



My Drift

Title: Dreams

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Date: 14 Jul 2020

Article Number: 336-2020-14

Do you dream when you sleep at night?

If you answered “NO”, you must be one of a small number of people that doesn’t remember and are not aware of any dreams. However, you are wrong! Everybody dreams. Most people are aware of dreaming and can remember some parts of the dreams but once they are up for a while in the morning, they forget all about the dreams they had the night before. Then there are some people who vividly remember their dreams and they spent a lot of time trying to figure out what they mean.

What are dreams?

Dreams are the stories the brain tells during the REM (rapid eye movement) stage of sleep. People typically have multiple dreams each night that grow longer as sleep draws to a close. Over a lifetime, a person may dream for five or six full years. These dreams can be entertaining, fun, romantic, disturbing, frightening, and sometimes bizarre.

They are an enduring source of mystery for scientists and psychological doctors. Why do dreams occur? What causes them? Can we control them? What do they mean?

Do you remember the Sleep Cycle Stages?



Dreams Occur in REM Sleep Stage 4

Do men, women, and children have the same type of dreams?

No. Men and women dream differently. Women tend to dream more about verbal social interactions than men. Women tend to recall their dreams more often than men and women tend to report more frequent and more intense nightmares than men. Men are more physically aggressive in their dreams than are women. Thus, the dream recall, and dream content patterns of men and women differ because the biological makeup of men and women differ.





As children develop and grow, their dreams do too. Toddler dreams are usually just snapshots, looking much more like a slideshow than a movie, when compared to the dreams of adults. They heavily feature animals and other familiar sights, like images of family members working or eating.

What are the most common dreams and what do they supposedly mean?

There are millions of different dreams. People dream about everything. But there are 20 or so different events or things that people around the world dream about more often. I researched several dream websites and here is my list of the most popular dreams:

#1 Falling from High Places



If you're dreaming about plummeting through the sky, it can be the mind's way of coping with a situation in the dreamer's life that is going poorly or is totally out of control.

#2 Dreams about Death or Dying



No matter what, dreaming about death is unsettling. Even after you wake up, these types of dreams may leave you feeling nervous and uneasy. A death-related dream might feel like a dark warning for the near future but in reality, they're usually much less sinister than they may seem. You probably are not going to drop dead until it is your time to go.

#3 Dreaming about Sex



Yep, you were having a sex dream, and that doesn't mean you're weird or have a raging sex drive. On the contrary, research shows that most people dream about sex often: About 10 percent of nighttime reveries involve some sort of sexual activity with women getting it on in dreamland just as frequently as men. Sexual intercourse was the most common type of sexual dream content in the study, followed by sexual propositions, kissing, fantasies, and masturbation. Sometimes these sexual dreams result in "Wet Dreams".

#4 Dreaming about being Naked in Public



NAKED

Nudity indicates fear of exposure. Becoming mortified at the realization that you are naked in a public place may reflect your fear of being exposed and feelings of shame. You may be hiding something and are afraid that others can see right through you. Hence, you dream of yourself naked!

#5 You're being Chased



Being chased in your dream is one of several common dream themes stemming from feelings of anxiety in your waking life. In such dreams, you could be running from an attacker, an animal, a monster, or some unknown figure who wants to hurt or possibly kill you.

#6 You dream about being in Jail or Prison



Dreams about being in jail are closely related to situations from waking life; the jail often reflects an uncomfortable, stressful and restraining environment you are living in, which makes a dreamer feel stressed and pressured.

#7 Dreams about Traveling to New Places



Travel dreams represent the path toward your life goals. Traveling to specific destinations often have a straightforward meaning of wanting to escape from your daily burden. Any dream featuring a foreign country suggests that changes are occurring within your life, or that they need to take place. Dreaming of going abroad normally means that you have been working too hard, and your mind is trying to tell you that it is time to stop and take a break.

#8 Your Teeth are Falling Out



Teeth falling out are associated with loss and important life changes. This dream could indicate that you're dealing with some kind of loss, like an abrupt end to a relationship or a job change.

#9 Dreams about Flying



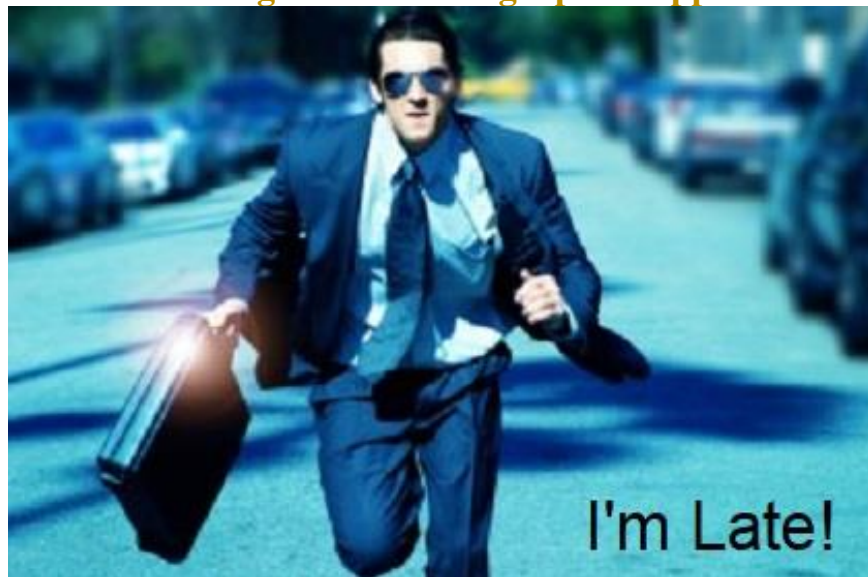
Often times flying represents a sense of freedom. Flying dreams serve as a sort of escape from the pressures of the real world (which is represented by the ground).

#10 Your Spouse or Partner is Cheating on You



Being cheated on in a dream can often feel so real that you actually go and accuse your spouse, boyfriend, girlfriend or significant other of it. Such dreams are unsettling and disturbing. Often dreams about infidelity are rarely about cheating, but rather more about your own feelings of insecurity.

#11 Dreams about being late or missing a plane/appointment/meeting



Being late in a dream is a sign of a needed change in life or a hope of change in life. Dreams about being late can also symbolize an unconscious fear of missing an opportunity or missing out on something critical – for example, developing your relationship, raising a family, getting a promotion etc.

#12 Dreams about Drowning



Drowning dreams seem to suggest is that there might be some ongoing stress going on in your life. Because of the water, drowning depicts fear of being overwhelmed by difficult emotions or anxieties. But even if you don't have anything super stressful on your plate right now, drowning dreams still happen. Drowning in a dream is also about struggling to survive as a person, so it applies to your identity as it is dealing with relationship with other people, but also with your own internal world of instincts, body activities and needs.

#13 Struggling to Find a Bathroom



If we think about what a bathroom symbolizes, it becomes more clear. Usually a bathroom is a place people go for privacy and this is why the bathroom is manifested into our dreams. If you are struggling to find the bathroom, it probably means you are frustrated at having a lack of privacy in your real life. If you are feeling constantly unable to be alone when you want to be, this dream could be a manifestation of those feelings.

#14 Dreams about being Pregnant



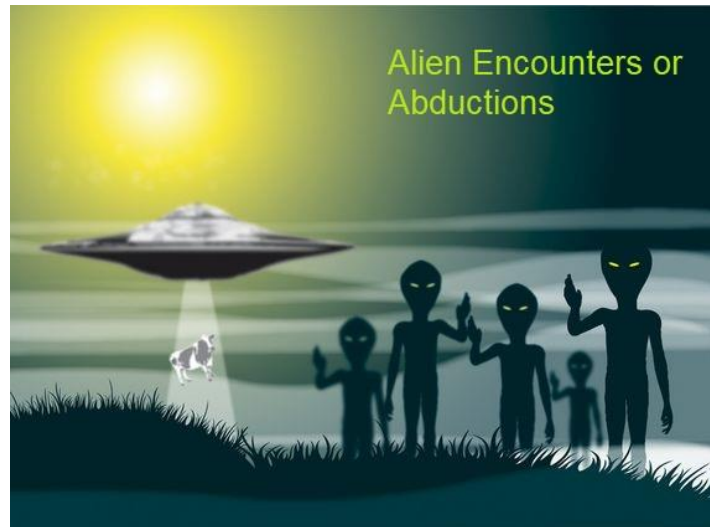
Dreams about being pregnant generally have to do with your personal desire for or fear of pregnancy. If someone desperately wants to be pregnant, dreams about pregnancy are their desires playing out in their dream world. The more confusing scenario is when you dream that you're carrying a child and you definitely don't want a baby.

#15 Dreaming about Snakes or Spiders



Dreaming about snakes and spiders usually mean there is something bad going on in your life. They will usually refer to some situation where you feel trapped or stuck. Perhaps you dislike your job and wish to move to something more interesting. Perhaps you feel stuck in a relationship.

#16 Dreams about an Alien Encounter or Abduction



When you dream about aliens, it could symbolize an undiscovered, neglected, or unfamiliar part for yourself that you need to explore. If you were being invaded by aliens in your dream, then you might fear losing your home or your family. Alien abduction could be due to an inner desire you have to escape from a current situation or your life in general. Perhaps you are tired of the routine of your normal life and want something different- a new job, a new relationship, a new hobby, a new circle of friends or a new location.

#17 Dreams about being in a Plane Crash



Many people fear traveling by plane because of their fears of the plane crashing. Dreams about plane crashes could reveal this phobia. A plane crash signifies that your life is seriously out of control and the dream suggests a failed mission in your life.

#18 Dreams about being unable to Move or Speak



Sleep paralysis is a feeling of being conscious but unable to move. It occurs when a person passes between stages of wakefulness and sleep. During these transitions, you may be unable to move or speak for a few seconds. Some people may also feel pressure or a sense of choking. Paralysis dreams may also signify that you are feeling stuck and restrained from accomplishing a particularly important goal in your waking life.

#19 Taking a Test and You didn't Study



Life can be viewed as one giant test, where we learn lessons along the way in order to prepare for the big exam at the end. When the focus of the dream test centers on the nervousness and guilt feeling of being unprepared, it can signify that you feel that you have not worked hard or not prepared enough for your personal goals. Perhaps you have been procrastinating at work to finish your deadlines.

#20 Dreams about Solving Problems



In dreams, while our conscious mind is inactive, our subconscious mind is actively working on problems that we may have failed to solve consciously in our waking life. That's why it's highly likely that a solution to a problem that you've been working on for quite a while can pop up in your dream.

This is similar to when, for example, you are thinking hard about a problem and then you let go of it because you can't come up with a solution. And then after a while, when you're involved in some other unrelated activity, the solution to your problem suddenly pops up from nowhere. This happens because as soon as you let go of the problem consciously, your subconscious mind is still working on solving it behind the scenes. Once it solves the problem, it gets ready to launch the solution into your consciousness as soon as it comes across a trigger that's in some way similar to the solution- an image, a situation, a word, etc.

RECAP - So, have you had any of these common dreams? I have had several of these that I will talk about later.



What is the difference between Bad Dreams, Nightmares, and Night Terrors?



Sometimes dreams are a long way from sweet. They can, in fact, be quite the opposite—haunting, distressing, or worse. But when you or your kids have an unpleasant or scary dream, there may be times when it's hard to tell if it's actually a bad dream, a nightmare, or a night terror. Here is how Dream Experts define these terms:

Bad Dreams - A step down in intensity from nightmares, bad dreams can be disturbing. The main difference is that you're likely to continue sleeping through them. You may remember a bad dream's storyline, themes, or images right when you wake up or even later in the day, but these unpleasant dreams typically cause less emotional distress than nightmares do. Bad dreams tend to be a lot more common than nightmares.

Nightmares – Nightmares are usually coherent visual dreams that seem real and get more disturbing as they unfold and cause you to wake up. These most often happen towards the end of your sleep period. These dreams most often involve imminent physical danger. Nightmares may also focus on other distressing themes and provoke negative emotions such as:

Anxiety
Fear
Terror
Anger
Rage
Embarrassment
Disgust

In most instances after you wake up, you will be able to clearly remember the details of your nightmare. A disturbing dream that does not wake you up is not considered a nightmare. Instead it is simply a bad dream. It is possible to have more than one nightmare, often with similar themes, during a night of sleep.

Nightmares tend to happen during REM sleep, the last stage in the sleep cycle. About 20-25 percent of your total sleep time is in REM sleep. The REM stage gets longer during each sleep cycle and your final period in REM may last up to an hour. Because of this, nightmares are most likely to occur in the final third of the night. Nightmares that arise from trauma, such as in people with PTSD, may also occur in earlier sleep stages

Night Terrors - They're like nightmares in overdrive but are much less common. Night terrors often induce terror or panic in the dreamer, causing the person to scream or shout, sleepwalk, or frantically thrash around in bed. They are sometimes caused by post-traumatic stress disorder and typically occur during the non-REM stages. In contrast to a person having a nightmare, a person having a night terror will remain asleep, though he or she may appear to be awake. It's difficult to awaken someone during a night terror, so don't even try; simply wait it out. Night terrors can be distressing to witness but they don't cause harm to the dreamer and he or she is unlikely to remember the horrifying event in the morning. Occasional night terrors usually go away on their own. But if you're losing a lot of sleep from night terrors on a regular basis or you're experiencing severe anxiety during the day, talk to a doctor.

Is your child suffering from night terrors?



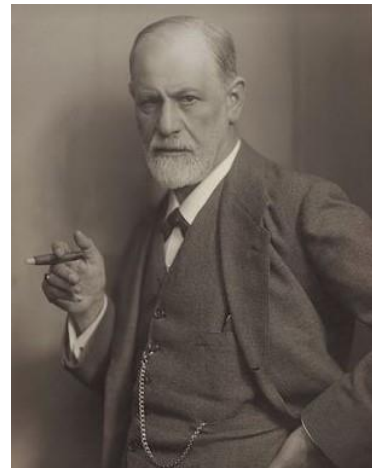
Are all dreams based on real life?

Dreams typically involve elements from waking life, such as known people or familiar locations, but they also often have a fantastical feel. In dreams, people may live out scenarios that would never be possible in real life, although they aren't always positive.

Can we interpret our dreams?

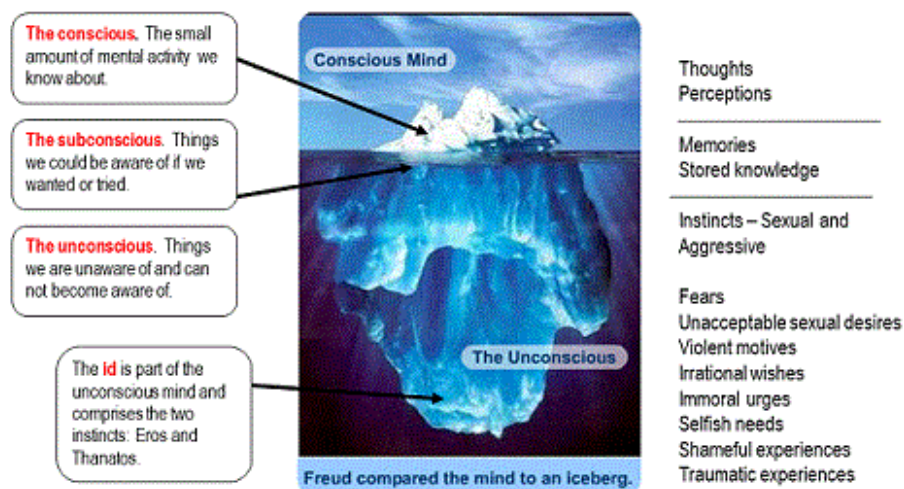
People have always tried to figure out the meaning of their dreams, but dream interpretation as a field of psychological study emerged in 1899, when Sigmund Freud published "The Interpretation of Dreams". Today, most experts disagree with Freud's conclusions, and some don't believe dreams signify anything at all. But people continue to mine them for clues to their inner lives, creative insight, and even hints of the future.

Freud believed dreams represented a disguised fulfillment of a repressed wish. He believed that studying dreams provided the easiest road to understanding of the unconscious activities of the mind. According to the idea that Freud proposed, the dream is considered the guardian of sleep.



Sigmund Freud

The Unconscious Mind



What are Lucid Dreams?

During lucid dreaming, which most commonly occurs during late-stage REM sleep, a dreamer is aware that they're asleep, but is able to control events within their dreams, to some extent. Lucid dreamers report willing themselves to fly, fight, or act out sexual fantasies. There are communities dedicated to learning how to lucid dream at will, although evidence that this is possible remains inconclusive.

*******LAST QUESTION*******

Do animals dream?

Yes. Science shows that animals do indeed dream. All mammals share the same neural structures that are important in sleeping and dreaming. Innumerable people (including me) have saw their dog twitching and often vocalizing in their sleep and say they're sure they're dreaming. While some people dismiss these animal lover accounts as mere stories, there is now solid scientific data that clearly show that animals do indeed dream.

So, dogs, cats, hamsters, guinea pigs, mice, wolves, giraffes, zebras, lions, elephants, and many other animals dream. However, experts are not sure they are always dreaming when we think they are and it's difficult to know just what they're dreaming about. Maybe your dog is dreaming about playing with their best friends, a good steak or odor, fighting those two Pit Bulls up the road, a scary situation, or anticipating a fun day sniffing here and there on the evening walk. Future research will surely provide many answers to these very interesting and vexing questions.



COMMENT

If you're keeping up to date on social media posts, you know that a lot of people world-wide are having Vivid Weird Coronavirus Dreams (and Nightmares). You may be one of them!

The Pandemic is giving people Strange and Unusual Dreams

My Dreams

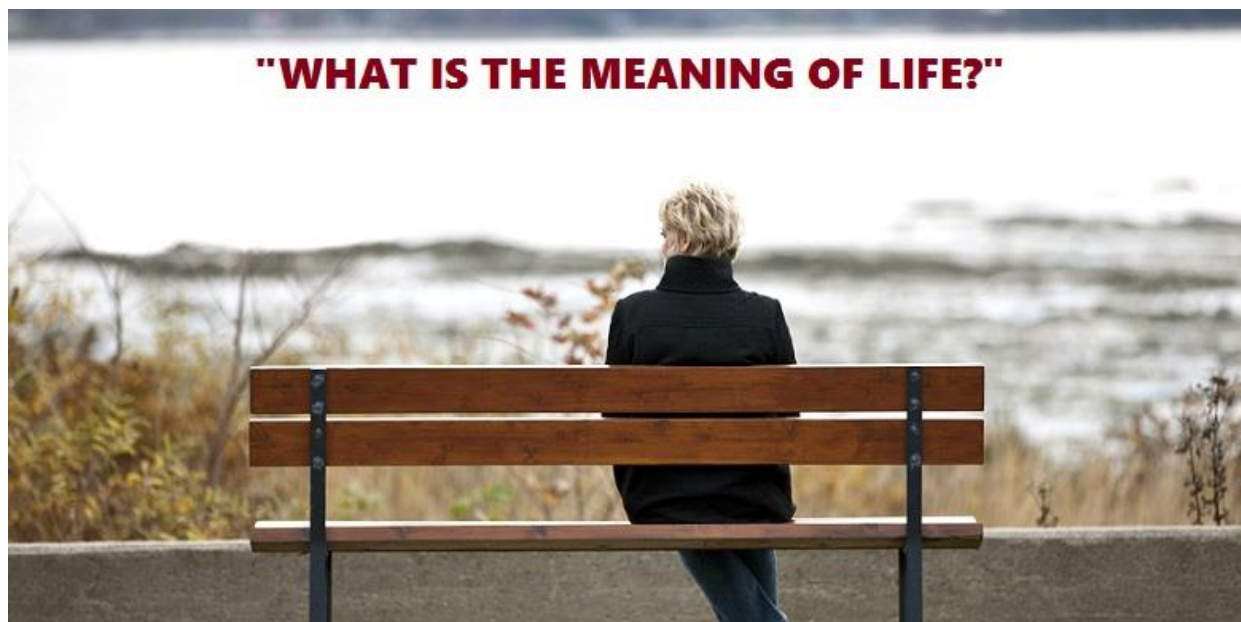
As I stated earlier, I'm like most people who remember some dreams and bits and pieces of others. Whatever dreams I had the night before don't affect me the next day while I'm awake. So, what dreams do I have on a regular basis that I can remember?

I give some thought to that TOP 20 Dream List in this article and here is what I decided:

I cannot remember ever dreaming about Flying, Falling, Drowning, Snakes or Spiders, Alien Encounters, Being Late, Being in Jail, Being Naked in Public, Being Chased, Cheating, Plane Crash, Pregnant, Unable to find a Bathroom, Failing a Test or my Teeth are Falling Out.

As far as I know, I never have Nightmares or Night Terrors.

I dream a lot about the Meaning of Life. Where Did We Come From? What is the Purpose of our Existence? What Happens When You Die? Is There Life After Death? Sorry, I don't have the answers to these questions just yet.



I dream a lot about relaxing activities like fishing up in the mountains. I can see myself sitting on a flat rock next to this quiet little lake. My hook has been baited with some cheese and cast out into the middle of the lake. My fishing pole is leaning against a forked stick stuck in the mud next to the shore. I have a cup of hot coffee in my hand and there is a cooler close by which contains cold water and beer.



Over the years, I have solved hundreds of problems in my dreams. For example, I will have a computer programming problem I could not figure out during the day and its driving me crazy. During the night, I dream about the problem and when I wake up in the morning, I know exactly what needs to be done to fix the problem. Amazing!!

I used to dream about SEX a lot but then I got old and don't think or dream about it as much. It's no fun getting old!

I dream a lot about traveling to foreign countries like Denmark and South Korea. But in my current life situation, I probably will never go anyplace.

This dream has happened to me 3 or 4 times in my life. It is a dream about being unable to Move. I'm not sure if I'm still dreaming or awake but for a few seconds I can not move my arms or legs. It's scary!

The worst reoccurring dream I have is being stuck under ground in a tunnel or cave. It is disturbing and probably my worst fear.



I would be lying if I told you that I never dream about the Coronavirus. It crosses my mind on a regular basis, but it doesn't bother me too much since I'm pretty much immune to medical emergencies now days.

I'm guilty of Daydreaming which is a stream of consciousness that detaches from current external tasks when attention drifts to a more personal direction. This phenomenon is common in people's daily life shown by a large-scale study in which participants spend 47% of their waking time on average daydreaming.



CONCLUSIONS

Most of us humans are emotional wrecks! We are stressed out to the max, feel pressured to succeed, and most of us are coping with a restraining environment that is out of our control. But fortunately, we are good at acting like everything is okay. Otherwise, there would be a lot more crazy people out there on the streets of America than we already have.

During our 16 to 18 hours of being awake, our brains get cluttered with all kinds of worthless negative data. By the end of the day we can't even think straight. The only thing that helps is a few cold beers.

But then we fall to sleep, and our unconscious mind takes control of the brain. It consists of deeper mental processes not readily available to the conscious mind. Did you know that the unconscious mind is the 90 percent of the brain we don't use while awake? While you are having all those weird dreams, the unconscious mind is examining and deleting all those dumb thoughts you kept in your brain. Sleep is like hitting the Refresh Button on your computer. You wakeup refreshed and ready to face another day.

Religion and Religious Beliefs are extremely importance in our society. When you believe in God and Religious teachings, you tend to be a better person and you brain has some positive direction. However, fewer Americans now say religion is important in their lives and you can see the results as our country goes downhill fast.

Lately, I have been experiencing some very disturbing dreams about some idiots rioting in the streets of America burning down buildings, looting, fighting, and destroying other people's property. Now they want to tear down all the statues that represents our country's proud history. All this crap going on in the name of social justice is very bad for my health since my blood pressure is sky high.



**With all that said,
LIFE IS GREAT – ENJOY IT WHILE YOU CAN**

PLEASANT DREAMS!!

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