Unfathomable Enigma - Dream

Title:

Unfathomable Enigma- Dream

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I. Introduction

From ancient times to the present, dream is an unfathomable enigma so that many dream interpreters appear. They interpret the dream what we had last night for us, but we can't know whether the answer is right or wrong. I think dream interpretation is just statistics.

Why do we want to do this project? It's because of my miserable experience. Since I slept together with my sister, I haven't got good sleep every night. When my sister sleeps, she always says a lot of trumperies and even hits me. And it’s very annoying. Also, every morning when we go to school, we like to discuss what we dreamed yesterday and what the dreams implied. But we always leave it unsettled. This confuses me a lot. Therefore, we will discuss several questions in this project by seeking the information from the Internet, books and the meetings.

It is hoped that in this project we can know more about dreams. And maybe we can solve the problems that bother us for a long time in our daily life.

II. Thesis

1. The origin of the dream

Dream interpretations date back to 3000-4000 B.C., where they were documented on clay tablets. In some primal societies, members were unable to distinguish between the dream world and the waking world. They saw that the dream world was not only an extension of reality, but it was also a more powerful world.

In the Greek and Roman eras, dreams were seen in a religious context. They were believed to be direct messages from the gods or from the dead. They believed dreams forewarned and predicted the future.

The Chinese believed that the soul leaves the body to go into this world. However, if they should be suddenly awakened, their soul may fail to return to the body. For this reason, some Chinese today, are wary of alarm clocks. Dating back to ancient cultures, people had always had an inclination to interpret dreams The Bible alone has over seven hundred references to dreams.
2. **Dream facts**

These days, there are still many people who have mistaken dreams. So, we’re going to share something about dreams that you don’t really understand.

Table 1: Some facts about dreams

<table>
<thead>
<tr>
<th>The misunderstanding about the dreams</th>
<th>Correct answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>The blind can’t see so he or she doesn’t dream.</td>
<td>The blind do dream. Because the vision is not the only sense that constitutes a dream. Their dreams are based on other senses.</td>
</tr>
<tr>
<td>Children are small. They don’t know many things so they don’t have nightmares.</td>
<td>Actually, nightmares are common in children, typically beginning at around age 3 and occurring up to age 7.</td>
</tr>
<tr>
<td>People giving up smoking must sleep well. Therefore, they don’t dream</td>
<td>In fact, those people will have longer and more intense dream.</td>
</tr>
<tr>
<td>When we are dreaming, it means that the brain will relax.</td>
<td>Studies have found that the brain waves are more active when we are awake.</td>
</tr>
</tbody>
</table>

3. **Types of the dream**

In fact, there are many types of dreams. Although we don’t care about what type of the dream we had, we still think it’s interesting that people divided the dream into several types. Do you know anything about them? If you don’t, don’t be worry. Let me introduce to you.

a. **Daydreaming**

Daydreaming is classified as a level of consciousness between sleep and wakefulness. It occurs during waking hours when you let your imagination carry you away.

b. **False Awakening Dreams**

Have you ever thought you have wakened up and continued with your daily morning routine: getting up, brushing your teeth, eating breakfast and going to school, only to wake up "again" and realize what just happened is just a dream. That sensation is referred to as a false awakening.
c. Lucid Dreams
Lucid dreams give you the ability to control your own dreams and steer them toward the direction you want. It helps you overcome fears and anxieties. The application of lucid dreams is limited only to your imagination.

d. Nightmares
The distinction of a nightmare is its frightening or emotional content. Nightmares may be a way that your unconsciousness gets your attention about a situation or problem that you have been avoiding. It is time to take notice and confront the issue!

e. Recurring dreams
Recurring dreams are quite common and are often triggered by a certain life situation or a problem that keeps coming back again and again.

f. Healing Dreams
Healing dreams serve as messages for the dreamer in regards to their health. The dreams can "tell" you that something is not quite right with your bodies even before any physical symptoms show up.

g. Prophetic dream
In a prophetic dream, you see the future through your dream. It is difficult to determine whether a dream is prophetic because we can only confirm such a dream after it has taken place. In the science world, it is believed that psychic powers do not exist.

4. The difference between the Eastern and Western

The interpretation of dreams is not only fascinating but also interesting to us. Because of lots of differences between the Eastern and Western culture, we think maybe the analysis of the dream is also diverse. We are fascinated by this so that we choose several common dream conditions and try to compare them. The following table is about the comparison that can make readers comprehend the different dream interpretation easily.

Table2-the comparison of dream between the Eastern and the Western

<table>
<thead>
<tr>
<th>Theme</th>
<th>Eastern</th>
<th>Western</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drama</td>
<td>You will fight with somebody.</td>
<td>You will fight with somebody.</td>
</tr>
<tr>
<td>Fire</td>
<td>It signifies you will have a good fortune.</td>
<td>You family will have good fortune.</td>
</tr>
<tr>
<td>--------------</td>
<td>-------------------------------------------</td>
<td>-----------------------------------</td>
</tr>
<tr>
<td>Key</td>
<td>Your unconscious is offering you access to your true identity or a solution to a problem.</td>
<td>You will meet incredible changes, and maybe can handle it well.</td>
</tr>
<tr>
<td>Flight</td>
<td>It signifies disgrace and unpleasant news.</td>
<td>It signifies you will suffer from some digestive system diseases.</td>
</tr>
<tr>
<td>White Snow</td>
<td>Pure, white snow could be a symbol of purity.</td>
<td>Something miserable will happen.</td>
</tr>
<tr>
<td>Coffin</td>
<td>The ending of a situation or experience; box in; feelings that there is no growth in your life.</td>
<td>You will get rich.</td>
</tr>
<tr>
<td>Weapons</td>
<td>Merging of masculine and feminine energies to create a balance. May also symbolize a desire for perfection. Look at your love relationships for answers.</td>
<td>You will be promoted to a high position.</td>
</tr>
<tr>
<td>Pen</td>
<td>The ability to express oneself (or inability).</td>
<td>You will be famous.</td>
</tr>
<tr>
<td>Fruit</td>
<td>New life, new developments; fruit of your labors.</td>
<td>You will be sick.</td>
</tr>
<tr>
<td>Snake</td>
<td>It signifies you will have a good fortune.</td>
<td>The snake can also represent the male genitals and may be warning you against entering into a certain sexual encounter.</td>
</tr>
</tbody>
</table>

Based on the above table, we can see several dream interpretations. At first, we thought that there might be a lot of difference between the Eastern and the Western since their thought, custom, culture, and even the way of life just have a little in common. In fact, there are just little differences between the Eastern and Western. To our surprise, the result is different from what we thought before. It seems that people have similar explanations about the things that they don’t really know.
5. Celebrity’s dream

If you are a Chinese woman that dreamed the sun and moon rushed into your belly, the dream interpreter will tell you that you are going to have a baby. The interpreters will give an example to you if you don’t believe it. They may provide the well-known examples to try to make you believe what they said. We also show you two examples, from the US and China.

a. Lincoln’s dead dream

Mr. Lincoln is an American president for the Emancipation movement to strive hard. Due to the northern states contended to abolish the system of the slave while southern states claim to have the slave, they brought out the most famous war – American Civil war (1861A.D~1865A.D). In the end, the northern states eventually won with the leading by Lincoln and released the slave. Unfortunately, when the nation was unified, Lincoln was assassinated in the theater. It’s strange that it’s said that he had ever had an odd dream before he was assassinated.

Lincoln dreamed that he heard the weeping sound and it seemed that many people cried. He went downstairs curiously and searched every room, but he couldn’t find the people who were weeping. He kept going to a room that had a coffin with a corpse inside, but he couldn’t see his face. Lincoln asked the soldier:”Who passed away?” The soldier answered: “The president was assassinated.”

Lincoln’s odd dream predicted his death, but many sovereigns also had similar dreams that they were assassinated. Therefore, this kind of dream prediction may be a coincidence!

b. The Chinese legendary about dream- Vanishing Point

There was a student, Mr. Lu, meeting a formidable person, Lui Weng, who sent a pillow to Lu and Lu fell asleep. After Lu had slept, he had a long dream. He dreamed that he got married, had five sons, became a governor, and even the chancellor. It’s not until he was eighty years old that he awakened and was frightened. Meanwhile, the yellow grains next to him were not cooked thoroughly.

Eventually, Lu apprehended that fame, wealth and honor are just dreams. It’s a well-known story in Chinese.
III. Conclusion

After doing this project, I discover more about dreams. But there are still many problems that we face when we collect the information. Because there are still many unsolved mysteries of dreams, we can’t help but want to know more about them. In other words, dreams are so mysterious that they appeal to us. By doing this project, I can distinguish which type of dreams that I had last night and what messages they imply. Also, I have a clear understanding of dreams that people have mistaken for a long time. It makes me more knowledgeable in this area. You may think that dreams are not important at all, but they are closely linked to our daily life. Although we can catch on what the dream wants to tell us, why we dream is also an attractive and unknown question. We hope someone can find the reason someday!

IV. Reference


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