



## Types Of Dreams

### Daydreams

Studies show that we all have the tendency to daydream an average of 70-120 minutes a day. Day dreaming is classified as a level of consciousness between sleep and wakefulness, a natural state of mind often associated with self-hypnosis and used in creative visualisation and hypnotherapy.

Day dreaming occurs during our waking hours when we let our imagination carry us away. As our minds begin to wander and our level of awareness decreases, we lose ourselves in our imagined scenario and fantasy.

Daydreaming is often disregarded and a neglected aspect of dream study. It would appear that not a lot of emphasis is placed on our daydreams as they are often overlooked as fleeting and wandering thoughts. However, the meanings to your nightly dream symbols are also applicable to your daydreams.

Hypnotherapists will tell you how the content of our daydreams are helpful in the understanding of our true feelings and careful manipulation can help us in fulfilling our goals.

Daydreaming occurs when you are semi-awake and it is the spontaneous imagining or recalling of various images or experiences in the past or future. You will often let your imagination run away from you. When you daydream you tend to access the right brain of your brain more than the left (reversed for a left handed person). The right brain is the creative and feminine side of your personality.

Often viewed as light-hearted in nature and no more than silly fantasies or wishful thinking in reality even worrying about things that have not yet happened can be classified as a form of daydreaming. When you worry, you are visualising an unwanted or negative outcome to a situation. It is often said that our imagination can be our own worst enemy and we 'awfulise' or use our imagination to only see the worst outcome to a situation. By repeating these negative images in your mind, you are more likely to make them happen. Next time you start worrying, try to think of a positive outcome.

Just as your worrisome daydreams can unwittingly come true via repetition in your mind, you can use it as a tool to your advantage and make positive events happen. You can utilise daydreams as a technique to visualise what you want and hope to happen. Many athletes, musicians and business leaders utilise daydreams to envision success. They anticipate or imagine landing the perfect jump, closing a deal, or making that hit single. Tiger Woods, for one, has said to use daydreams to improve his golf game. Creative visualisation is a technique where a script is prepared and presented in a relaxed state so designed to produce a desired outcome. You too can utilise daydreams for something as simple as studying for and passing a test or for landing that job.

Positive daydreaming is healthy. It serves as a temporary escape from the demands of reality. It is also a good way to release pent up frustrations without physically acting them

out. All too often you worry about your job, your family, finances, a relationship, etc. It is a way to leave the world behind and ponder about what could've been or should've been. It relieves stress, improves attitude, fosters creativity and refreshes the mind, body, and spirit.

## Nightmares

A nightmare is a disturbing dream that often causes the dreamer to wake up feeling anxious and frightened. Nightmares may be a response to real life trauma and situations. These type of nightmares fall under a special category called Post-traumatic stress nightmare (PSN). Nightmares may also occur because we have ignored or refused to accept a particular life situation. Nightmares are an indication of a fear that needs to be acknowledged and confronted. It is a way for our subconscious to make up take notice. "Pay attention!"

We all have had nightmares at various parts in our lives. They are quite normal. But what is exactly a nightmare and why do we have them?

Nightmares are a subcategory of dreams. The distinction of a nightmare is its frightening and/or emotional content. You tend to wake up in fear in the midst of a nightmare. Because of its frightening nature, you tend to remember your nightmares and the vivid details. They have a bigger impact upon your waking mind and its images may stay with you throughout the day.

One reason for nightmares may be a way of our unconscious to get our attention about a situation or problem that you have been avoiding. It is time to take notice and confront a problem or situation. Nightmares serve an important purpose in showing you what is troubling you from within your deeper levels. Discussing, analysing, and understanding your nightmares can lead to a solution for some problem, internal conflict or personal difficulty.

### Causes Of Nightmares

**Childhood and Family** - Nightmares can be rooted in past neglect and trauma from childhood. For example; lack of love, neglect, alcoholism, severe abuse. Nightmares may be a sign of such inner turmoil.

**Life** - The way your life is going and the larger society as a whole can contribute to nightmares. Your beliefs regarding the world, health, natural disasters, criticism about politics, crime in the streets and your job. Your perceptions regarding your inability to control such events may sometimes lead to nightmares.

**Relationships** - Your intimate relationships and your daily interactions with people can also be a source of your nightmares. You may have paranoia about how you think others perceive you. You may fear that they do not understand and see who you really are. Isolation and unhappiness may appear in nightmares as abandonment and loneliness.

**Stress** - The way you handle and deal with stress can trigger nightmares. Nightmares are a normal response to unacceptable levels of fear and stress. People diagnosed with Post Traumatic Stress Disorder frequently have nightmares about their traumatic event, like war, rape, death of a loved one, car accident, plane crash, terrorism, etc.

**Work** - Since most of us spend the majority of our day at work, it is no surprise that work-related issues are a common source for your nightmares. Stress, job security (or lack of), colleagues, unresolved work problems, or general dissatisfaction with what you do can manifest into a nightmare. The nightmare may reflect feelings of frustration and an inability to control your work-related issues. People in high-stress level or high-risk jobs often

report of having nightmares. Nightmares of this nature may appear as you being attacked, chased, or being out of control.

In general, stress, trauma, fears, insecurities, feelings of inadequacy, health problems, marital issues, etc may all be reasons for having nightmares.

Having nightmares is normal, however a high frequency of nightmares can be a sign of issues that need to be dealt with.

Nightmares can be an important resource for self-knowledge and emotional discovery. They convey an important message and help clear up the conflict in your life. It is important to distance yourself and work past the emotional content (fear, grief, anger, etc.) of your nightmare and analyse it from an objective perspective. The disturbing emotions may be a way for your unconscious to prevent you from digging deep into the meaning of your nightmares. But it pays to try and make sense of those darker dreams.

## Recurring Dreams

Recurring dreams usually repeat themselves with little variation in story or theme. These dreams may be positive, confusing or be nightmares. Dreams may recur because a conflict depicted in the dream remains unresolved and ignored. Once you have found a resolution to the problem, your recurring dreams may cease.

Most dreams contain messages that serve to teach us something about ourselves. Unfortunately many a times we forget what we dream about as we go about our daily routine. With recurring dreams, the message may be so important and/or powerful that it just will not go away. The frequent repetition of such dreams forces you to pay attention and confront the dream. The dream could be your sub-conscious trying to tell you something. Such dreams can be nightmarish or frightening in their content forcing you to take notice and pay attention to them.

Recurring dreams are quite common and are often triggered by a certain life situation or a problem that keeps coming back again and again. These dreams may recur daily, once a week, or once a month, but whatever the frequency, there is little variation in the dream content itself. It can point to a personal weakness, fear, or an inability to cope with something in your life - past or present.

The repetitive patterns in your dream can reveal some of the most valuable information on yourself. It may point to a conflict, situation or matter in your waking life that remains unresolved or unsettled. Or some urgent underlying message in your unconscious is demanding to be understood.

Following are some tips in overcoming your recurring dreams.

- 1.** In understanding a recurring dream, you must be willing to accept some sort of change or undergo a transformation.
- 2.** You must be willing to look within yourself and confront whatever you may find no matter how difficult it may be.
- 3.** You must be able to look at the dream from an objective point of view. Try to get past the emotional and reactive elements of the dream and get down to the symbolic images. Many times dreams are masked by elements that are disturbing preventing you to delve deeper into certain areas. This is a defence mechanism that your sub-conscious may be creating to protect you.
- 4.** Be patient. Do not get discouraged if these dreams still recur even after you thought you have come to understand them.

## 5. Learn to accept yourself truly and fully.

Often times, once you discover what your recurring dream is trying to tell you, these dreams will change or altogether disappear.

## Lucid Dreams

Lucid dreams occurs when you realize you are dreaming in the middle of your dream. "Wait a second. This is only a dream!" Most dreamers wake themselves up once they realize that they are only dreaming.

Some dreamers have cultivated the skill to remain in the lucid state of dreaming. They become an active participant in their dream, make decisions in their dreams and influence the dream's outcome without awakening. This skill can be very useful in analysing a nightmare or recurring dream.

## Healing Dreams

Healing dreams serve as messages for the dreamer in regards to their health. Dreams of this nature may be telling the dreamer that he/she needs to go to the dentist or doctor.

## Prophetic Dreams

Prophetic dreams, also referred to as precognitive dreams, are dreams that seemingly foretell the future. One rational theory to explain this phenomenon is that our dreaming mind is able to piece together bits of information and observation that we normally overlook or that we do not seriously consider. In other words, our unconscious mind knows what is coming before we consciously piece together the same information.

## Epic Dreams

Epic dreams are so huge, so compelling, and so vivid that you cannot ignore them. The details of such dreams remain with you for years, as if your dreamt it last night. These dreams possess much beauty and contain many archetypal symbology.