

# Dreams - What Do They Mean?



## Reading

Dreams have always held a universal fascination. Some primitive societies believe that the soul leaves the body and visits the scene of the dream. Generally, however, dreams are accepted to be illusions, having much in common with day-dreams – the fantasies of our waking life. When dreaming, however, one tends to believe fully in the reality of the dream world, however **inconsistent**, illogical and odd it may be.

Although most dreams apparently happen **spontaneously**, dream activity may be provoked by external influences. '**Suffocation**' dreams are connected with the breathing difficulties of a heavy cold, for instance. Internal disorders such as indigestion can cause vivid dreams, and dreams of racing fire-engines may be caused by the ringing of an alarm bell.

Experiments have been carried out to investigate the connection between **deliberately** inflicted pain and dreaming. For example, a sleeper pricked with a pin perhaps dreams of fighting a battle and receiving a severe sword wound. Although the dream is stimulated by the physical discomfort, the actual events of the dream depend on the associations of the discomfort in the mind of the sleeper.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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