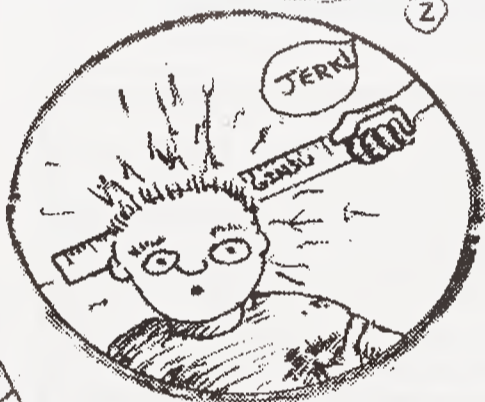


# Dreams

## Dreams: Our mental filing cabinets

By Mary Kathryn Ross  
Reporter

People often ask, "Where do dreams come from and what do they mean?" Believe it or not, dreams represent the sorting out of our memory



files and are the recapitulation of our day. There are three theories on dreams that have become widely accepted and used. The Freudian theory, which is commonly called the psychoanalytic theory, is based on dream analysis. He believed that if you remember your dream, it was a failure of the dream state.

A second theory that has directly descended from the Freudian, is the Gestalt theory. Fritz Perls the creator of this theory, believed that each part of the dream represents a part of the dreamer. Ursula Harper, a junior, said, "I would have

to classify my dreams under the Gestalt theory because often when I dream I find the sensible, yet sensitive parts of my personality shining through. Many of my dreams also look into my future and go so far as to marriage and a wonderful career as a doctor. In this sense I seem to be using the side of my personality which functions only to plan for the future."

In analyzing dreams through this approach, the therapist would ask you to become each symbol. Every part of the dream (the author of the dream, the theme of the dream,) is a part of the dreamer. Jane Rosen-Grandon, M.A., a licensed Marital and Family Therapist said, "You can learn a lot about yourself through simply looking at the different parts of the dream, giving them a voice, allowing them to express them-

developed by Dr. Nathaniel Kleitman in the early 1950's. He believed that dreams might guard a sleeper from awakening. The theory was that dreams safeguarded sleep in two distinct ways. One was to incorporate outside stimuli, thus preventing the stimuli from arousing the sleeper. For instance, a sleeper might fight off being awakened by a ringing telephone by dreaming he is calling someone. The actual ringing of the telephone and the ringing of the unanswered phone call in his dream, is an entirely satisfactory explanation to the dreamer's unconscious mind. He does not have to wake up and answer the telephone call because his mind has absorbed the disturbance, therefore, safeguarding the sleeping process.

The second way Kleitman theorized that dreams safeguarded sleep was based on the observation that the dreamer makes a subconscious effort to prolong his dream. The desire to extend the enjoyment of a dream had the effect of postponing awakening. Nightmares obviously do not fit into this theory but is remains unproven, but so far it has never been disproven.

Modern dream theories are focused more on experimental data formulated from increased technology in the field of dream research. In the 1950's Dr. Calvin S. Hall, Jr. at that time a professor at Western Reserve University in Cleveland tabulated 10,000 dreams reported by "normal" people to various researchers. His research found that women dream more than men, people with high intellectual levels have more dreams, color dreams were more common to women than men, and to young people than old people, and the most common emotion experienced in dreams was hostility.

After becoming director of the Institute of

Dream Research at Miami, Dr. Hall and his associates made additional studies. One involved 500 males and females, all college students. But, in recording dreams scientifically, accuracy is very important. We have a tendency to want to sort out dream "story lines" in order to make sense of our dreams. It can be confusing when at one moment you may be talking to your friend in your dreams, and the friend may suddenly turn into a stranger. In order to edit our dreams, it is not uncommon to "finish" a dream to have a satisfactory ending. Because of this tendency, Dr. Hall had subjects report their dreams directly to their researchers or associates.

The most interesting finding of this study was that women and men dream about entirely different things. Women tend to dream more often indoors and in familiar surroundings while men dream in more outdoor settings. Women's dreams were not as aggressive and had more characters that were known. Men dreamed about a lot more physical action and the characters were identified more by their occupations.

A more recent dream theory has been advanced by experimental psychologist Christopher Evans in England. He believes that dreams may serve the function of "reprogramming" the mind as computers periodically have to be reprogrammed. He thinks dreams represent a kind of passing-in-review of the data absorbed

selves."

The Jungian view of dreams is best described as a symbolic approach. Jung believed that your dreams are a compilation of symbols and in analyzing them you should analyze each symbol. "I figure I am a symbolic dreamer. I am a firm

believer in fate and that your dreams are an insight into what is yet to come," says Libbi Dixon, a junior.

The theory that your unconscious mind is a type of filing cabinet that sorts through each event of your day, is one that Rosen-Grandon developed. She believes that there is one file

for each day and as we dream, the mind is deciding which items of our day to remember and to which will fade in our short-term memory. Fabiana Rievers, a junior, thinks that dreams are important. "Sometimes I don't remember my dreams, but when I do, I always find that what I dreamt that night is usually something significant that happened to me. Someone once told me that the dreams you have are usually about someone that has touched your life."

Dreams are a phenomenon that may never be fully understood. However, we do know that you can learn a lot about and events in your life through what goes on in your subconscious for dreams are an essential passage of communication between the conscious and the subconscious.

throughout a person's day. Evans suggests that computers whose programs are not regularly modified perform less and less efficiently. Humans deprived of sleep suffer equal loss in performance ability.

Recently, provocative experiments relating ESP (extrasensory perception) and dreams have increased. For many years, researchers at Duke University have studied this phenomenon by using tables of probability, they are able to rate subjects' actual performances and have been insisting that the percentage of "hits" as opposed to "misses" in these experiments indicates that ESP is not merely a superstition. But, the numbers have not been startling enough to convince the majority of psychologists.

Yet, other researchers have claimed to find a significant link between dreams and the ability to predict the future or read people's minds. An experiment conducted at the Dream Laboratory at Marmonides Hospital involved a subject who reported dreaming of, "being on a boardwalk or beach...the seacoast. It makes me think of Van Gogh." The subject had an agent studying a picture by Van Gogh called "Boats on a Beach" who was in another room while he slept. There have been other reported incidents of thought transference in laboratory situations.

Many theories suggest the meaning and origin of dreams. Whether studied scientifically or religiously, they are a part of our lives. Maybe they do tell a story, or are they a message hidden in our subconscious mind.

*Dreams are a passage of communication between the conscious and the subconscious.*

*Women tend to dream more often indoors and in familiar settings while men dream in more outdoor settings.*

### What are students' strangest dreams?

\* I am sitting in a chair at my house and trolls are all around me. They are threatening me with knives. I can not go tell my parents because then they will stab me.  
-Dani Gray

\* I had a dream that I was really little and I had this giant doll that came to life and chased me.  
-Justin Roberts

\* I had dream that a giant cockroach was sitting on my bed, watching T.V.  
-Dana Fields

\* Some man ties me to a chair and forces me to watch my family being killed.  
-Lisa Gonzalez

\* I was sleeping and couldn't get up. My alarm kept ringing.  
-Mamadou Niang