

Chapter 1 : Dreams From The Past by Linda Wisdom

Dreams from the Past for iPad, iPhone, Android, Mac & PC! As darkness falls, strange dreams from the past haunt Dianne. Help her uncover the hidden secret that lies within her dreams and unravel a love story that's lost within time.!

We all have bad dreams from time to time. They are simply a normal part of life. If we listen to our dreams, even the bad ones, they may provide us with clues to help us overcome our fears. If you want to turn your bad dreams in to a positive experience, it is important to understand what causes bad dreams. The stresses and anxieties of our daily lives are often translated into our dream material. This may even be true of past traumas, like the death of a loved one or the divorce of parents at a very young age. We may dream about simple, everyday things that we feel insecure about, like our performance at work or how our next date will go. These typical issues can often be bound up with powerful emotions in our dreams. Individuals with Post-Traumatic Stress Disorder often dream about their traumatic event, including war, car crash, rape, or terrorism. The extreme levels of fear and stress these individuals experience around the event is translated into their dream material and plagues them at night. Knowing what causes bad dreams is the first step in overcoming their presence in our lives. What Do Bad Dreams Mean? This is a sign that we have unresolved tension around these issues, and our bad dreams are actually trying to communicate with us so that we can let those tensions go. Dreams about being abandoned or being alone may indicate that we are having feelings of isolation and unhappiness in waking life. Even the dreams about every day occurrences can be telling us something; very often it is that we just need to relinquish control and relax. So what do bad dreams mean? They mean that there is an issue or memory causing tension in our psyche. If we can find out what it is and let it go, our bad dreams will often decrease or go away altogether. Having Bad Dreams Every Night While occasional bad dreams are normal, having them every night indicates that there is an extreme level of stress or overwhelm that needs to be dealt with. Nightmares can be trying, but they are an important way to learn about ourselves and to help resolve inner issues. Recurring bad dreams are common in young children who are undergoing stress, like being bullied at school or experiencing the divorce of a parent. The emotions that these children are unable to express during the day come up in their dreams at night. This is true of adults as well. In order to work with the content of bad dreams, it is important to ask yourself what they mean. The disturbing feelings experienced in nightmares are often a rehashing of feelings experienced during the day, so acknowledging those waking feelings and letting them go is a powerful way to quell nightmares. Making a practice of replaying the nightmare in your mind and consciously changing the ending of the dream is another effective way to end the loop of fear and stress to create a new way of relating to the content. What emotions do I feel during my bad dreams? Do I ever feel those emotions in the daytime? Do my bad dreams contain people, places, or events from my past? If so, how do I relate to those details? For bad dreams about the past; how can I let go of past events to move forward with my life? For bad dreams about something happening in the present; how can I work with my current situation to provide relief? Is there an alternative outcome I can create? Share or Like it using the social buttons! Never miss a post again! Subscribe and follow us to get the latest info and updates!

Chapter 2 : Dreams About Past Lives - Dream Meanings

Play Dreams from the Past Deluxe, a mysterious hidden object tale in the mind of a young woman. Whenever photographer Dianne falls asleep at the end of the day, she has the same horrific dream.

Rated 5 out of 5 by pcpat from Bewitching, Relaxing Game! I think it was Howard Hughes. Normally, unpopular BFG games receive a few negative reviews. My eyes appreciate the well defined graphics which are a good-size, clear, crisp, bright and colorful. Game allows you to think without monotonous instructions. Lovely and relaxing game, really. A story with few words, hurray! I tied right into the whole game concept immediately without lengthy explanations and instructions. Have to figure things out. Some variations on hidden objects, thank goodness. No sparkles, hurray again! Language barriers are not an issue with us as we are members from around the world! Otherwise, BFG members, for a long, long time, we will be receiving the same-type of "doom and gloom" games, over and over which has flooded our BFG pages. We need more diversity and this game delivers in an advanced, yet, simplistic manner. A definite purchase for me! The graphics were amazing, storyline couldve been better. HO scenes were great and cleverly hidden, and "interactive". In some scenes you must find certain objects to pair with or repair others. It includes "spot the differences" scenes as well, where youre given 2 scenes and you have to spot the differences between the 2. The game is very well put together. However the demo is NOT an hour long, its only 36 minutes and in that time there isnt enough to do to really get a feel for what the rest of the game will be like. The only complaint I have is sometimes the game lacks directions: But after you find everything in that room, there is no way to leave the room and no instructions to tell you what to do. But what you have to do is: You can leave certain rooms by holding your cursor at the bottom of the screen and clicking when the arrow appears, but not all rooms have this option. Those 2 things are my only complaints. I havent purchased it yet probably will but overall this a great HOG with amazing graphics- granted this review is based only on the measly 36 minute demo. If you are looking for a HOP-heavy game, this has ! Available at BFG since Review based on completed game. Apart from the hotel and office, the surroundings at Egypt? You get to a certain point in the game where you have made a significant advancement towards what is going on, but then suddenly you are greeted with a static, large "GAME OVER. I was not able to locate a sequel. However, being aware of that, you can still enjoy this game for its ambience. There is nothing occult or scary about this game. Full screen, not really Widescreen. Little pop-up bubbles will appear around areas of interest, where you must add collected items to, to make them function. Music and Environment MAP: I really Love finding pieces of objects and find objects like in this game. Some animations would have added more life into otherwise a very static world of the game.. The images in the slot shows you what object to look for which acts like a hintâ€some items you get in HOG and some you need to look around. The music is really smooth and relaxing.. You take on the role of Dianne a photographer who has dreams of a young couple in some ancient land, and her lover is brutally killed and must uncover the hidden secrets that lies within her dreams. This I would consider a HOPA hidden object puzzle adventure very heavy on HOS hidden object scenes , light on puzzles, and the "adventure" part is there is a bit to do in this game. At times it will be obvious with the indication of a "sparkle" on the screen for something needing to be done however at times not always obvious as you have to take your mouse and move it around the areas pretty thorough to bring up the "gears" or "magnify glass" and "click around a lot" to activate something in a scene. Also at times have to have your mouse near the edge of the screen to find a new location the "arrows. There is no journal, map, voice overs, or choice of play mode. HOS hidden object scenes: Will be indicated by sparkles and I counted 30 scenes for the whole game Found by word list. Most of the time there will be more than one item that is found in the scene that will go into the inventory down at the bottom. Sometimes used in the same scene sometimes not. Outside of these 30 scenes there are items that are found by circle placement. Some of the items to complete the "circle placement" are found in other scenes of the game. You are on your own here. Not a whole lot of puzzles to this game. The usual found in many games like spot difference, jig saw, get ball out of the maze, etc. All puzzles can be skipped and pretty quick. I found the graphics to be very well done and liked the cartoon comic

book style. As I mentioned early have to really move your mouse around at times. I also got enough time out of the game as it was just over 5 hours for me. Overall, I give this 4 stars. I do like to figure out on my own however, I think the game should of had a hint button. I also think the story could of been worked on a lot more and it also ends abruptly. Looks like it may be continued but not sure if the developer will or not. As I said though I mainly stuck with this game cause of the game play. Thanks Big Fish and developer for a pretty good game here! As always, give it a whirl and decide for yourself. A photographer has dreams of a young couple in some ancient land, and her lover is brutally killed the killing is tastefully handled. Graphics are superb, with alluring environments everywhere you look. HOS are not too crowded and objects are well defined. There are also some crisp, fill in the circles scenes and a few spot the differences. A lovely, pleasant game to spend a relaxing afternoon with.

Chapter 3 : Dreams from the Past > iPad, iPhone, Android, Mac & PC Game | Big Fish

Dreams from the Past is a hidden object puzzle game created by Pixel Haze. You will move from location to location solving hidden object hunts, mini-puzzles and picking up items to use in order to.

You will move from location to location solving hidden object hunts, mini-puzzles and picking up items to use in order to proceed in the game. General Tips You need to click on items in order to trigger hidden object scenes and other actions to further the game. Do not automatically assume the game has a glitch. This will scan this page for the appearance of that word. The Menu button at the bottom left of the screen gives access to the options screen and can bring you back to the main menu. Items collected throughout the game go into your inventory, located at the bottom of your screen. You can keep the inventory displayed or hidden by clicking on the lock icon beside the Hint button. It seems to unlock after each hidden object hunt. When you click on an item that has spinning gears, small images appear. Place inventory items on these images. Cursors The default cursor looks like an arrow. A magnifying glass indicates you can inspect the area more closely. Spinning gears indicate you need to perform an action. When you see the cursor turn into spinning gears, click on the area immediately as it will trigger hidden object hunts. A larger arrow indicates you can move in that direction. The cursor does not change into a grabbing hand when it is over something that can be picked up. Keep your eyes peeled for out of place items and try to take them. These items will be highlighted in white. An item will be added to your inventory, it will be indicated by a yellow highlight in the screenshots. You cannot leave a hidden object scene or mini-puzzle. The workaround is to exit the game to the Main Menu, then return. Starting and exiting the game When you start the game for the first time, you will watch a cutscene it can be skipped. From the Main Menu, you can either press Play to start the game, or you can click on Profile and enter a name, then press Play to start the game. When you want to leave the game, click the Menu button, then click Exit. When you restart the game, it will ask if you want to start a new game or continue playing your saved game. If you accidentally click Start a New Game, you will be asked if you want to overwrite your other game. Hint and Skip The Hint button is located at the bottom right of the screen. After using a hint, the meter will recharge. Hints are only available in hidden object scenes. Hints used in hidden object scenes will point out an item to find. Skip allows you to skip mini-puzzles. Walkthrough From the main menu, either click Profile and enter your name, or click Play. Click through the dialogue. Click on the boat to trigger a hidden object hunt. Click on the dock to start a hidden object hunt. Find all the objects. ROPE is added to your inventory. Click on the boat. Click on the right fountain. Click on the water, then on the winch with the missing handle. Click on the left fountain to start a hidden object hunt. After the water drains, take the KEY 2. Use the KEY in the lock. Go up the stairs. Click on the coffee table to start a hidden object hunt. A BEAR is added to your inventory. Enter the room on the right. Click on the easel. On larger items, click on the area that is different from the other picture. For example, if there was a difference in the horse, click on the specific area of the horse. You can only click on the right picture. The key is found on the pillow under the mask green highlight. Pull the scone on the column 1. Click on the newly opened panel 2. Click on the pedestal table. Open the chest with the KEY. Click on the wall cabinet beside the door. Click on the wall cabinet again. Place the animal statuettes on the scales so they line up. Each statuette is a different weight. To solve the puzzle, first determine the heaviness of each statuette. Pick a scale and weigh each statuette click on a statuette to remove it from a scale. Note how much each statuette makes the scale fall. The horse is the lightest, the bear is the heaviest and the camel and elephant are in the middle and weigh about the same. Place the horse on the lowest hanging scale, place the bear on the highest hanging scale and put the elephant and camel on the two remaining scales. From left to right, place the camel, elephant, horse and bear. Click on the suitcase to trigger items that need to be found. Click on the necklace 1 to trigger a hidden object hunt. Click on the bookshelf on the right 2 to start a hidden object hunt. Click on the suitcase again. Click on the laptop 1 to trigger a hidden object hunt. Click on the boxes under the coffee table 2 to start a hidden object hunt. Click on the camera 1 to trigger a hidden object hunt. Click on the table lamp under the coffee table 2 to start a hidden object hunt. Click on the camera. Click on the bracelet. Rearrange the numbers so each column and row equals Click on

DOWNLOAD PDF DREAMS FROM THE PAST

two numbers to swap their positions. One possible solution appears below: Click on the alarm clock atop the bookshelf. Place the numbered tiles in their appropriate slots on the clock. Some of the tiles are upside down. You can only place tiles in their appropriate slots.

Chapter 4 : Dreams from the Past by J.R. Albrecht

Solve the mystery of the dreams and help Dianne unravel this amazing love story lost in time! Begin your journey today in Dreams from the Past! The immersive atmosphere of the dream world will draw you in, and the addictive hidden object gameplay will keep you glued to your screen for hours on end!

These people might be those who were liked, disliked or passed away. These types of dreams have a symbolic meaning. Some of the people in these dreams can symbolize characteristics and personality traits similar to your own or represent aspects about yourself that you like or dislike. For example, if you dream about someone you have known who was very aggressive, that person may represent your own aggressiveness or represent someone who is being aggressive toward you now. What is this type of dream trying to tell you about yourself or others in your life? If you dream about childhood friends, this may mean that you are longing for a time from your past when you had less pressures and responsibilities. It may also symbolize the stress or pressure you had in your own life while growing up. Some of these old friends may represent those stressors. In fact, you may be experiencing those same stressors in your adult waking life either in a relationship or in your employment as you did when you were a child. These old friends from your past may also remind you of some people you are dealing with in your daily life, either their looks, behaviors or actions – good or bad. Sometimes dreams of childhood friends who you had some unfinished business with may represent something you wish you would have done differently with them or told them. Also, there may be someone in your waking life now who arouses those same feelings within you. If you dream about people who have hurt you, they may appear when you are experiencing undo pressure in your waking life. Perhaps you might just be missing the person on your dream or that type of valued friendship. If you are having feelings of failure in your current life and you have old friends who you know have become more successful than you, your subconscious may bring them up in your dream because of your fears, inadequacies and jealousies. Sometimes old friends you have had a falling out with appear in your dreams. In the dream you try to approach them in a friendly way, but you are rejected. This can represent feelings of guilt, sadness and loss or that you have never reconciled the end of the friendship. At times, these dreams can be recurring, which can be anxiety provoking and annoying. Always look at the situations taking place with the people in your dreams. In so doing, this will help you understand the messages the dream might be sending about yourself or your relationship with others.

Chapter 5 : Dreams from the Past Walkthrough, Help, Hints and Game Discussion

Dreams from the Past has 5 ratings and 3 reviews. Carol said: One might expect a book that weighs in at over pages to be just a tad repetitious or ra.

Having dreams of past life is a very common thing, but often do not realize that we have dreamt about a past life. There are differences between past life dreams and dreams of this life. But, you need to know how to differentiate between the two if you want to know which ones are the dreams of past lives and which one belongs to the current life you are living. Did you have a past life dream? We look at the past life dreams in detail, so you know how to differentiate between the two. Memories are a major chunk of your life. They can come in any way. Mostly you experience remembering these memories while you are awake. But, you can also witness them while you are sleeping; in the form of dreams. Having unbelievable dreams are usually related to your past life or lives. Remembering past lives in dreams is a very common way of acknowledging the fact that you had a past life. When you are sleeping, your subconscious mind helps you remember the experiences you had in your past life, to guide you mostly. It acts as a good guidance for the current life, as the experiences help you learn and not repeat the same mistakes. Subconscious mind Your subconscious mind is the one that is more connected with the spiritual realm. Thus, while asleep, your conscious mind takes a break, and the subconscious mind takes control. If you ever go to sleep in a bad mood and wake up feeling good about everything, it is due to the subconscious mind which gave you a break from the everyday mishaps and tensions. Here, we look at the 7 major signs that will help you differentiate between your current life dreams and the dreams of past life. But, dreams of past life will involve a completely different era. The people, the way they talk, the way they dress, the places, everything will seem unfamiliar and historical to you. You act and look different from who you are In dreams about past lives, you see yourself as a completely different person. This is a very common sign of past life dreams. You may be a different gender, may belong to a different religion, etc. Not only physical and religious reasons, but the way you behave, and act is also very unusual. No changes in the dreams Dreams of past lives do not have shifts in scenes. In regular dreams, you must have noticed how scenes keep shifting. But in dreams about past life, there is no change in scenes and the whole dream takes place in just one go. The events that take place make sense and are logical. Everything seems to connect with the other, and it feels as if nothing is in your control. Therefore, the flow of events all makes perfect sense. These are explained by the events that have taken place in our past lives. Thus, in dreams of past life, we seem to be acting in odd ways and believing in the superstitious things. The past life influences your behavior and actions, and you dreaming about a past life justifies it. In your past life dreams, you might know why it is like that. For example, if you have arthritis in just one elbow, and not in the other or any other joints it can be explained by an injury you might have had in a past life. The indication will be given in dreams about past lives. You have a bad temper can also be explained by some event that might have taken place in your past life. Spiritual issues are resolved Do you ever feel that something is missing in your life? Everything witnesses trauma in their lives, but the fact that your life seems incomplete may be linked to a past life. It may be of a karmic nature or due to unhealed issues that you had experienced in your past life. The indication will be given in a dream about a past life, and you will know when you see it. You will always feel different after you wake up After having a dream of past life, when you wake up, you will always feel a different kind of energy which will indicate that you had an irregular dream. Your whole body will indicate the fact that the dream was not regular, and something feels different. Past life dreams reveal a lot of information that we could not otherwise get. To understand life events that do not make sense and actions that do not fit with your personality, you need to know how to differentiate between regular and irregular dreams! Discover some more interesting articles from Padre:

Chapter 6 : Dreamt | Define Dreamt at www.nxgvision.com

*Dreams from the Past [J R Albrecht] on www.nxgvision.com *FREE* shipping on qualifying offers. Jack Brandigan is a graduate architect, a private pilot, and divorced. He lives in the modern world, but is enamored with the past.*

How do I know if a dream is about a past life? How much easier it would be if you could simply dream all the facts then prove them with public records of births, marriages, and deaths. I have listed some intriguing examples of past life cases in the sidebar to this section. However, in most cases dream revelations about past lives are likely to remain unproven. I suppose it finally comes down to a gut feeling, an unshakable knowing that comes from deep within you. There are certain dreams you are likely to have had that cannot be explained away as symbolism, metaphor, or allegory. In my own dream records I have cases I am convinced are about past lives. For example I had many dreams about being a shaven-headed monk when I was a child. At the time I had never heard of Tibet or the doctrine of reincarnation. In particular I would have a dream about walking around in a circle on what looked like high walled tower. Together with other monks, I chanted mantras. The scenery was spectacular. I would awaken feeling tremendously inspired. I have also had recurring dreams about dying of exposure near a dried-up riverbed, which I now believe to be the source of the Yellow River in Mongolia, a place where there were many Tibetan monasteries. My wife often jokes that I feel the cold too much for an incarnation of a Tibetan. Although I do not follow the Buddhist way today, I feel that Tibetan wisdom and teachings still influence me. It may explain why I was born with mediumistic powers and how easily I grasp Tibetan Buddhist and Bon ideas that many people find hard to understand. Perhaps the strangest past life dream I had was about being chased from behind by raging dogs. A small group of people and I are near a castle. Our way is blocked by a moat. As the dogs catch up with us, soldiers start attacking us from behind with swords. There is a lot of noise and commotion. I can smell fire and blood. I feel a terrible pain in the back of my neck. There is searing pain, then nothing. When I met my wife, Jane, who is also a medium, we talked about our dreams and were amazed to discover that we had this same dream in common—right down to the smallest detail. Neither of us knows the historical time period it relates to, although it hints at the Medieval era, when mediums were persecuted as witches. It could of course all be fantasy, except that Jane, myself, and our daughter Danielle each have the same brown birth mark at the top of the neck just under the hairline. Perhaps we three are beheaded soulmates? Spontaneous recall of past lives may be a rather dubious privilege. Suppose you were now able to have unfettered access to all your past life memories and were to discover that you were one of the worst monsters in history. What if you discovered that you were Genghis Khan, Hitler, or Stalin? Worse, perhaps, you realize you have spent lifetimes as a child abuser or village idiot. How would you feel? How would you deal with the horror and belated remorse? You would probably feel so depressed and discouraged, you would have no strength to keep on. Moreover, imagine how much karma your life now and in the future would be subject to. You would have a mountain of misfortune to deal with. How could you deal with it? Perhaps you would live in fear of retribution for past sins. You would probably feel hopelessness, guilt, and shame and find it tremendously difficult to get on with your life. Fortunately cosmic law protects you with forgetfulness and gives you a second chance. People need to be protected even from comparatively innocuous past lives. Take for example the story of Shanti Devi, in the sidebar near this section. Twenty-five years after the events described, a reporter sought out Shanti to ask her about the case. She was working a quiet life as a government employee. She was not keen to talk about the case. I do not want to open that closed door again. Perhaps in a past life you were a king, queen, president, or rich person. At the end of your last life you may have decided that seeking fame, power, privilege, or wealth are futile pursuits. Perhaps you enjoyed your status and came to the end of that experience. You learned what you needed to know. When you last died you passed down the tunnel of light and let go of everything you were. What survived is the essential you, the part of you that the Hindu philosopher Sri Aurobindo called the psychic being. After a period of rest in the afterlife, you made the decision to take another earthly life. This time you choose new lessons to learn based on your karma and desires. You can only be free of rebirth once your path is set to the Divine. Your task now is to fulfil the destiny you set for yourself. You must work to learn the sometimes-hard

lessons you have set. You do not remember your past lives because these memories might hamper your spiritual progress. They could cause feelings of guilt or yearning for experiences past. The memories in your unconscious are immortal. Although the memory of your past lives has vanished from your mind, if the appropriate brain cells were awakened you would be able to remember everything. Very often, these silent areas of the mind are opened during sleep and the memories awaken during dreams. Past Life Habits The habits you cultivated in past lives have created your physical, mental, and emotional makeup in this life. You also bring forward into this life your past karma which determines the kind of physical form you will have as well as your personality traits. Even your sex is determined by your self-chosen tendencies in previous lives. By knowing your past lives, you can gain an understanding of yourself and the traits that are influencing the course of your life. Most people never analyze themselves, so they are continually stuck in a rut of established behavior. They are guided by their likes and dislikes, all of which are habits brought forward from previous lives. The objective of a self-aware person is to be in control and not to be at the mercy of his own tendencies. Knowing about your past lives can help you establish new habits and help you get out of physical, emotional, mental, and spiritual ruts. Few people try consciously to change themselves. They are stuck with preconceptions that they are sinners or weak or are temperamental, and so on. These are all habits established in past lives.

Chapter 7 : Free Games Download - Dreams from the Past

*Provided to YouTube by Ingrooves Dreams From The Past - EDM Hits Now! Drum & Bass Assault - Dancewerks
Released on: Auto-generated by YouTube.*

They Show Historical Detail Regular dreams will generally have only places, people, and things that are familiar to you in your current life. The details will be clear and so will the sensation of having been there before. Everything in the dream was clearly a specific time period, except for me! I was still dressed in clothes from present day! This is a slight shift in how a past life dream with historical details may manifest. A dream where you were someone else? This is a common sign of a past life dream. This includes your thoughts, skills, and even emotional range. You might be able to speak or understand another language, or you might have the knowledge of a farmer, or the training of a soldier. You might find yourself with more readily available compassion or violence. One of the coolest things that can start happening after karmic dreams is that these skills and talents begin to manifest in your daily life. They Are Repeating and Unchanging Regular dreams jump from one scene to another. They also have a rather fast pace and, when remembering or telling them to others, can seem a bit random. And when the dreams recur, which they often do another sign! You watch the same sequence of events each time with little or no variation and no ability to influence the dream. In your past life, the belief likely made perfect sense, but here in this life; it just seems out of place and has no foundation in any of your experiences. Past lives influence your behaviors as well. They can explain some of your compulsions and phobias, like claustrophobia or always needing to sit next to a door or facing a window. Answers About Physical and Emotional Health Are Revealed Some of your recurring emotional states and physical conditions can be explained by past lives. If you tend to have arthritis in one knee but not the other and not in any other joints, a past life dream could reveal an injury or violence that happened on that side of the body or in that exact place. A quick temper in this life, a constant sense of financial doom, or a tendency for being generous to a fault might find its origins from a dream. You may even have a dream about being wounded, injured, or affected in some way that directly relates to an experience in your waking life. This is an indication of tapping into a past life experience that is also tied to your present. These are your unhealed issues, and karmic dreams are often the missing keys to this understanding. We all experience trauma in all of our lives and if this trauma is not resolved or dealt with, it can turn up in the current life as existential confusion that only a dream can explain. Years later, you remember them. They have come for a reason and you must spend time to learn why. Not only can they help to explain the unexplainable aspects of your life, but they can bring you comfort, peace of mind, and clear off lingering past karma. When you learn the lessons, the karma clears and you move forward.

Chapter 8 : Download game Dreams From The Past for free

Yes, I do have a past life dream, or www.nxgvision.com of these was related with my www.nxgvision.com have now very strange www.nxgvision.com is with diabetes, and have had a cancer, but now have two www.nxgvision.com baby boy I grew up to the 2 years and 3 www.nxgvision.com she decided she is a mother and took him from me, being with the father of the baby, who is an.

What Does My Dream Mean? Moore What does my dream mean? This is a common question that many of our Chicago counseling and psychotherapy clients ask as they search for answers to unlocking the secrets to their unconscious. To be frank, it is a topic that comes up a lot, requiring both the therapist and the client to work in tandem in order to arrive at the answer. There are many different schools of thoughts about what dreams mean with scores of theories that are too many in number to address in this one article. What I have attempted to do is to aggregate some of the more common beliefs about dreams as offered through scientific research and Native Indian culture. My hope in sharing this information with you is to help you arrive at the answer to the question: What does my dream mean? What might be helpful for you to focus on is simply this – your dreams are trying to tell you something. Specifically, your dreams are attempting to communicate material that is designed to inform you about who you are, what you want, what you fear and where you should be going. Many therapists believe that dreams are a portal – a conduit into the deep recesses of the mind that speaks to us when we are asleep. Through dream interpretation and openness to its many messages, you can increase your sense of self-awareness, self-knowledge and self-esteem. The meaning of dreams and how to interpret them is a giant topic. You need to know the following two steps out of the way first before doing anything else. Assess the Function of Your Dream If you are trying to understand what your dream means, it will help a great deal to know what function what your dream serving. Here are some examples. Later say later that night when you fell asleep, you dreamed about the beach, water, blue skies and seagulls. What does it all mean? The obvious answer is that your brain borrowed from the TV show you were watching and coughed up residue in the form of the subconscious. The real meaning, however, of that dream can be determined by pulling out the main themes and then integrating that material into your existing understanding of the here and now. Express feelings, thoughts and emotions Balance, maintain and improve mental health functioning Provide insight on our wants, needs and desires Sexual outlet for pent up energy Defragging the subconscious and organizing into parts Associative learning through memory Problem solving for simple or complex issues Channeling creativity and imagination Connect with our psycho-spiritual core Outlets for fantasies and wish-fulfillment Through the act of being aware we are dreaming aka lucid dreaming, we are able to increase our sense of self-confidence as well as confidence in other areas of life. We can also experience mental, spiritual and physical healing. Many people have empathic abilities use their dreams as a way of understanding their world. In the case of dreaming about the ocean above, how might you interpret the dream? Since water is considered to be a sign of transcending worldly worries and problems, could it be that your mind was trying to remind you to relax and become less anxious? Meaning of dreams 2. Be Mindful of Emotions What you feel when you are dreaming is extremely important. Why Emotions are Important with Dreams If you are flying in your dream and feeling weightless and free, this could mean that you are moving towards something life changing and transformative. The ability to see things as you fly over them, such as people, suggests that you are transcending time and space to a new beginning. What if you dream you are in outer space? Could this mean that you are having a multidimensional experience of galactic proportions? If you are a fan of Star Trek, you might be! Or, what if you are having a flying dream where you are passing through walls and other solid objects. Do you feel fearless? Perhaps your mind is encouraging you to not worry about taking risks? Keep a pen and paper next to your bed and make sure you jot down your feelings that are linked to objects and symbols from your dream. This could prove valuable later when you meditate on your dreams meaning. Dreams about dead people: What do they mean? Dreams about your parents living or dead could suggest unfinished business. Dreams about a house you lived in may suggest a trauma from the past that has yet to heal. A dream about someone who has died may suggest unresolved grief or loss. Here are

some questions to ask yourself as part of your dream journal. You can use variations of these questions to fit your needs: Does your dream involve specific places from your past? Did you dream about someone you once loved or love? What purpose is revisiting this part of your life serving? Do any of these things act as barriers to reaching your life goals? Do you regret a choice or decision made from that period of time? Are you trying to get back on track with a goal from the past? Dreams about the future: Can Dreams Foretell the Future? A common question that comes up in psychotherapy related to dreams is: Can dreams forecast the future? As a behavioral scientist, I can state with certainty that we have yet to find scientific evidence to support an affirmative answer. At their core, dreams can foreshadow something that might happen in the future. If you have a general form of anxiety, you may dream about something you are worried about down the road that has a high probability of becoming true. I cannot tell you if your dreams truly have future casting elements but I can say that many people believe some of what they experience while sleeping falls into the paranormal area. These kinds of dreams are super rare. Here is a list of meanings associated with paranormal type dreams, taken from the literature and from zodiac compatibility studies. Dreams about a deceased relative that you communicate with in your dream may be an attempt to resolve an old conflict or impart feelings of safety. Dreams about someone we do not know may suggest a form of communication with them on another realm or dimension. Dreams about angels and spirits suggest an invitation to healing from a higher power. Dreams about ourselves in a past life serve as an echo of our former realities. Out of body experiences suggest a near-death experience. Communication with yourself at a future point suggest astral travel. Anyone who has had the kinds of dreams described above almost always indicate their dreams were extremely vivid with the ability to recall even the smallest of details. These dream memories are generally accompanied by intense feelings that leave an imprint on the psyche that cannot be shaken. Nightmare Dreams Nobody likes having nightmares. It is important to state here that some people experience a terrible mental health issue known as night terror disorder which is different than your regular, run of the mill nightmare. Make sure you learn the differences. Assuming you are having nightmares, you need to realize that your scary dreams are trying to tell you something. It is for this reason the dreams can be so horrifying – they serve the purpose of letting you know a perceived threat exists real or imagined. Your mind may be trying to tell you to address this issue and its using one of the most powerful emotions it can muster up – fear. Instead, use some of the suggestions made before to identify themes and emotions. This will help you to better understand what is going on in your subconscious. Remember when you read these that your mind is trying to tell you something. Sometimes you have to look for symbolism in order to figure out the mental messaging taking place in the subconscious. Does My Dream Mean Video Symbols Dreams often contain symbols that are common in nature – but what do they really mean? Depending upon who you ask, these dream symbols can hold a variety of meanings. This video walks you through some of the more common interpretations, mixed with a little science. This is a common experience and often means you hold anxiety and fear about your relationship. It is possible you are tapping into some kind of intuition on this front but you need to put together all of the facts before you jump to any conclusions. Do you fear your lover will leave you? Do you feel unworthy of being in a relationship with your partner? Have you been cheating or thinking of cheating? Do you have a history of trusting your partners? Do you have problems with trusting yourself? Do you fear you will relapse from an addiction? Are you attracted to another woman or man? What Do They Mean? This too is a common theme that comes up for many people. They can be exhilarating if you give yourself permission to go with it. There are a number of questions you might want to ask yourself if you dream of your self in your birthday suit. If your feelings about being naked are positive, it may mean: You are sexually expressive and free. You have broken free from a problem or dilemma. You are not ashamed of your body. You have a transparent personality and do not hide things from others. You are not ashamed of your sexuality.

Chapter 9 : The American Dream: Past and Present | Teen Ink

Dreaming about people from the past is very common. These people might be those who were liked, disliked or passed away. These types of dreams have a symbolic meaning.

Common Dreams , Dream Blog Dreaming of someone you know is one of the most common dreams that can occur. You might have a dream about your loved one, or it could be about someone you just met last week. These dreams can often be exciting, especially if that person is someone that you are attracted to. Countless dream scenarios involve dreaming of different situations. It is important to remember that you are the only person who can honestly interpret your dream. Because many different scenarios feature people you know, we will break down some of the more common dreams about people that you might have. Here are nine dreams that you will have at some point in your life 1. Dreaming About Someone From Your Past Part of being human is the interactions that we have with other people throughout our lives. Everyone we meet along our journey has some impact on us, whether we realize it or not. For better or for worse, your experiences over the course of your life with shape who you are. Every once in a while you might dream about someone you know from the past that has crossed your path. It could be an old crush that you had in grade school, or it could be a co-worker that you used to work with. There are thousands of different scenarios that feature people from our past, so it is important to understand the context of the dream. Most of the time when we dream about someone from the past it is about a person who influenced us or someone who had a meaningful impact on our life positive or negative. If someone in your past bullied you, you might have a dream about that bully 20 years later. You could also be dreaming about someone who has passed away that had an impact on your life. Perhaps it is someone you met while you were growing up or a childhood friend who is no longer on this earth. These people may come back to you and offer you advice in the form of a dream. The scenarios that you experience in the dream will vary depending on how strong your bond is with your significant other. Conversely, if you feel unsatisfied in your love life, you might have a dream about cheating on your spouse, or you could see them cheating on you. Click here to read the full post: Cheating Dreams – What They Mean To interpret dreams about people you are in a relationship with, you need to understand the context of the dream and how it makes you feel. You might dream that your boyfriend is emotionally abusive, even though he is the complete opposite in your waking life. Often the people in our dreams can represent an emotion, thought or feeling that is tied to that person. For example, your partner could mean a safe place for you, and a feeling of being loved. A million thoughts will go through your head as you imagine yourself being together with that person you like. Whether you are day dreaming or only imagining different scenarios, these thoughts can have a significant impact on your brain. The more focused energy you spend thinking about your crush, the more likely that person will show up in your dream. Your crush could appear in a million different scenarios, depending on some various factors. Perhaps there is someone in your life that suddenly becomes attractive in your dream, that could be your unconscious mind picking up signals that you are interested in that person. There are many scenarios that occur in these dreams. You may dream about marrying your crush, or you could dream that you go on an adventure with your crush. Whatever the situation, it usually is something that is exciting and often makes you want to have another dream when you wake up. You are never too old to dream about someone you like, especially if you are currently single and looking to get back into a relationship. If you spend hours and hours every day watching your favorite star on YouTube and interacting with them, you are likely going to have your thoughts consumed by that person. Given the rise of social media, it is now possible for fans to get in direct touch with their favorite star. Unfortunately, dreaming about a celebrity does not mean you are going to start dating your celebrity crush. A mother who is always thinking about her children is likely going to have dreams that incorporate her children inside of the dream. Conversely, a child is likely going to have dreaming scenarios that involve the whole family inside the dream. You dream is a reflection of your reality. If your family is part of your everyday life, you can expect them to make an appearance in your dream. If you came from a broken home and had emotional issues as a result of your upbringing, then you might have dreams that are a reflection of this pain inside of you. Sometimes dreams

about family can be your unconscious mind's way of healing wounds of the past. You may dream of a happy family and an alternate reality that occurred. Conversely, if you had a good childhood, your family members will often represent positive signs in your dream. Dreaming About An Ex Lover There is no denying that when we leave a relationship, a piece of that person still exists inside of us, whether we are conscious of that or not. Breakups are similar to someone passing away. When you are no longer with someone, it can have a significant impact on our unconscious minds. If you were with someone for ten years and had three kids together, that person is likely going to have a bigger emotional impact than a short fling you had for two weeks. It is also important to know that the situations revolving around the breakup can also have an impact on your feelings towards someone. If someone dumped you and you never go to express how you felt in the relationship, you are likely going to have unresolved issues inside of your mind. These unresolved issues can often get manifested in our dreams, as a way for our unconscious mind to heal some of the hurt. By bringing to light some of our old emotional baggage, our unconscious minds are sometimes telling us that we need to deal with these issues. Dreams are often a way to help the mind process hurt and losses that we have experienced in the past. If you were the one who dumped someone you never loved, you are less likely to think about them or have a dream about them in the future. The emotional attachment you have to your ex will often determine how likely you are to dream of them. It is very common to dream about lost loved ones or family members, especially if you never had a chance to say proper goodbyes to that person. Unresolved hurt and pain from the loss can result in your dreaming of that person. Anyone who has ever had a positive impact on your life is still going to be alive in your mind. Sometimes people from our past may appear in a dream as a symbol of something they represented. It is important to look at the situation involving your dream to determine how it applies to you. Sometimes people in our past are just reflections of our memories, and it is just your brain taking a trip down memory lane, reminding you of people who have had an impact on your life. It is bad enough if they torment you in your waking life, why do they have to visit your dreams? Someone who is being bullied in school might have a dream where their bullies are harassing them, or someone who went through an abusive relationship might have that abusive spouse or partner show up in the dream. If there are people in your life that have a negative impact, it can cause you to dedicate a lot of your thoughts towards these negative people. They could represent your insecurities that you need to deal with. For example, if you have a bully who used to torment you, forgive that person in your conscious mind. The act of coming to peace with that person who caused conflict can free you of the emotional impact that is tied towards that person. Often forgiveness is not for the individual who wronged us, but for our benefit of letting go animosity that we hold on towards others. If someone in the past bullied you, realize that people bully because they are insecure themselves. This individual was acting out their insecurities, by trying to hurt you. If you have a sexual dream about someone who is close to you, it might be your subconscious mind living out your dark desires that you have. Young teenagers are the most likely to have sexual dreams as they develop and go through puberty. One of the great psychologists Sigmund Freud believed that all dreams were sexual and were a result of sexual repression from the dreamer. This theory has been largely disproved in modern society because our culture and society has changed since Freud was alive. Interpretations come down to how you feel about the dream. If you think your dream means something, then you should dig deeper into your mind and start asking yourself what aspects of your life that are reflected into the dream are. Some dreams are the result of our wish fulfillment, while others are the product of our brains processing pain that we have experienced throughout our life. The dreamer is the only person who can understand what their dream means. A good dream interpreter can help you search for the right answers inside of you, but at the end of the day, you have the final say on the meaning of your dream. Comments are a great way to interact with others who are dreaming about similar topics.