

**DO DREAMS COMMUNICATE – A SCIENTIFIC AND THEORETICAL ANALYSIS****Dr Alice Angel D**

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**ABSTRACT**

Dreams are either understood or misunderstood through scientific, religious and philosophical interest. Typically dreams are a succession of images, sensations, emotions and ideas that occur and reoccur. Length of dreams varies in accordance with the stage of sleep. Dreams may last for few seconds to approximately 15-30 minutes. Opinions and perceptions about dreams and their meanings vary in different cultures bringing to the forefront a plethora of superstitions and beliefs. Do dreams have hidden meanings? What are the different superstitions about dreams? What is the significance of dreams? Unravel your mind with the truth. The study of dreams is a formidable task, because dream consciousness is only accessible via report rather than direct observation. This paper analyse scientifically and theoretically about the dream communication.

**KEYWORDS:** Dreams, Communication, Scientific, Psychology, Interpretation**INTRODUCTION**

*Every dream will reveal itself as a psychological structure, full of significance- Sigmund Freud*

Dreams differ from culture to culture whereas in some a dream which is considered auspicious are bad omens for some other. In Asia, white bed is believed to bring wisdom to the dreamer. A few culture consider dreaming crow as a bad omen that it would bring bad things to oneself and to their loved ones. Barking dogs in dreams are good in some culture as it wards off evil spirits and demons. Dreaming knives and swords are considered protective as our land has kings and deities who own their swords. Dance and flower dreams are considered as free soul and announcement of good news. Crying or sad dreams are bad as it reflects conflicts in inner self and soul encountering a downfall. These seem to have psychological impacts with goes along with scientific temper. Dream communications cannot always be associated with superstitions. Indigenous tribes and communities believes largely in God and Demon dreams whereas both possesses the soul in certain way, which represents wrath and destruction. Demons are trying to reach out to the person and make their soul captive. Dreams are often considered as miracles.

*The interpretation of dreams is a royal road to a knowledge of the unconscious activities of the mind - Sigmund Freud*

## THEORIES ON DREAMS

There are many theories that are proven about dreams and their interpretations. Freudian theory of dreams for instance says about emotions and desires that are hidden often comes are dreams. This theory is been endorsed by many researchers. A few other theories says that dreams arise of brain activities that associate with memory and problem solving. Chinese theories associate dream with two aspects of soul, where one remains in the body and the other one roams during sleeping hours. Indians have ancient scripts like Upanishad, where dream are interpreted in two ways. The first one relates to the hidden desired and expressions and the second one is that the soul leaves the body on a protective journey.

Sigmund Freud's psychodynamic theory of dreams says that the dreams are the representation of unconscious desires, wish fulfilment, thoughts and motivations as humans are diver by unconscious longings like sexual and aggressive instincts. Cognitive theory of dreams by Calvin Hall, American psychologist said that there is a continuity between the waking life and contents in the dream. He differs from Freud's theory of dream events with hidden meanings as dreams are the representations of our worldly beliefs. Calvin Hall's theory focussed on concepts of self, concepts of others, concepts of the world, concepts of morality, and concept of conflicts.

William Domhoff derived neurocognitive theory of dreams which says that dreams take place because of a neural network and content of our lives inform the content of dreams. Neural substrates, dreaming in children and dream content in adults are the factors of neurocognitive theory. Manifest and latent are the two categories that Freud divides the content of dreams. Manifest is remembered events of a dream and latent content has hidden meanings beneath the things that take place in the dreams. But this psychoanalytic theory of Freud is been criticised as unscientific.

Self-organization theory of dream is considered as a process that can combine discontinued neuro signals. Dreams don't function independently but they are co-product of the brain which reflects dreamer's psychological and physiological activities such as consolidating memory, regulating emotions and reception of external stimuli.

## INTERPRETING DREAMS THROUGH RELIGIOUS BELIEFS

Dreams that are recorded as the earliest is documented 5000 years ago on clay tablets in Mesopotamia. In Bible, Romans and Greek interpreted dreams as messaged and signs from deceased people or Gods. It is believed that in 2024 BC ancient Sumerians were the first ones to be associated with dreams. It was considered warning from deity or a symbolic sign of foreseeing future.

In Christianity and Judaism, dreams are communication from Gods. Dreams that are recorded in the bible are visual images, nightmares, auditory commands which gives relevant messages from divine to human. It is usually believed as a command or guidance from divine voice that conveys special messages. Early christians also believed to have experienced dreams from Satan. They interpreted bad dreams that caused distress and fear and sought God's help to get rid of it.

In Hinduism dreams are considered as the expression of inner desires also alike the Chinese belief that the soul leaved body until the dreamer is awake. Hindu scripture lays out 4 major states, waking, dreaming, dreamless sleep and transcendent state (supernatural). Seeing woman in the dream is considered as an omen of success. Swapna means sleep in Hindu scriptures and they have seven fold classification. Drsta (seen), anubhuta (experience), prarthita (inner desires), kalpita (imagination), bhavita (manifest) and dosaja (temperament imbalance). Dreams and their impact are also explained in scriptures. Interesting study is that the dreams that are seen in the first part of the night seem to persist for a year, whereas the 2nd and 3rd part night dreams are about six months. Fourth part of the night or early morning dreams tend to remembered for 10 days. Day dreaming and dreams during rainy season are tend to persist for 6 months.

Islam says that dream has spiritual dimensions as dreams are God's prophecy and guidance. Islam relates dreams with soul, sleep and death. Walker & Event Content analysis method are used to analyse the religious and scientific evidences of dream. Islam believes that dream are template from the higher universe to provide guidance and spiritual health. Apart from divine guidance from God, dreams are also believed to bring sorrow from devil and conflicts of our daily life. Dream is seen as the separation of soul from the body. It is one face of death. Islam says about honest dreams where one can discover a new thing in dream directly or through interpreting dreams. Honest dreams are the meeting of the soul with the Angels.

## **UNDERSTANDING DREAMS SCIENTIFICALLY**

Early humans interpreted dreams as a communication medium between their earth and God. Though humans believe on the prophetic powers of dreams, technological advancements developed theories on dreams such as activation-synthesis hypothesis which says that dreams actually don't mean anything. Usually humans tries to remember the dreams and attempts to make a sense out of it. Researches prove that mammals dream and dreams really serve a purpose as suggested by threat stimulation theory where, enhancing the neurocognitive mechanisms make the humans efficient for perception.

Neuroscientists say that dreams and memories have strong relationship. How humans remember their dreams? Its because of the signature pattern of the brain waves. 65 students were taken into study on consecutive nights in laboratory. The population that had theta waves in low frequency in the front lobes are likely to remember their dreams. Humans tend to

construct and retrieve memories with the collection of episodic dreams. Charcot-Wilbrand syndrome causes loss of ability to dream as dreams are created in a particular area of the brain that is connected with visual memories and emotions. Emotions of the dreams may not be real but the experiences are real.

Philosophers and thinkers say that dreams are associated with visual perception that are supplemented with tastes, smell, tactile sensations and sounds. Dream is a mystification. Humans assumes that dreams hold a hidden message and they are unopened items from the unconscious. Yet, no one has proved the fact why we dream. Plausible theories of dreams is that they are memory consolidation. Brain take new information and interpret with memory storehouse. Brain is a complex piece in computational biology, it process and store memories and incorporate it to our conscious experience. Human brains show identical set of symbolism that undermines the individuality in mammals. Dreams are letters that are unopened. Major hurdle when humans try to recall dreams in that when they attempt to make sense out of it. Dreams are experience we live in.

Lucid dreaming happens when there is a chance to be awake and aware of the dreams that one is dreaming. Dreaming consciously is lucid dreaming. Lucid dreams allows the dreamer to interact with the dreams at the time of dreaming. It sometimes gives solution to the process that one is into. Sleeping at the time of confusion allows the lucid dreamer to arrive at a solution. Lucid dreams are not superstitions, but a chance to experience and explore the concept of dreaming.

*Myths are public dreams, dreams are private myths - Joseph Campbell*

Dream yoga or meditation assists the dreamers to reflect on their dreams reality to their real life. Illusions are constantly changing ones is a Buddhist concept which asks the dreamers not to be afraid of lucid dreaming and nightmares cannot do any physical harm inside and outside the dream. Some of the experienced meditators have rapid eye movements during dream sleep. Fact that dreams resembles the daily life like urinating, walking while sleeping and doing other things in dream. Freud says that dreams are often sexual in nature. Neurologists with PET and MRI scans analyse dream deeper at a technical level speculating that dreams are brain's way of collecting excessive data to keep us alert. Dreams have a particular shape and patterns. Dreams help the sleepers to dump the excessive memories and carry the needed ones. It controls memory.

## CONCLUSION

Scientists advise the dreamers to use a journal and to note down things. It helps to consolidate memory. Though dream theories and interpretations are many there is a lack of solid explanations about dream communication. People who have REM during dreaming are tend to recall vivid dreams. Psychoanalysis is used in psychotherapies to reveal hidden emotions and meaning of dreams. Dreams reveal a new path about one self. Dreams are very much real by

their consequences aren't.

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