

Dream reflection



Why we dream. Dream is a very interesting phenomenon that occurs every time we sleep or at least once at a time. Till now, dream remains enigma for us about its capability to be virtually shown to the other person. Scientists discoveries up till today has bring up our excitement to study more about our dream. Me myself, has been a little bit enthusiastic after watching the potential, importance and benefits that dream can do throughout the documentary. ERM sleep was once believed to be the only state that send a person into his dream.

ERM sleep is described as the state when the eye move rapid and randomly. However, in time, scientist also found out that dream can also occur before ERM sleep. In my opinion, I personally agree with the discovery as I experience it myself almost every night when I am dreaming. Scientist also discover that the ERM sleep will commence with the break of the connection between a part of the brain that control the movement of muscle and the muscle, thus preventing someone who is dreaming from acting out the dream he has. Again, I do experience he same when I start to dream in my sleep. Dream has been also related to modern mathematics, according to one of the mathematician who do his research about their relationship. This is significant for us since the breakthrough can actually analyze someone with his specific dream. The data of his dreams is recorded in the computer by representing each sequence of the dream into numbers. After a series of dream is recorded completely, the computer can tell whether the person is enjoying a Joyful life or not and maybe can foreshadow what event or incident that ill happen in the future.

Nevertheless, this kind of method is not practical for the bulk as each person has his own type of dream. Upon seeing this, I was totally amazed to know how importance Modern Mathematics subject in urn life is. The documentary, couples of advantage and drawbacks of dream were also In mentioned. One of the advantage is, dream plays a very crucial role in maintaining our emotion, mainly to prevent us from over sensitivity, anxiety and irritability. If one prevent himself form dreaming, he will be possibly become disoriented and pressed.

Another importance of sleep is, it give us the inspiration and improvement of what we are currently doing. That is why countless of arts oriented people rely on their dream to create better and creative art works and some scientists have accidentally found new discoveries through their dreams. Meanwhile, dream can also bring dreadful and terrifying past moments back into our mind. This is the worst disadvantage that dream can potentially do and in some cases, it can lead to the dreamer's death.

Another type of dream that being discussed is lucid dreaming. It is a combination of the dreamer awareness of its wake but actually he is fast asleep. This kind of dream is not as easy as a piece of cake to be happen yet it is advantageous for people to release their stress and become more positive. In the nutshell, dream has continue to contain a myriad of criticality and mystery that cannot be overlooked by us. That is why everything that exist in our life must have reasons for its existence. Dream By Hazy-Assail