date with their dream partner or winning a contest, all these can be achieved in your dream using this new device.

This nightmare banisher called Yumemi Kobo, Japanese term for "dream workshop", stands 35 inches tall. It was invented and named by a Japanese toymaker called Takara.

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Yumemi Kobo features a voice recorder, a range of lights, a fragrance dispenser, a picture frame, a choice of internally saved background music, two speakers and a timer. These components work hand in hand to let the users shape their dream via mutisensory stimuli of scents, sound and many others.

To make this dream machine perform, you need to sit down with it for just few minutes before you sleep. The first step is that, the user needs to attach a photograph or image of your desired dream. Then, the wannabe dreamer has to focus on the image while making a voice recording of the key words describing their desires.

After that, the hopeful dreamer needs to insert one of the machine's scents in the fragrance dispenser and choose accompanying music from the tracks stored in the machine's database. Then, you need to turn the dream machine on and it will start to lull you to sleep with their mellow lights and serenades.

And while the owner is sleeping, the device is programmed to perform from time to time in accordance with the user's REM sleep. REM is the period related to dreaming, during which the sleeper's eyeballs tweaks speedily.

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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>

What Are Dream Really Made Of?

By Krista OConnor

Have you ever considered what the heck dreams are really made of?

Many people believe dreams are simply a bunch of garbled thoughts strung together that don't mean anything in particular. If you taking the time to read this article, then chances are you probably believe that dreams are much more important than that...and they certainly are!

Your dreams are a true reflection of yourself at that particular point in your life. They encompass all of your thoughts, your emotions, your beliefs, and all of your desires. Think of your dreams as snapshots of what you are in the process of attracting or creating in your life at that time.

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That last sentence is what dreams are really all about. They are signposts literally telling you the nature of things to come.

This isn't about prophetic dreams here, but the general direction your thoughts and emotions are taking you in. So in that light, giving your dreams some attention is to your great advantage!

Here's how it works -

Suppose that most of your waking thoughts are of worry, fear, frustration or beating yourself up over something you said or did, and so on. This is negative emotion that will naturally be reflected in your dreams.

However, your subconscious (or your higher self, or whatever you want to call it) is a lot smarter than your conscious self and will offer you nuggets of wisdom to make you more aware of the bigger picture. Awareness breeds the changes necessary to turn those negative thoughts and emotions around.

If you choose to do nothing about your negative state, then guess what...you'll get more of the same. If you choose to be more aware of your emotion and move toward the positive, then you will create more positive results in your life. That's the Law of Attraction at work and believe me, your dreams can really help you with this!

The message here is to become more interactive with your subconscious through your dreams and make use of them. You can start by asking yourself a question before you fall asleep at night and expect an answer.

Sweet Dreams!

Krista O'Connor is an online entrepreneur and long time dream-worker. To learn more effective tips and ideas for quick and easy dream interpretation or to subscribe to Dream Log (monthly ezine), visit her site at

<http://www.easy-dream-interpretation.com>

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