

Dream a little

Recurring dreams reveal subconscious

By Ethan Pell
Staff Writer

We all have recurring dreams. Sometimes we like them and other times we loathe them. The question is why these dreams happen over and over again.

The recurring dream isn't just a dream that occurs over and over again by coincidence. Whether the dream is good or bad, it is a distinct message from the subconscious. It tells about something that is needed or wanted by the dreamer. Keep in mind that this "something" may or may not be anything material. A need is symbolized in a dream for love, affection, or it could represent an attempt to find a solution to a deep rooted and unresolved psy-

chological problem. Recurring dreams reflect an external situation or impression that is often resurrected in the dreamer's unconscious mind. Each time the dream occurs, it will serve as a "report card" and show how far one has come in resolving the problem.

"My recurring dream is usually a witch flying over a rainbow because when I was little and had bad dreams, my mom told me to think about rainbows, but witches would always fly over them," said Monica Newberry, a senior.

The recurring nightmare should not be dismissed. Often time this type of recurring dream is the most difficult to face, but the dreamer shouldn't be afraid of the nightmare. It is a frightening experience and may mean the

dreamer will have to face up to a fact that is distasteful. It could also be referring to something that the dreamer's conscience mind doesn't know is happening. Confronting a dream and accepting the fact that a dream is sending a message is very important.

"One of my recurring dreams is that I'm on top of a staircase with great height and I slip and fall and I never really know when I'm going to hit the bottom, but when I do, I wake up," said an anonymous sophomore.

The road to recovery starts with the dreamer writing about the dream in detail each time it occurs. In analyzing a dream, it is important to think of it in terms of the dreamer's

Dream Dictionary

Flying- relief; happy feelings

- often after you've overcome a problem

Clown- fun-loving aspect of yourself

Animals- suppressed animal instincts; natural vitality

- feelings of repression

Death- important event coming to an end

Test- avoiding a challenge or facing a challenge you are unprepared for

Anxiety- anxious to get on with an event or relationship

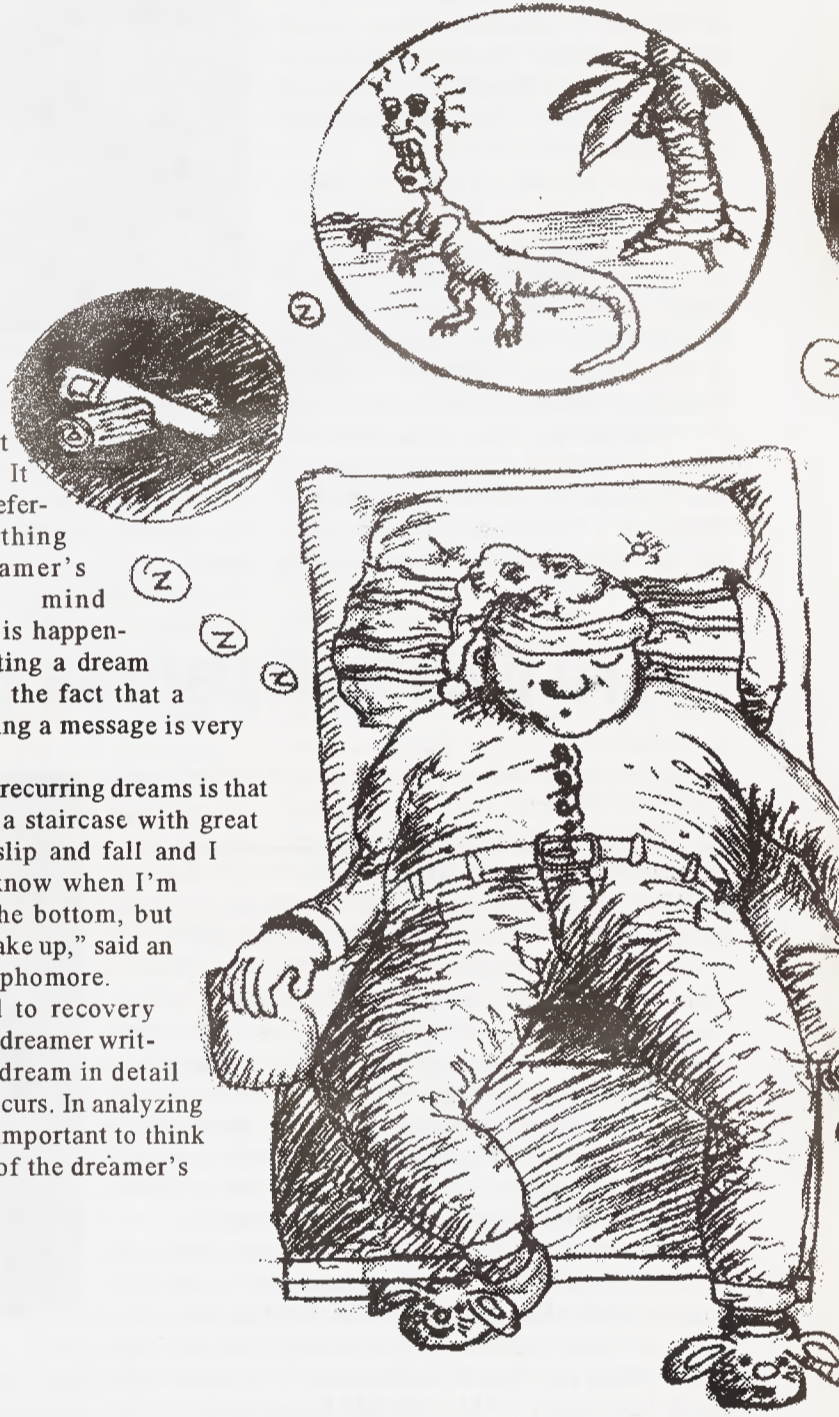
Spiders and snakes- something about yourself that scares you

Falling- event in life which is out of control

- fear of rejection

Loss- change in personal values

- not clear on where you stand on issues



Deciphering dreams is age-old practice

By Danielle Alford
Reporter

After awakening from a dream of being a butterfly, Chwang-Tse said, "Now I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly dreaming I am a man." For about 4,000 years, people have tried to grasp the meaning and causes of dreams. These efforts have developed into many theories answering the "how" and "why" of dreams.

In early theories of the origin of dreams, the most widespread belief was that they were revelations from the gods. In an Egyptian dream book of papyrus (now in the British Museum), dreams were said to come to the ancients with their divine messages in code form, which had to be deciphered by seers. This practice of deciphering dreams is found in Chapter 41 of Genesis in the story of Pharaoh's dream. Pharaoh

chooses Joseph to interpret his dream and is told that there will be seven years of plenty, followed by seven years of famine. His dream determined the fate of an entire country.

Still another early belief about dreaming was that the soul leaves the body to roam abroad during sleep and dreams are the experiences of the soul during this free flight. This belief still persists in some modern primitive societies. For example, in the Fuji islands it is considered taboo to awaken a sleeping person. They believe that if the sleeper is awakened, the wandering soul may not be able to reenter the body, and will be trapped outside, in a kind of limbo, forever.

In the Senoi tribe of Indonesia, it is customary for each family member to describe his dreams before beginning his day. After analyzing the dreams, everyone decides what each dreamer has to do to dispel any evil forces that may be indicated in their dream, or how they can take advantage of any good forces.

If there are good forces found in dreams, then they might be helpful in another early dream theory