

Types of Dreams

Daydreams overlook aspects of dreaming that help to interpret Your nightly dreams and are helpful in understanding your true feelings. All people daydream, $\frac{1}{3}$ to $\frac{1}{2}$ of people do it each day.

Lucid dreams provide us with a means to control our dreams and become more self-confident when we are willing to confront the threat. They also provide us with a means to imagine a goal or rehearse a speech and provide us with some actual stimulus to achieve our goal.

Nightmares are emotional and frightening and have a larger impact on the ability to retain them. It is a way to help pay more attention to a problem or situation so we can analyze it. Everyone has or will have a nightmare. Nightmares are from a situation that has happened in Your life or a situation in life that needs attention.

Recurring dreams contain messages to teach us something about ourselves. It is usually a message to help us through a situation problem within our life. To understand the meaning of recurring dream you must be able to:

1. Understand and accept a change or transformation
2. Willingly to really look into yourself for answers
3. Look at the dream from an objective viewpoint. Look into element symbols and colors as a factor
4. Be patient with understanding and the interpretation even if the dream continues and you are sure you have figured it out
5. Learn to be truthful and accept what the dream is saying

Precognitive dreams or psychic dreams are ones where the mind pieces together bits of information to see the future of what will occur. They are usually reoccurring and do not alter much is the facts. They will involve all your senses and can wake you out of deep sleep.

Epic dreams are so long, so compelling, and so vivid that you cannot ignore them. The details of such dreams remain with you for years, as if you dreamt it last night. These dreams possess much beauty and contain many archetypal symbols. When you wake up from such a dream, you feel that you have discovered something profound or amazing about yourself or about the world. It feels like a life changing.

Mutual dream is when two people dream the same dream planned to achieve a goal or to people spontaneously have a strong bond and participate in the dreamer's dream.

Not all dreams are created equal. Just as your conscious mind can focus on a variety of thoughts throughout the day, your dreaming mind also places emphasis on numerous themes while you sleep. During the day, we think about all kinds of things. We worry, problem solve, multitask, daydream, create, and have flashes of insight. Our dreams have a similar pattern of randomness and importance. What is different about our dreaming mind is that it does not seem to be as influenced by rational thought and does not censor the feelings and images contained in our dreams. Depending on how much attention you give your dreams, you may have some kinds of dreams more frequently than other ones. Since our dreams communicate mainly through symbols and archetypes, dream types can overlap and incorporate pieces of more than one category in a single dream. As you work with your dreams, they transform, providing you with an endless source of creativity and information. Similar to a snowflake, no two dreams are identical.