

Dreams Outline

I. Everyone dreams

A. Dreaming is a personal thing to people.

1. Dreams could be hard to explain to someone else.
2. We all have our different dreaming styles.

B. Sometimes, people may remember their dreams.

C. Sometimes, people may not remember if they even had a dream or not.

II. Dreams are caused by a daily or weekly effect.

A. Maybe dreamers have a craving for something.

1. If the dreamer had a bad day and had a craving for the circus, they may have
2. If the dreamer had a good day, they might have a dream about circus rides.

B. Dreams may also be caused by a struggle in the night.

1. If the dreamer has a pain or disturbance in their body.
2. If the dreamer has a sickness or symptoms of a sickness.

C. Dreams are caused several different ways.

1. Many people think a dream is caused by the last thing you saw, before you
 - a. Dreams are caused by thoughts.
 - b. It is most likely for the dreamer to dream about the main thing you thought about, all day.
2. A big interference with dreams is stress.
 - a. A lot of stress is built up, throughout the day.
 - b. This may result to a nightmare.

D. Greek Philosophers analyzed dreams.

1. They thought dreams were caused by direct expressions at night.
2. (A crazy beast) would come out of the dreamers mind if they went to sleep mad.
3. Healthy people were thought to have adventurous dreams.

III. There are several different types of dreams.

A. One type of dream is a nightmare.

1. Nightmares are frightening.
2. Most people soon are to forget their nightmares.

B. Nightmares signal trouble to the dreamer.

1. Nightmares mean that a person is running away from their troubles.
2. Re occurring nightmares are symptoms of a problem that the dreamer is having and could not solve.

C. Dreams can be divided into two groups.

1. The first group is called "Little dreams."
 - a. Little dreams are very common.
 - b. They are mainly compensatory type.
 - c. They are easy to identify, and also easy to forget.
2. The second type of group is called "Big dreams."
 - a. These dreams are usually never forgotten, and involve symbolism.
 - b. Big dreams have several symbols like: Gods, Dragons,

Fairies and other Mythology like creatures.

c. Big dreams give the dreamer a message about critical phrases of life, and everyone has at least one of these dreams.

D. There are many more types of dreams like a Telepathic dream.

1. A Telepathic dream is when the dreamer has a dream, but then later on it actually happens.

a. It is like Day Ja Vu.

b. These dreams don't happen often.

2. Telepathic dreams predict the arrival or the death of a loved one.

E. Another type of dream, out of the other many dreams, is a Lucid dream.

1. A Lucid dream is when the dreamer actually realizes he or she is dreaming.

a. It usually happens in a light sleep.

b. A lot of light sleepers have these types of dreams.

2. A Lucid dream usually occurs to University students.

3. If you notice you are having a Lucid dream, writers suggest taking charge of your dream.

a. By waking up.

b. Also, by changing your dream.

c. Or even by changing the ending of your dream.

F. Another type of dream is a recurrent dream.

1. A recurrent dream is mainly present in youth.

a. They sometimes make other appearances.

b. Sometimes they make their appearances later in life.

2. While the dreamer is having a Recurrent dream, they can be easily disturbed by it.
 - a. It leaves most dreamers with an impression.
 - b. They impressions must have a special meaning.
 - c. The impressions are most of the time, for you to find out.

G. Last but not least, is a Reaction dream?

1. A reaction dream is a dream that reproduces experiments that the dreamer once had.
2. These are often caused by Traumatic experiences or by experiences that were unforgettable.
3. When the Reaction dream is recognized, it usually stops from reoccurring in the future.

IV. Dreams are stimulated through out the brain.

A. While a person is sleeping, their mind is resting and recalculating events.

1. Events that occurred during the day or maybe even events that happened during the week.

B. While stimulating through the brain it is going through a section of the brain called the “Declarative Memory”.

1. It is a part of the brain which works like a system.
2. It calculates all the newly learned information.

3. If our dreams come from declarative memories, people with amnesia don't dream at all or at least dream differently than others do, but the brain reads that.

C. Another part of the brain that dreams stimulate through is called the Procedural memory system.

1. When people play block computer games, for several of hours, they go to sleep and then begin to dream of the same game they played, its normal.

a. The brain is letting out the last things they did before they went to sleep.

b. It is called the Implicit memories.

D. There are several parts of the brain that stimulates dreams is called the Semantic section .

1. The Semantic section involves general, abstract concepts, so that dreams are understood when you wake up.

2. The Semantic section is a weak area in the brain.

a. Without help from the hippocampus, new semantic memories are too weak to be intentionally recalled.

b. Dreams will not be remembered without the hippocampus section.

V. Back then, dreams were beliefs in the Ancient Roman Times, but today we still carry on with some of the symbols for dreams.

A. The Chinese and the Romans were the first to make up symbols about each dream, that we eventually learned them.

B. Dreams have different meaning and still today revolve around your everyday

life.

1. Each dream is related to the dreamers own family, job, .friends, etc.
2. Each dream has a meaning towards your future life or even maybe the past in your life.

C. Dreams can be a great help for you.

1. For your own feelings, health, future, relationships, and lots of other things.
2. By studying these dreams , you can find hidden messages behind your dreams and could enrich into your own life.
3. A dream can help a person to stride and reach for their goals.
4. Also, it can help a person's attitude towards their life.

D. Dreaming is important even if you don't notice it.

1. If you remember your dreams or not it stills means something to you.
2. Important things may happen in the future, if you trace your dreams your can prevent or help problems in the future, just by your own dreams.

E. There are several saying about dreams .

1. " Follow you dreams"
2. The "Royal Road" to your unconscious mind.
3. "There is nothing like a dream to create the future"
4. "Dreams are today's answers to tomorrow's questions"
5. "To believe in one's dreams is to spend all of one's life asleep "