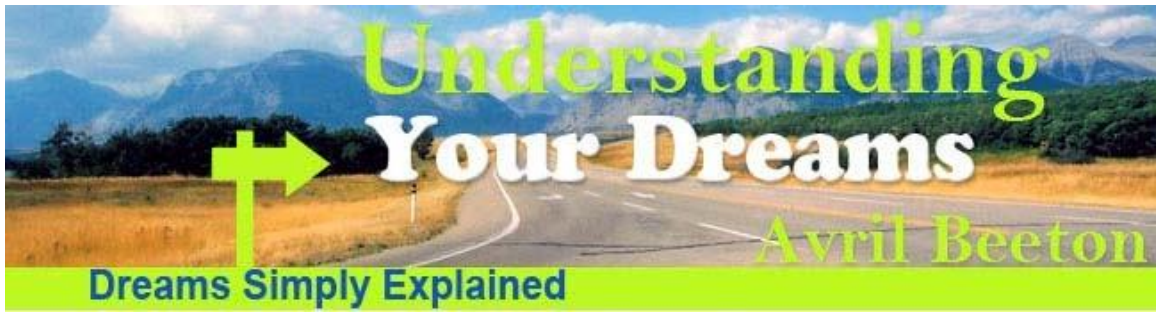


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## About the Author

Avril Beeton has been interested in dreams for years. She wanted to know if they were useful or not.

Avril said, “I thought that since we spend a lot of time dreaming while we are asleep, there must be a reason for that.”

“When I started to look into dreams, I found there was a lot of research being done and large organizations were spending a lot of [money](#) on that question.”

“I found that some dreams were helping people in ways I had never thought of. But, there were also many people who had less happy experiences with some of their dreams.”

Avril hopes that her ebook will help you to understand the current theories about why we dream and how we can get some benefits from the experience.

Avril said, “I’m not an expert. My [ebook](#) is written to help anyone who wants to know what the researchers are saying without having to deal with the jargon or hundreds of pages of material.”

“Many friends and colleagues shared their experiences and they had more questions about dreams which I was very grateful for.”

“I hope the book will help [readers](#) to understand and benefit from their dreams. They are a free resource which many let go to waste.”

Avril said that she wanted to produce something more than the usual catalog of dream subjects and possible meanings.

“I have tried to make this ebook more helpful than that. I want to share what I found out about current research into dreams and how people are using them with good results.”

## Introduction

Almost everyone I know has wondered about the [dreams](#) they have, where they come from and whether they have an importance we are not aware of.

Always remember that almost every aspect of dreams is still subject of debate among researchers. I have written this ebook, my first, to share the information which I gathered from research and generous colleagues and friends who shared their own experiences and discoveries.

There is a lot of expense and effort being put into research about our dreams, but I didn't find anyone that has all the answers.

I started with a lot of questions and got more from other people as I dug into the subject.

I hope that sharing the results of my quest will help you to understand what dreams are and how they affect our lives, according to the most recent information without you needing to learn the jargon and without going down all the by-ways and dead-ends which I encountered while [writing](#) the book.

I hope you will enjoy learning the answers to questions like “Are dreams Safe?”, “Does Everyone Dream? And “Are Dreams Reliable Forecasts of future Events? plus many more.

I have tried to give you good information and keep the tone light-hearted. I will be very pleased if my book encourages you to explore the subject further yourself. I hope that I have given you some [ideas](#) of the best areas to explore and some which are probably better left to the experts.

Most of all, I hope that my [book](#) will make your experiences with dreams more interesting and that I have helped to remove any doubts or fear from them.

*Avril Beeton*

## About Sleep

This section will give you some information, including facts and current theories about [sleep](#). This will help you to follow the subject in the future as researchers develop a better understanding of the subject and how it affects each of us.



Sleep is probably as important to us as [food](#). Yet, many people discount it and try to get along with as little as they can.

Even more of us try to get along on shortened sleeping times which we cram in between our other activities which we rate as more important.

When this tinkering with our inbuilt rhythms causes us to perform at less than our best, we increase our [caffeine](#) intake instead of decreasing it and arranging to get more of the restful, re-invigorating sleep we really need.

### **Sleep is not Important... it's Vital!**

Current research indicates that we humans have a natural cycle, called the Circadian rhythm which is about 24 hours long. This cycle has a significant effect on various processes and functions within our bodies through the whole day and night.

Variations in our sleep patterns and the amount of sleep we get will affect our ability to absorb information, and, over time, affect our [health](#).

Even when they have no access to timekeeping devices or information, volunteers in carefully controlled studies have naturally adopted cycles of sleep and being awake which vary between 24 and 25 hours.

Of course, there are variations in the individual cycles we each have. Some external factors, such as exposure to artificial light, will usually cause further changes. But, our bodies and minds are pre-programmed to respond best when we are able to maintain a pattern as close as possible to this period.

## The Stages of Sleep

This brief outline covers the most common aspects about sleep and a few suggestions which may help some readers to have better sleep and handle their dreams with more [confidence](#). Some points are not firm conclusions because various studies and different researchers do not all agree on all points. For instance, some say there are less than five [sleep](#) stages which humans usually experience, but I found those who said there were five to be the most convincing.

**Stage ONE:** The first stage is when you are preparing to sleep. You are conscious but (hopefully) relaxed and becoming drowsy.

Two things may happen that sometimes cause concern for people. These happenings are fairly common and not usually regarded as dangerous. But, if either happens to you and you feel concerned, ask your [doctor](#) about it at your next visit.



1) You may sometimes feel like you are falling during part of this stage.

2) You may believe you are [hearing](#) your name called. As you are either still mostly awake or in a very light sleep state, there

would probably be no harm in waking and checking on whether someone actually called you. But, don't worry if you find that no-one actually did.

**Stage TWO:** This is an intermediate session where movement is minimized and “sleep spindles” (short bursts of normal EEG waves up to one and a half seconds).

**Stage THREE:** This is a deeper stage where you will be probably harder to wake.

**Stage FOUR:** This is a deep sleep stage. If you are woken up while you are in this stage, you may take a little time to connect with your situation. Most people only spend up to fifteen percent of their sleep in this stage.



### *R.E.M. (Rapid Eye Movement) Sleep*

This is possibly the most discussed sleep stage, so I have linked it to the Table of Contents.

It is believed that most of our dreams happen during R.E.M. sleep.



We usually have about four R.E.M. sessions on those nights when we get our normal ration of sleep.

The eyelids move rapidly but the larger [muscles](#) are kept

inactive, almost frozen.

Each R.E.M. session may last longer than those sessions we had earlier in the night. We often find it easiest to recall the last dream which we had in the last session of REM [sleep](#) before we woke up.

Major muscles are mostly immobilized, but there may be some irregular breathing and fluttering of eyelids. This is when most dreams are believed to occur. Brainwave activity can be high.

If we wake during R.E.M. sleep, it is believed that we will often have good recall of the last dream we were having before we woke.

## Avoiding Negative Effects of Dreams?

The suggestions in this section are just my view of what I have read and some personal experience.

Please talk with your medical professional about any negative dreams which you are having which cause you any concerns before you try to do any tweaking by yourself, however simple the process may seem. The [mind](#) and its connections are very powerful, not fully understood, and you should only try changes which your medical advisor approves of.

Everyone is different in their emotional make-up. You cannot assume that something will be any help to you just because it helped someone else.

The research suggests that we may be able to do some things which can reduce the effects of some negative dreams. This is good news because all the reports suggest that the greater proportion of dreams which people have seem to be negative in their content or [theme](#).

This may be skewed by a tendency for many of us to focus on negative information. That may only be a result of there being so many negative stories being given prominence in most types of media these days.

If you take negative [feelings](#) with you at [bed-time](#), it's possible that you will have dreams that are focused on negativity.

Some people say that they found it fairly easy to reduce this by relaxing just before they went to sleep.

This is your time for rest and the chance for your body to restore itself after



the physical and emotional demands of a busy day. Instead of continuing to mentally struggle with the hassles of that day or worry about what you may have to deal with tomorrow, push those concerns away and get your mind as calm as possible.

Otherwise, you will enter your sleeping pattern with a [mind](#) full of doubt and even fear. Then, you will have little chance of the getting the rest you need.

If you remember having the same dream a few times, or some which are very similar, it does not mean that the content of the dream is any more important than other dreams which you have had.

The subject may be something which is part of your current daily activities or just something which you have an attachment to which causes the subconscious to review it more often than some other topics.

Or, it may just be coincidence that you were dreaming about that topic when you started to make the transition from R.E.M. [sleep](#) to the lighter sleep phase we have as we begin to wake up.

We usually remember the dream which we had near the end of the latest period of R.E.M. sleep that night.

## How You can Remember more of Your Dreams

Why would you want to remember more about the dreams which you have had?

Some people have found the following suggestions can help them to remember more about some dreams which they had.



They start their preparation by putting a [pen](#) and paper or a small tape recorder close to their bed. The idea is to make [notes](#) about what they may remember as soon as they wake up. This reduces the chance that they might switch their thinking to their breakfast or their plans for later in the day.

Then, just before they relax with the intention of falling asleep, they mentally re-enforce their intention to remember what their dreams are about.

A popular tactic when people want to get more information about the dreams which they are having is to set their clock to wake them up after just about ninety minutes or so of sleep, because that is about when they are likely to be in one of the longer R.E.M. sessions of sleep, which is when we do most of our dreaming.

They believe this gives them a good chance of remembering the dream they were having just before they opened their [eyes](#) in response to the alarm clock.



I have to mention that this is only a theory and you should consider whether there is enough value for you in finding out about what you were dreaming which can be more important than the downside you will incur

because your sleep is interrupted.

The quality of the whole sleeping period will be much less and you can expect that you will not achieve the same level of benefit, emotionally or physically, which you might have got if your sleep was not interrupted that night.

This downside is well documented and inevitable, whether the sleep is broken deliberately or accidentally.

I have more about the disadvantages of not getting enough quality sleep in another section of this ebook.

If you find it easy to recall your dreams, even when they are not extreme in nature or effect, it may indicate that you are spending more time in lighter sleep modes where there is more [brain](#) activity.



This may indicate that you are not getting enough of the deeper form of sleep which your [body](#) needs to restore itself and make new connections between your conscious and sub-conscious.

Some people find themselves in this situation after some sort of emotional turmoil in their personal or professional lives. Some simple [meditation](#) may give temporary benefits but you should ask your medical professional if you feel any ongoing effects.

## Why Do You Dream?

There has been a lot of research into this area and there are still many factors which are not fully understood. The research is continuing because dreams are part of the sleep process and they seem to be part of the process where our conscious [mind](#) and our subconscious interact.

Many people discount the value of our dreams. They say that they are probably only the result of our subconscious clearing random thoughts and other clutter from our brains while we rest.

But, there is growing evidence that dreams are part of the restoration process which our bodies go through and not just a mostly useless by-[product](#).



There is some evidence that the dreams process can be used to refine and re-enforce the way we use skills and procedures which we are learning.

That gives them some important practical value even though not everyone gets the same results. Some people have more [success](#) than others when they tried to control or benefit from their dreams.

### Expert Theories of Dreams

The people who have been regarded as the leading experts in this area have all had their favorite theories on what the content of our dreams indicated. Those theories all vary quite a bit.

Sigmund Freud believed that dreams represented the desires and aspirations which each individual had but wanted to keep out of the public [eye](#).

Carl Jung felt that dreams were a way that individuals could connect and use the power of their subconscious.

Some people give great importance to the theory that dreams are a way of learning more about ourselves.

Other people feel that most dreams are a by-product of the processing which parts of the brain do when they repair and improve the neural pathways. According to this theory, dreams are not full of meaning, just random images and impressions which we have gathered during our [life](#).

If you become as interested as I was in the part which dreams have played in people’s lives and the ongoing research about their potential usefulness in understanding our mental processes, you can follow that yourself.

I’ve focused this ebook on giving you a better understanding of what is known and what ideas and methods that the current research supports.

Then you can decide if you mostly want to use what you read here to get:

Better [sleep](#) so you can enjoy your dreams more,

- Handle any simple problems which involve your dreams
- Reduce any fear or worry which your dreams bring to you
- Decide if you may want to get professional advice on your dreams
- More information about current and past research into dreams
- The effects which dreams had on people and events through history





## Why Don't We Remember More Of Our Dreams?

In Sigmund Freud's theory, this may be related to our super-id (within our subconscious, censoring or blocking some of the material which it has accumulated from our conscious [mind](#)).



Others believe that the mind probably files these experiences away without putting any particular importance on each one, except for those which have had a particularly strong effect on us when they happened. This theory suggests that all the incidents are stored and may be retrieved at some time in the future, if something causes us to make a mental connection between something we experience or notice and the previous event.

This may be right. You probably know of some people that have suddenly remembered a dream which they had some time before when something in their daily life causes the [memory](#) of it to pop into their consciousness.

Others have pointed out that dreams mostly occur in the lighter phases of our sleep cycle and are probably just forgotten or overlaid by our first thoughts about our activities and responsibilities which we have in front of us during the day ahead.



## Do only Humans Dream?

If you have any [pets](#) such as dogs and cats, you probably have seen them making movements and sounds while they are asleep which made you wonder whether or not they were dreaming.

Two friends recently answered my question about whether their dogs dreamed with enthusiasm. Both are positive that their dogs do dream.

One said that her very small terrier sometimes started to whimper and struggle in its sleep, as if it was fighting (and losing). She said that they had developed a routine of just sitting near the [dog](#), gently saying its name and stroking it until it woke up.

The other one said that their dog would occasionally start to make a long mournful howl very softly. The dog just moved its head when it did this, but they also woke it up gently because they weren't sure if it was frightened.

Neither dog ever did the same action when they were fully awake, so their owners were not sure if the animals were actually dreaming.

But, researchers have found strong indications that various animals probably do dream.

In January 2001, a researcher at the Massachusetts Institute of Technology (M.I.T.) had an article published in the Journal, [Neuron](#), which supports the theory that other animals do dream in some way.

The M.I.T. researcher reported that the study behind the article might help them and other researchers gain a better understanding of human [learning](#) and memory.

The study followed and supported the conclusions of other research that animals' brains had neural pathways which were likely to support similar sleep patterns to those which humans have.

The research confirmed that, while they were asleep, the animal subjects were able to remember and replay parts of events, or even series of events, which had actually happened when they were awake and active.

The scientists recorded patterns in the way that neurons fired within a part of the brain known to be associated with memory while the animal subjects were engaged in some activity and fully awake.

Then, they checked the patterns of activity which the rats displayed when they were sleeping and dreaming. That same pattern was present several times.

The researchers used rats for their experiments but suggested that the results could probably be applied to other animals.

There probably is more than just the ability to recall actions and experiences involved here.

Other research with human subjects suggests that the subconscious processes related to skill development are active during our dreaming.

Some people who suddenly start acting out the activity which they are dreaming about may have had an interruption to the normal subconscious routine where the brain almost completely immobilizes some major muscles while we are dreaming.

In some [animal](#) experiments, the scientists blocked some of the pathways which would pass the information into the storage area. They found that certain animals would, while asleep, start to physically act out some of the actions which they used when they were awake.

This strengthens the claims that we are not the only species which have dreams.

## Improve Your Training with Dreams!

You may have heard, or even be an enthusiastic user of, “[visualization](#)”.

This technique is used for focusing a person’s [mind](#) on a particular [goal](#) or improving their use of a particular technique.

The process involves creating a mental “movie” of the person performing the



technique as perfectly as possible. They watch the mental movie several times in the following hours or days.

As well as getting them more familiar with the correct steps in the [procedure](#), this repeated viewing appears to implant the correct actions into their subconscious more clearly.

This method is used by many top athletes, performers and others that report good results.

It is not a replacement for a normal [training](#) program and regular practice, but can be a useful enhancement once you have a good grasp of the fundamentals of the procedures involved.

A growing amount of research suggests that some people may be able to use the Lucid Dreaming technique, explained in the next chapter, to provide further reinforcement of the procedures.

One study at a University in Switzerland indicated that some people who learned to toss coins into a cup, could improve their ability and accuracy after practicing the action in lucid dreaming sessions.

The researchers are not ready to claim that this method will work for everyone or what degree of improvement might be obtained.

Not everyone is able to achieve the state required for Lucid Dreaming.

And, not everyone who can enter the Lucid Dreaming state, can expect to consistently get these positive results.

But, other studies have been reported widely which support this tactic and we can expect more research on the topic will follow because of the results some of the volunteers were reported to achieve.

## Lucid Dreaming

Lucid dreams is the term given to dreams where we appear to know that we are dreaming. They are interesting and engaging.

Some people believe that [women](#) generally are more successful with lucid dreaming but there is another view that suggests more women talk about their dreams and this has encouraged the [belief](#) that they are better at this.

The person who is dreaming feels like they are part of the dream but also are observing from outside or above the action.



Some people report that they do more of their lucid sessions while napping than they do in their regular sleeping sessions.

The positive results from the recent research which I mentioned in the previous section will encourage more research and also many more people are likely to want to try Lucid Dreaming.

I must mention that this is not suitable for everyone.

Some will be disappointed because they cannot achieve the state required and, if they start lucid dreaming, may not be able to control the dream satisfactorily.

Sometimes, experiences with Lucid Dreaming may lead to more problems, which may have long-term consequences, for some people.

Some reports suggest that some of the people that experience lucid dreaming are attracted more to that experience than their own day to day life experiences.

If they start to focus on the content of their lucid dreams and to reduce their social contact with other people in real [life](#), this can lead to emotional and other problems for them and those who are close to them.

It's only a problem when they focus on the experiences which they remember from their lucid dreams even when they are awake and active.

Another area where there is some potential risk is when a person's brain is not able to stop the larger muscle groups from activity when that person is in R.E.M. sleep and starts to dream.

If the muscles are active, the person may start to act out what they are dreaming about which can be risky if they're not able to have control of those [muscle](#) groups.

I must emphasize that these negative experiences are apparently rare.

To reduce any risk, consult your doctor before you consider experimenting with lucid dreaming.

## A Dream Journal

Volunteers in research projects and many ordinary people keep journals where they record what they can remember about their dreams.

Some people find it easier than others to remember details about some of their dreams. I have outlined several suggestions in an earlier section which are likely to help you to improve your ability to recall some of your dreams.



I think that it can be most important and helpful to have a positive and open approach when you begin your journal.

But, do not build your expectations too high at the start.

Don't try to influence the outcome. Your expectations might influence the structure and content provided by your subconscious during that dream.

I would give myself options when I began to record a journal for my dreams. I would have a small recorder and also some paper and a couple of pens. If you usually have your bedroom dark when you sleep, you will need a light (lamp or flashlight) with the paper and recorder. Be sure to check the batteries before you go to bed.

I would suggest that you use a clipboard and attach some loose [sheets](#) of paper to it, or get a cheap notebook for writing your notes during each night. Then, you could review and edit those notes before [writing](#) anything into your actual dream journal.

If you try to write your recollections directly into your journal during the night, you will find it harder to get back into a normal sleep pattern that night. Your journal is also likely to become very untidy and you may not be able to work out some of what you wrote because you were tired and still partly asleep.

What you should you write down about each dream is up to you. I would not try to record every detail, just any which seem particularly significant in the dream or relate closely to aspects of your life at the present time or in the past.

Some details which might help you to decide whether a particular dream may be significant for you could be:

- ? Any recognizable people who appeared in the dream. These might be people you know well (friends, family, colleagues) or perhaps even celebrities or other public figures. Some may be alive and some may not.
- ? The actions which different people did and whether they were what you would expect them to do or out of character for what you know of that person.
- ? Anything which people said.
- ? Their attitude to you and your reaction to them. Was it similar to what you would expect in real life? If not, what was the difference?
- ? The location of the dream. Was it an area you were familiar with or not? Was it where you would expect to see that person?
- ? Other details of the dream.
- ? Was there any [music](#) which you could recognize?
- ? Were you watching the dream unfold as well as having an active part in it?
- ? Was there anything which seemed particularly significant to you, your current situation and what was occurring in your life or future events which you were thinking about or planning for?
- ? Some people might find it useful to draw a picture of some aspects of the dream or the people or events in it. This might bring to light more important details of the dream.

There is no need to put more detail than you feel is necessary into your descriptions or pictures. Abbreviations are fine, as long as they are not likely to cause you confusion if you refer back to those entries later on.

Some artists have found inspiration in their dreams for new [paintings](#).



But, for most of us, we could just use very simple pictures with people and even animals represented by simple figures like young [children](#) draw. Just do what you are comfortable with.

### *Do a Review*

When you have been recording the content and your impressions which you get from your dreams for a few months, you might find it useful to see if your dreams have any common themes.

Have there have been any changes in any recurring dreams over the time since you started recording your information?

If there is any aspect of the content which causes you concern, you might want to either look for information about that matter yourself, or ask for help from a friend, family member or a professional advisor.

I would not continue to worry about it. Treat the dream as a reminder of something you need more information or discussion about, rather than thinking that something in your dream is some sort of ominous warning.

Bottling up your feelings will only give you more unnecessary [stress](#).

## Predictions in Dreams

Some people believe that the appearance of particular people, objects or events in their dreams as accurate forecasts of future happenings rather than, at best, possibilities or predictions.



Using dreams as a source of indications about future events has been popular for centuries. You may remember the account in the Bible where Joseph interpreted dreams for an Egyptian Pharaoh and his subsequent rise in position and influence.

And there are countless stories in constant circulation of people getting indications of both good and bad events from their dreams.

The Internet has, of course, been a great source of these accounts. But, it has not made it easier to verify or discount them.

I found no proof for this idea being so effective that I could recommend it.

### Are Dreams Accurate?

Some people believe that dreams can be reliable predictors of [health](#), success, danger and other topics including serious injury or other life-changing events.

This has been subject to much [research](#) by scientists and other interested parties.

It is not easy to document the effectiveness of dream as indicators of future events because we don't remember all our dreams. We don't even remember all of the aspects of those dreams which we can recall.

If we have, say, four dreams each night, we are likely to remember only part of one of them.

Sometimes we won't remember anything from any particular [dream](#) we had on a particular night.

Because our recall of a particular dream may be incomplete or vague, an interpretation which we, or some other person, applies to it at a later time cannot be proven to be directly relevant.

Most dreams which people offer as a proven prediction are about well-known events which are mostly disasters of one kind or another.



Most researchers say that is probably because more people focus on negative occurrences and they are also the bread and butter of most popular media. A friend describes much of the news media as 3D, focused on Death, Disaster and Destruction.

There is such a wide variation between individuals, proving or disproving whether certain people have the ability to get reliable predictions from some of their dreams is not likely to be possible.

But, the research suggests that many of the “successful” predictions have been found to be:

- Not as clearly defined as some reports suggest
- Open to different interpretations or
- Not clearly connected with the event.

If you have concerns about the content of any of your dreams, please consult your [doctor](#) or other qualified professional who can use their training to review your concerns while taking your medical history and other circumstances into account.

## Dreams and Depression

The research on how depression and dreams are connected is very fluid as we find out more about the condition called depression, the effects, causes and [treatments](#).

I am not an expert in either area but have tried to give you a useful overview of the available material in an easier to read form than what I found.



Because this is developing rapidly, please ask your [doctor](#) about if you feel concerns about either of these areas. He or she will be able to fit the most recent information to your personal medical background and particular needs and desires.

Here are some things which may help you to reduce the occurrence or effects of dreams which are upsetting you or have negative content.

**Prepare for a good night's sleep**: One of the major factors which governs how much we benefit from a sleep session and the quality of the dreams we have is how we prepare for sleep.

**Eat and drink the right things at the right times**: Many people have a hot drink or even some alcohol just before they go to bed because they believe it will soothe or relax them. They would be better to avoid food or drink in the hour before getting to bed.



The body has to start processing what they consume when it should be starting its rest and repair (sleep) cycle.

The last snack and drink will almost guarantee an interruption to that night's sleep for a visit to the toilet.

It is also likely that the nutrient content, if any, which is retained by the body will not be as well absorbed as it would be if consumed during the day.



Although I understand that most people will select particular types of food and drink for their late snack from habit or because they favor certain ones, please keep in mind that your choice may have certain substances which also work against your expectation of a good sleep.

Alcohol is a stimulant which also affects judgment and may cause depression as the initial boosting effect wears off.

Caffeine, which is in [chocolate](#) and some sports drinks as well as coffee and tea, may cause a rise in [blood pressure](#) and other effects on your internal systems. Fruit juices will often contain added sugars well as the natural [fruit](#) sugars. All these liquids will help to remove some of the body’s reserve of water.

It’s becoming more widely known that one of the first organs in the human body which is affected negatively by a reduced availability of water is the brain.

The body will also lose more of its precious [water](#) supply in processing the food and expelling the waste.

**Remove distractions such as television sets.** The programs and advertisements are designed to excite or even to alarm us. They can interfere with our body’s planned progress to sleep. When we get to sleep, the effects of the programs will still affect our ability to get the full rest and restorative effects we need to be ready for another day in just a few hours.

That will probably cause us to be less effective with our [business](#) and personal interactions through the day.

**Reduce light levels and block external noises etc:** Most people find it relatively difficult to sleep when there is much light in the room. It is worthwhile checking what lights and [sounds](#) may affect you when you are trying to sleep. Some which are almost unnoticed while we are preparing to go to bed, may have a more disruptive effect after we close our eyes.

Masks which just cover the eyes are fairly effective for many people. If you have trouble sleeping because your [eyes](#) react to the light level in your bedroom, try a soft mask like those which used to be supplied to air travelers.

**Avoid interruptions to your sleep session.** Reducing interruptions is important because several shorter sleep sessions will be less effective than a single one of equivalent length. Your internal systems need to have at least



two hours in a single sleep session for your body to go through an entire cycle.

If it is interrupted, it becomes more difficult to get back to sleep and the quality of the sleep is likely to also be affected.

Smooth transitions through all the parts of the sleep process are important for good results.

Interrupted sleep can mean that some repair work or improvements are not done and may also result in you feeling irritable and depressed when you get up.

**Focus on positive factors.** Many people have a negative outlook which affects their ability to handle [stress](#) well.

There is a growing amount of research which indicates that people who have a positive outlook seem to be able to handle both negative and positive events better.

**Leave Stress outside:** Whatever the stressors and strains which have affected you through your day, try to leave them outside your bedroom door.

If you bring any worries home with you from your business, you can expect to cause some sort of negative impact on your family which will affect all of you.

If you then carry that stress and your work stress into your bedroom, it will affect you and you partner’s ability to get vital sleep.

Then, it will probably continue to affect both of you through the next day as well.

## Focus on Positive Aspects

If we focus on what we consider negative content in our dreams, we build an expectation of negative effects and outcomes.

What would happen if we tried to find positive features in these nightly adventures?



Much of the research suggests that we can increase the positive outcomes we get in our business and personal lives.

It isn't always easy to do, because we may have been conditioned from early childhood to accept restrictions on our abilities and potential.

But, everyone of us can have a positive experience in our dreams, when physical limitations are almost completely absent, can't we?

Remember that it is not what happens to us but how we handle it that counts.

Rather than see something as a negative omen, ask yourself what can you do with it to get a positive outcome.

An architect in North America dreamed that large oak [trees](#) on a site which he had to landscape were dropping giant acorns onto the ground. Some people might have interpreted these as a negative omen but he used their appearance for the design of some statuary which became a visual highlight in the completed garden.

Another dream filled his [head](#) with faces which he later drew and had reproduced on a wall which also became an impressive feature.

When you are finding enjoyable things and people in your dreams, you will probably find the chapter about how to remember more of the content of your dream useful.



Matching what you remember of your dreams is harmless if you do not let the patterns or matches you believe are in them cause you discomfort, stress or worse.

Some authors say that their dreams sometimes inspire some of their most successful works.

Stephen King has said that he used ideas from some of his dreams. One became “Misery” and he gave more detail about that experience in his book, “Stephen King on Writing”. Mr. King was dreaming while sleeping on an aircraft. He wrote several pages while still at the airport after the airplane landed. That particular story was the basis of a very successful novel and popular movie. Kathy Bates, the female star in the movie won an Academy Award for that [movie](#).

Your results may not be as wonderful, but you could use it as encouragement to look for ways to use the content of your dreams in some positive way, instead of treating a chilling story like the one Mr. King wrote as a nightmare experience.

Stephenie Meyer ([www.stepheniemeyer.com/](http://www.stepheniemeyer.com/)) confirmed on CNN that she drew the basis of her novel, “Twilight”, from her detailed recollection of a dream where two people were laying in a field.

They were a young woman and a man whose appearance was very striking. He was a vampire. If you have not read the novel or seen any of the films which developed from there, ask any of her millions of fans for more details.

Many people have reported that the answers to technical problems have surfaced during their dreams.

They have brought the answers to everything from simple [school](#) test questions to important medical advances.

Mary Shelley was taking part in a discussion with her future husband, Percy Shelley and some friends at Byron’s home. Their discussion included talk of corpses and electric currents.

Mary Shelley was just eighteen and is said to have dreamed about corpses returning to life. It’s not surprising that she remembered a lot of her dream the next day. She was inspired to write a short story with that material and then was encouraged to expand it to a full-length novel.

That is the story of the birth of Frankenstein’s monster in the classic [book](#), “Frankenstein” which was published under a year later.

Many people would have been upset by the conversation that night and the subsequent dreams, so perhaps Mary Shelley’s is an even better example of the best way to deal with bad dreams.

Of course, these people were experienced [writers](#) (although Mary Shelley was only eighteen), but that does not mean you cannot use your own dreams to help you toward success in whatever area you want.

Adapting a positive attitude before you go to bed and you could find yourself reviewing and improving your skills or drawing inspiration from the deep store of almost forgotten information in your subconscious.

## Helping Children with Dreams

Parents can be a tremendous help to their [children](#) by being open to discussing any fears they have, whether they are in real life or in their dreams.

Always make time to listen to their accounts of their dreams and daytime fantasies.

I think that every child will go through a period of nightmares and the way you handle it can have some effect on their future for years.

Listen and be understanding. Some people make fun of the fears which the child might disclose, because they want to encourage the child to make fun of it too. But, that could cause them to become more uncertain if they think you are not willing to support them and help to deal with what they see as a real problem.

If you show you will help them and that you have [confidence](#) in them and never chastise them if they seem unable to handle the problem, you start to strengthen your bond which will help you both in later years.

Give them as much support as you think they need.

Some things you can do are:

- Listen.
- Supply a suitable night-light. Start with it on all night.

As they get more confident, let them turn it on and off when they feel a need. That will help them increase their own confidence level. But, don't make that move before you are sure they are ready.

Always discuss any problems with your [doctor](#) and with friends that have been through the same sort of experience.

Remember that you or other family members may have had problems when you were children.

In today's fast paced world, our kids have many distractions and stressors which we may have been spared.

Always be supportive and encourage them to be confident about talking through any problems with you.

When they know they have your support, their apprehension will be less and you will probably find that they face challenges with more [self-confidence](#).

## **Dream On for a Better Future!**

Thank you for buying my book.

I hope that I have helped you to better understand that dreams are not good or bad, they are material which we can use to cause stress and worse for ourselves and other people or to improve our enjoyment of almost all aspects of the rest of our lives.

Please keep dreaming and always look on the bright side. If you can, help someone else to find the positive aspects of their dreams as well,

It won't cost you anything or take much time or effort, and it will improve the future for both of you.

*Avril Beeton*

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