

What Our Dreams Can Tell Us

By Marilyn Reeves

Scientists who have studied the brainwaves of subjects while they're sleeping have determined that we go through a series of cycles during sleep – the most significant being the REM cycle in which we are deeply engaged in a 'story dream.' We all experience these Rapid Eye Movement cycles every night, but often we can't remember our dreams, so many will deny they have dreamed at all.

While the conscious mind seems to be confined by what we deem reality, the subconscious seems to know no bounds. Neither time nor space nor logic hamper the alternate reality of dreams.

Repetitive actions can sometimes become infused in our dreams. If you spend a lot of time on your computer, your subconscious may sometimes attempt to merge the scenes in your dreams into images on your monitor.

Repetitive dreams can reflect back to us metaphorically what is going on in our waking lives, if we can figure out how to interpret them.

One of the repetitive dreams I used to have found me back in my old house, which had somehow merged with my grandparent's house – big, vast rooms, connecting to other rooms, taking me around in a circle. I'd hear a strange sound outside the front door. Did I lock it? I would run frantically from room to room, locking all the doors and windows, hoping I didn't miss one, so that he (or 'it') couldn't get in. I must have been feeling especially vulnerable at the time, I don't know. But I finally quit having that repetitive dream.

There are a number of common dreams that most of us seem to share. Like the one where you're walking down the street and suddenly discover that you forgot to put your clothes on! You hide behind trees and bushes, try to cover yourself with leaves or plastic bags – hoping that no one will see you. I wonder if that dream could stem from harboring some secret that would embarrass you if it were revealed?

Or you're flying high above the rooftops, looking down on the world like Superman. Could it be that you're longing for freedom, escape, or adventure? Only the Shadow knows for sure.

And then there's the one where you're an adult, but you suddenly realize that you've never completed your S.A.T. tests, so you go back to your old high school. Where is your locker? Where is the key? You may be feeling anxious over something you recently left undone.

But then there are dreams that seem to serve no purpose whatsoever. The most memorable dream I ever had was the one in which I was being chased through a long, dark tunnel by an ogre. How did I know that it was an ogre? Because it had ogre odor. *Ogre odor?! I woke myself up laughing.* Apparently we still retain a sense of humor, even in our dreams.