

# [Dream interpretation](https://assignbuster.com/dream-interpretation/)

There are many facts that are unknown about dreams and their meanings. For   
centuries, philosophers and scientists have tried to understand the meaning of   
dreams. They have all been fascinated by the fact that the content of dreams may   
have meanings relating to ones life. Are dreams just thoughts in peoples   
minds, or are dreams in fact representations of different areas in peoples   
lives? Dreams represent many different areas of ones life in physical,   
emotional, and mental ways. Dreams can relay to people facts about their lives   
that they are not even aware of. There are also many ways that dreams can help   
cure different physical, emotional, and mental problems in ones life. This   
paper will discuss dreams and their meanings, and ways of interpreting a dream   
using such methods as hypnotherapy and psychoanalysis therapy that can help a   
person in physical, mental, and emotional ways. The first fact that will be   
discussed is what dreams are and how they work for people in allowing the person   
to discover more about himself. Dreams can be defined as " a conscious series   
of images that occur during sleep" (Colliers, vol. 8). Dreams are usually   
very vivid in color and imagery. They reveal to the dreamer different wishes,   
concerns, and worries that he or she has. Dreams usually reflect every part of   
who the dreamer is. The content of the persons dream is usually made up   
according to how old the dreamer is and how educated the he or she is   
(Colliers, vol. 8). Dreams are not planned out or thought up. The unconscious   
part of the mind brings out bits and pieces of information in the dreamers   
mind and places them together. According to Encarta, dreams are almost always   
visual. Forty to fifty percent of dreams have some form of communication present   
in them and a very small percentage of dreams give the dreamer the ability to   
use his or her five senses (Encarta). Dreams allow one to take a closer look   
into his mind and himself in a quest for self-discovery. Dreams can be used to   
solve all different types of problems. In Sigmund Freuds book, The   
Interpretation of Dreams, Sigmund Freud states: " As regards the dream, all the   
troubles of waking life are transferred by it to the sleeping state [...]"   
(Freud 113). They relay things about a person that the person may not be able to   
see. Sigmund Freud says that certain images in dreams sometimes have significant   
meanings relating to the persons life. Different objects in the dream may   
serve as a symbol (Kalb 77). Symbols in dreams usually mean something much   
deeper than simply being an object that just happens to be in the dream. They   
represent different areas of ones life that deal with ones physical,   
mental, and emotional being. These symbols will relay information about ones   
life if these symbols are interpreted. Dreams are " a private language, known   
only to ourselves" (Cartwright 5). Dreams have the ability to relieve all   
people of their everyday problems in life. They have a way of setting one free   
from reality, which includes all of ones problems. Dreams help one to   
overcome these stresses and help people to get on with their lives. Sigmund   
Freud states, " The waking life never repeats itself with its trials and joys,   
its pleasures and pains, but, on the contrary, the dream aims to relieve us of   
these" (qtd. in Burdach 474). This statement means that though a certain   
experience in a persons life can never happen again, dreams allow the person   
to relive those memories, and they can also allow the person to overcome the   
stresses of other memories that bother him or her. Memories that continue to   
stay in peoples minds from their childhood are very often included somehow in   
the dream. No memory that a person has once experienced will ever be lost   
because it is stored within the persons mind and kept there. A persons   
conscious mind is the mind that he uses when he is awake and aware of what he is   
doing. The conscious mind has the ability to make distinctions between reality   
and the fantasy world. A person is able to think in a reasonable manner and have   
a higher order thinking along the lines of placement of time and space. A   
person, in this state of mind, has complete control over everything he or she   
does including speaking, thinking, and the way that he or she acts around   
people. A person can evaluate what is reality and what is not reality while in   
this state of mind. Treatment such as hypnotherapy and psychoanalytic therapy   
cannot be given during this state of mind because the person is fully aware of   
what is going on around him and also fully aware of how he is acting and what he   
is saying. When a person falls asleep or is almost asleep, then he or she leaves   
the conscious mind and drifts into the unconscious mind (Beck). Alex Lukeman   
explains that peoples conscious minds are very much related to the   
unconscious part of peoples minds (Lukeman 61). All thoughts that a person   
thinks while he or she is conscious comes from the persons unconscious (Lukeman   
61). During dreaming, the mind travels from the conscious to the unconscious.

Dreaming allows the unconscious part of the mind to relay all information to the   
person that sometimes that the person does not even know exists. Lukeman   
explains that ones unconscious mind does not deal with issues such as   
morality, ethics, or cultural essentials (Lukeman 62). People often feel scared   
of just the thought of the unconscious. People do not like the thought of having   
something not completely under their control. Through analyzing a patients   
unconscious mind, a therapist is able to see all of the patients choices that   
he makes during his life and also his health. The Freudian theory deals with the   
issue that the unconscious involves memories or events that are from the   
persons childhood (Encarta). Bad childhood memories that affect the person in   
present day may even be relayed through the unconscious. Through some kind of   
therapy, a person may become aware of his problems and different things that are   
bothering him or her (Beck). Dreams have a way of telling the person about   
sickness and disease that he or she is experiencing at the moment or will be   
experiencing. Dreams are sometimes trying to tell a person that he need to stop   
doing something or start doing something for his own well being (Garfield). In   
Alex Lukemans book, What Your Dreams Can Teach You, Lukeman states " If we   
pay attention, our dreaming consciousness will forewarn and advise us about   
health of our bodies and the course of any disease process with which we are   
involved (Lukeman 4). Dreams tell people when something is not right in their   
bodies. Shakespeare even states that sleep and dreams are " natures soft   
nurse" (qtd. In. Cartwright 5). Most people, however, would rather not know   
what their dreams are trying to tell them. Some people have a certain fear about   
dreams because dreams are part of the unconscious. People do not like not being   
in complete control of their thoughts and actions. They feel that if they have a   
dream about something like death, there will be death in the near future. Most   
of the time, when dealing with dreams like this, people would rather not find   
out what the dream means (Lukeman 67). Psychoanalytic Therapy is a treatment   
that psychologists use for helping people to overcome mental, physical and   
emotional torment. It is often called the " the talking cure" (Beck).

Psychoanalysis can be described as a " specific method of investigating   
unconscious mental processes and to a form of psychotherapy" (Encarta).

Psychoanalytic therapy is mainly based on the idea that how people act, their   
thoughts and their attitudes and how they are arranged by the unconscious   
portion of the persons mind and are not within ones usual conscious   
control. Psychoanalytic therapy is performed by the patient lying on a couch   
allowing him or her to totally relax. The psychoanalytic therapist beings   
talking to the patient. The therapist invites the patient to talk about his or   
her past, angers, fears, and fantasies. This form of talking helps the patient   
gain control of his life by confessing to the therapist his or her needs,   
motivations in life, wishes and memories. Sometimes there are difficulties in   
the progress of a persons ability to talk about what is bothering him or her.

This difficulty of making progress is called resistance. An example of   
resistance is when the patient becomes unable to talk to the therapist any   
longer, or stops communicating feelings, or does not want to talk about certain   
topics. Transference is another problem that sometimes occurs through the course   
of the therapy. This problem occurs when the patient feels certain strong   
emotions towards the therapist. Certain emotions can be either a strong feeling   
of love, or a strong feeling of hate (Antrobus). Psychoanalytic Therapy is   
successful for the patient as soon as the patient is comfortable with himself in   
relation to his feelings, and having a relatively good sense of being able to   
feel feelings without the urge to act them out. As soon as the patient can relay   
all of his feelings to the therapist without any resistance, the therapy is   
completed. However, achieving complete recovery takes a persons lifetime.

There is always some area where the person is weak and needs to overcome   
different problems that are holding the person back from having the fullest life   
possible (Beck). Through diligent work, however, a person may be able to return   
to his normal, healthy state of mind and life. Hypnotherapy is another form of   
therapy that uses the subconscious and dreaming to understand and analyze what   
the patients problem could be. Using hypnosis, a psychiatrist is able to look   
into the subconscious where emotions that the patient has experienced, the   
patients memories, and the patients imagination are held. The subconscious   
also holds the feelings that one has relating to the persons place that they   
hold in the world. This type of therapy can, in time, help the patient to   
conquer all of his or her fears, emotional problems, and physical problems such   
as a type of pain control. In the seventeen hundreds and early eighteen   
hundreds, hypnosis was used very often as an anesthetic during surgery. The   
patient would not have any other type of anesthetic in his or her body. Donald   
Jackson states: " Since World War II, it has slipped quietly and discreetly   
into the clinical mainstream, to the point where the America Medical   
Association, many HMOs and even Medicare now recognize it" (Jackson 128). A   
patient has to develop his hypnotic skills in order for the best results   
possible using hypnotherapy. Hypnosis will help the patient live a much fuller   
life with new confidence in himself and the world, and will also improve   
concentration and management skills. The use of this type of therapy can   
actually spark ones interest and potential in various activities one engages   
oneself in that one finds interesting. Hypnosis has also been used during major   
surgery as an anesthetic with no other anesthetics present. Donald Jackson tells   
us that psychiatrists, medical doctors, psychologists, and other people who have   
tried it have used hypnotherapy for two centuries to treat people with different   
sicknesses and pain (Jackson 127-128). Hypnotherapy can give a patient that is   
in very bad pain, relief that lasts for a long time. Hypnosis has been reported   
to give many people that have been through it feelings of happiness and total   
bliss (Churchill). There are many misinterpretations that people pick up that   
are related to hypnosis. Many people believe that the patient is " under a   
spell" and will do anything that the hypnotist says to do. Instead of the   
patient losing control, the person gains more control of his or her life and   
himself than he had ever experienced before. During hypnosis, a patient is well   
aware of what is taking place. Hypnosis is simply allowing the patient to have   
the ability of great concentration on one subject. Hypnosis is an everyday   
occurrence in everyones lives. People experience hypnosis in reading a book,   
in the state of mind right before sleep, and while watching a movie or   
television show. Each time one experiences hypnosis, the more in depth the   
concentration is for the patient. Though deeper concentration sounds more   
therapeutic for the patient, it is not. The deeper the hypnotic state, the more   
likely it is that one will experience loss of consciousness and hallucinations.

Hypnosis skills allow the patient to completely relax. Hypnosis slows down all   
parts of the body, including the nervous system, respiratory system and the   
patients brain waves (Churchill). Rosalind Cartwright, Ph. D. has studied   
dreams for 35 years. She states that " Dreams give us a chance to face   
situations from real life while our bodies are totally at ease" (Williams 99).

Dreams deal mostly with things that one has experienced in the past, or at the   
present time of the dream. They help one to solve problems that he or she is   
dealing with. Dr. Cartwright calls dreaming ones " internal therapist"   
(Williams 99). People who have certain phobias have been known to treat their   
phobia by themselves without any psychiatric help just through the wondrous act   
of dreaming. Dreams help people to overcome obstacles and help the people learn   
more about themselves and the lives that they live (Williams 99). Dream   
interpretation has helped hundreds of people to overcome their lifelong problems   
as well as daily problems. Through therapies such as hypnosis and psychoanalytic   
therapy, people who have suffered great emotional, mental, and physical stress   
have moved on to live happier, fuller lives. Dreams do, in fact, represent many   
different areas of peoples lives in physical, emotional, and mental ways.

Dreams can relay things to a person about his or her life that he or she are not   
even aware of. Interpreting ones dream is a method of self-discovery that   
lets one in on parts of his or her life that he or she never could have   
imagined. Dreams can help cure different physical, emotional, and mental   
problems in ones life. People have depended on dreams to guide them in their   
actions and also for self-discovery for hundreds of years. People will continue   
to depend on their dreams as a means of guidance, just as their ancestors have   
done for years to come.

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