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## What Your Daydreams Reveal

By Joi Sigers

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Let's take the most common type of daydream first: worry. We all know this one on a first name basis. Your loved one is 15 minutes late and your thoughts run to negativity like a moth to light. If he or she were an hour late, anyone would be concerned, but if 15 minutes is all it takes to call out the negativity patrol, it would pay to take a closer look at yourself and why this is so.

Does the above scenario sound a little too familiar to you? If it does, I would almost bet that you've experienced a tragedy in your life that really hit close to home, one that was completely unexpected. Actually, if 15 minutes is an accurate measure, it's safe to say you've endured more than one such disaster. Nothing can bring about insecurities about your present and future quite like your past. (Once bitten, twice shy = once hurt, twice cautious). Sometimes just realizing this will quiet the fears and negative thoughts.

Next time the 15 minute mark hits (or any trigger, for that matter), tell your subconscious that you know why it's "going there" and then replace the negative, worrisome thoughts with positive ones. Focus on how great it'll be, for example, when he/she does show up!

If you tend to spend a lot of time daydreaming about far away places, you may need a change of scenery. People tend to fantasize a lot about beaches, especially in the winter – but before you call for a U-Haul, realize that you probably just need to mix things up a little. Sometimes a trip to a nearby town will do the trick. (Take it from someone who lived on the beach, even beachcombers fantasize about far away places – snowy mountains and houses with fireplaces are just as enticing!)

Do you tend to think really negative thoughts, just out of the blue? For example, while doing a household chore, do you start imagining worst-case-scenarios? If you answer in the affirmative, you're to be commended for realizing it and owning up to it. You certainly aren't alone! This type of daydream indicates that something is missing in your life. While you probably aren't full-fledged depressed (which could be treated with a trip to the doctor), there is something that you're not getting. Whether it's enough attention or love from your loved ones or appreciation for what you do, there are negative forces around you and they're manifesting themselves in your thoughts. Sometimes it's as simple as

## What Your Daydreams Reveal

feeling bad about yourself: feeling old, unattractive, overweight, etc.

When things are going well, most of a person's thoughts will be positive. When they aren't going well, the opposite is true. Have a heart to mind talk with yourself and see where the negativity is coming from, then do what you can to remove it. If the talk points to feelings of self-depreciation, do something about it – get a new hairstyle, color your hair, change make-up, get a new top, get in shape....whatever it takes to make you feel better about you.

If the talk indicates that the problems stem from someone else, it's not quite as simple, but it's also very manageable. Simply talk to those around you. Not confrontationally, of course. Just open the lines of communication up.

Another common daydream is one of grandeur. We either save a life, shoot below par, look like a child spawned by Rita Hayworth and Rock Hudson, or tell our boss off in spades (or all four on a really good day). They're harmless little escapes from the toils and troubles of daily lives. The biggest difference between these daydreams and the first ones is the fact that they are positive. You're focusing positive energy as opposed to negative energy – and that's always a very good thing. It's so much more healthy for your mind and even body.

You must be cautious, however, not to live in these sorts of daydreams. It's sort of like the ESCAPE key on your keyboard. It's absolutely necessary sometimes, but where would you get if you kept one finger on it at all times? Not far!

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](mailto:joi@dreamprophesy.com)

### **Day Dreaming: The Negative and Positive Sides of It**

**By Jennifer Ambrose**

Do you stare blankly at something or at someone for minutes or even hours? Do you smile or laugh by yourself without any other person knowing your reason for doing so? At worst, yours can be a case of lunacy. But if you are well convinced that it is not, then you may just be daydreaming quite often. Or simply said, you may be a daydreamer.

#### Daydreaming

Many would define daydreaming as that state, level or form of consciousness between that of being awake and asleep. Thus, it is not uncommon for many to daydream just after waking up. Daydreaming, however, extends farther from that period of transitioning from the state of sleep to the

## What Your Daydreams Reveal

state of wakefulness. In fact, daydreamers would tend to dream in just about any time and place.

Another definition of daydreaming describes it as a spontaneous human activity that involves recalling or imagining a personal or an invented experience in the past or future. It is an activity where the dreamer would indulge in thoughts and sometimes in seemingly absurd fantasies while awake.

### Common Causes of Daydreaming

There are many reasons why a person would daydream. In the same manner, there are also many things or circumstances that may cause a person to enter the state of daydreaming. Among the many reasons and causes, however, are two common reasons why people would yield to daydreaming.

- A person's inability to accept an untoward or unpleasant reality.

Daydreams are usually interpreted as an escape from the real world. It is an escape from facing real problems and stressful situations. Rather than facing them right away, daydreamers would tend to create the same situations in a different world, where his options are greater and he has better control of the whole situation.

- A person's obsession with his own thoughts.

Beautiful thoughts are indeed better than the harsh reality. By indulging in these beautiful thoughts, a person becomes unmindful of his environment. And so he starts daydreaming.

When daydreaming, a person would normally isolate himself from others and pass up time dwelling on his fantasies. Others would take this negatively, because much time is wasted on doing nothing. Others, however, would take daydreaming positively because they believe that such activities can enhance a person's imagination and creativity.

But how should we really picture daydreaming? Is it something positive or negative?

### The Positive Side of Daydreaming

People who believe that daydreaming is a positive activity believe so because for them, daydreaming:

- Supports the process of creativity

By passively thinking about a certain problem all the time, a person may be able to formulate new solutions and invent new ways to do things. This is something very important for those whose job involves a lot of creativity.

- Supports planning for the future

Because a person has full control over the future situation he created in daydreams, he also has the

## What Your Daydreams Reveal

ability to analyze whatever response he has in mind in facing the situation. Thus, daydreaming allows him to test every possible solution and choose the best from those solutions.

– Supports learning from success and failure

Since daydreaming may also be a form of recalling past events, one may be able to find lessons from them that were disregarded or simply overseen in the real event.

– Supports emotion regulation

By recreating a situation that may be hard to accept for the person, the daydreamer may be able to rationalize it better. Depending on the rationalization, the daydreamer may feel better or worse about the situation.

### The Negative Side of Daydreaming

People who think of daydreaming as something negative, however, has these things in mind:

– Daydreaming may lead to accidents and may even be fatal to the daydreamer

A fine example of this is the case with people who daydream while driving or walking. Because he is not mindful of his environment while daydreaming, he may get into a lot of accidents, some of which may even cause his death.

– Daydreaming is counter productive

Because daydreaming would mean indulging in your fantasies while you are awake, you would generally waste a lot of time that must have been used for doing something else. Prolonged and frequent daydreaming prevents a person from finishing his tasks on time.

With all these said, one will find that there are actually two sides to daydreaming: a positive side and a negative side. The key to making this activity a worthwhile one is control. If properly controlled, daydreaming can bring out the best in a person, especially in terms of creativeness and decision making. But if practiced excessively, it can lead to negative things, even up to the point of causing the person's death.

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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



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