

# Dream. case analysis

Psychology



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Insert Introduction A dream is normally made of images, emotions, ideas and sensations occurring involuntarily in the human mind during sleep. Because images, emotions, ideas and sensations are involved, it is hard to decipher the meaning of dreams as shall be seen in the case of Mary Fields' dream. Mary Fields has a dream that disturbs her and this compels her to share it in a letter with the Austrian neurologist and psychoanalyst, Sigmund Freud. First, it is important to appreciate the fact that the dream is a culmination and a collection of ideas, thoughts and misgivings that Ms. Fields has been having in her mind. A careful consideration of the introductory part of the letter reveals that Fields had somehow known that her Italian lover had been being involved with another lady and had given her the ring of engagement. The fact that Fields' parents had been opposed to the prospects of Fields' marriage to her Italian lover may have further compounded Fields' misgivings and worries about the relationship. These thoughts may have lingered in Fields' mind and finally materialized in a dream. The reality of the Fields disapproving Fields' marriage to the Italian may have informed the fact that in the dream, they are absent when the Italian's brother brings a letter to Ms. Mary Fields, even though they (Mr. Fields and his brother-in-law) were present at the porch.

It is also true that the dream raises a lot of questions on the fate of the dreamer, in respect to his safety and welfare in the dream. Myths and common beliefs have always supposed that if something catastrophic, lethal or mortal happens to the dreamer in his dream, he will die in the real world, simultaneously. This belief has always been informed by the fact that in most cases, people have always awoken from their dreams by themselves or through the help of their bedmate or roommate just before the lethal or

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mortal infliction was made. In this case, Ms. Fields seems to pierce herself through the heart in the dream and dies of the mortal wound but in the outside world, she awakes in a physical position similar to the one she had died in, in the dream. It is interesting that the contents of Fields' dream are simulated in the outside world but only to an extent: Fields awakes in a position similar to the one she had died in, in the dream but does not bear the actual mortal wound in the heart. On the contrary, the wound seems to be emotional and psychological. The fact that Fields awakes in tears followed by strong spasms of dejection and blues illustrates this.

#### Conclusion

Though the dream seems to serve as an actual warning to Ms. Mary Fields against plans to marry the Italian, it is nearly impossible to determine the actual meaning of the dream.