

**Faceless: Whos the Man Standing In
the Shadows of My Dreams ~ and The
Meaning of the Nightmare..**



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INTRODUCTION

“Last night, I had the strangest dream!” How many conversations in your life have started that way? People are fascinated with the movies that play in their head while they’re sleeping. Some believe that dreams can predict the future. Others say that dreams depict real life. Still others believe that dreams are a manifestation of what we want to be.

Interpreting dreams has evolved over the years to what some consider an art form. We spend one-third of our lives sleeping. In the average lifetime, six years is spent dreaming. That’s more than 2,100 days spent in a different world! Every night, we dream an average of one to two hours dreaming and usually have 4-7 dreams per night.

Consider some of these other facts about dreams and dreaming:

- Everybody dreams. EVERYBODY! Simply because you do not remember your dream does not mean that you did not dream.**
- Dreams are indispensable. A lack of dream activity can mean protein deficiency or a personality disorder.**
- Men tend to dream more about other men, while women dream equally about men and women.**

- **People who are giving up smoking have longer and more intense dreams.**
- **Toddlers do not dream about themselves. They do not appear in their own dreams until the age of 3 or 4.**
- **If you are snoring, then you cannot be dreaming.**
- **Blind people do dream. Whether visual images will appear in their dream depends on whether they were blind at birth or became blind later in life. But vision is not the only sense that constitutes a dream. Sounds, tactility, and smell become hypersensitive for the blind and their dreams are based on these senses.**

The dream world is fascinating full of speculation, hope, and sometimes even fear. We can wake up from a good dream feeling refreshed and hopeful. On the other hand, we can wake up from a bad dream feeling tense and apprehensive.

Ever since Freud's Interpretation of Dreams was published, there has been recognition of the importance of dreams. But even before that there were dream interpretations. People had superstitious notions about dreams - for example, "Something is going to happen because I dreamed it was going to happen."

This is a common misconception. Regardless of what some people might say, if you dream you are falling and don't

wake up before you hit the ground in your dream, you will not die. If you dream that someone close to you dies, that's not an omen to warn you of their death. Dreams do not predict the future.

What dreams can do is provide a sense of insight into ourselves. They can help us cope with situations we're unsure about. They can guide us in a certain direction when faced with uncertainty. They can simply give us an overall good feeling as we dream of something pleasant.

The dream state is an experimental playground which gives you a chance to explore and express emotions without the usual inhibitions you may display in your waking life.

Dreams provide an avenue of expression for that part of yourself that knows both your history and your potential as a spiritual being.

They are another way the universe provides guidance about relationships, careers, and health problems. Through dreams you may find answers to your spiritual questions and even receive encouragement to some challenge in your life.

While some dreams may allow you to release bottled emotions from your day's activities, others can lead to profound insights in a psychological or spiritual way.

Acquiring the ability to interpret your dreams is a powerful tool. In analyzing your dreams, you can learn about your deep secrets and hidden feelings. No one is a better expert at interpreting your dreams than yourself.

In this book, we'll look at dreams and dreaming as a science as well as the various meanings that dream content can have. This is not meant to be a definitive guide to dreams. It is simply a starting point for you to look at what "movies" your sub-conscious is creating at night and how you can apply it your life and affect change if needed.

Remember that a dream unifies the body, mind, and spirit. It provides you with insight into yourself and a means for self-exploration. In understanding your dreams, you will have a better understanding and discovery of your true self. So stay awhile -- explore, discover, have fun, and find out what's in your dreams!

"Lucid Dreaming ~ Control Your Dreams"

<http://tinyurl.com/lhpfqe4>

DID WE ALWAYS DREAM?

That may seem like a silly question, but think about early

man. Have people always dreamt even when the world around them was quite simple and mundane? The answer is yes. While we cannot have definitive proof of paleo-man, we can know that back in the Roman Era, striking and significant dreams were submitted to the Senate for analysis and interpretation.

What did man do with these odd images that appeared during their sleep? Well, they did what we do today – tried to interpret them!

Dream interpretations date back to 3000-4000 B.C. where they were documented on clay tablets. For as long as we have been able to communicate our dreams, we have been fascinated with them and strive to understand them.

People in primal societies were unable to distinguish between the dream world and reality. They not only saw the dream world as an extension of reality, but that the dream realm was a more powerful world.

Back in the Greek and Roman era, dreams were often seen in a religious context and messages from the gods.

Temples, called Asclepieions were built around the power of dreams. It was believed that sick people who slept in these temples would be sent cures through their dreams.

In Egypt, priests also acted as dream interpreters. The Egyptians recorded their dreams in hieroglyphics. People with particular vivid and significant dreams were believed to be blessed and were considered special. People who had the power to interpret dreams were looked up to and seen as divinely gifted. In the bible, there are over seven hundred mentions of dreams. Tracing back to these ancient cultures, people had always had an inclination to interpret dreams.

Dreams were also seen as prophetic and an omen from outside spirits. People often looked to their dreams for signs of warning and advice from a deity, from the dead or even the works of a demon. Sometimes they look to their dreams for what to do or what course of action to

take.

Dreams often dictated the actions of political and military leaders. In fact, in the Greek and Roman era, dream interpreters even accompanied military leaders into battle to help. Some interpreters aided the medicine men in a diagnosis. Dreams offered a vital clue for healers in finding what was wrong with the dreamer.

Dreaming can be seen as an actual place that your spirit and soul leaves every night to go and visit. 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.

Some Native American tribes and Mexican civilizations share this same notion of a distinct dream dimension. They believed that their ancestors lived in their dreams and take on non-human forms like plants. They see that dreams as a way of visiting and having contact with their ancestors. Dreams also helped to point their mission or role in life.

During the Middle Ages, dreams were seen as evil and its images were temptations from the devil. In the vulnerable sleep state, the devil was believed to fill the mind of humans with poisonous thoughts. He did his dirty work through dreams attempting to mislead humans down a wrong path.

In the early 19th century, dreams were dismissed as stemming from anxiety, a household noise or even indigestion. Hence there was really no meaning to it. Later on in the 19th century, Sigmund Freud revived the importance of dreams and its significance and need for interpretation. He revolutionized the study of dreams.

Sigmund Freud on Dreams

Sigmund Freud actually called dreams the “royal road to the unconscious,” That statement will probably remain true in psychology forever. Freud’s classic text, The Interpretation of Dreams, contains some of his finest work.

Freud believed every dream is a wish fulfillment, and he kept this theory to the end, even though he gave up his initial idea that all dreams have a sexual content.

For Freud, the concept of wish fulfillment didn’t necessarily imply that a pleasure was sought, because a person could just as well have a wish to be punished. Nevertheless, this idea of a “secret” wish being masked by a dream remains central to classical Freudian psychoanalysis.

Freud said, “Dreams are not comparable to the spontaneous sounds made by a musical instrument struck rather by some external force than by the hand of a performer; they are not meaningless, not absurd, they do not imply that one portion of our stockpile of ideas sleeps while another begins to awaken. They are a completely valid psychological phenomenon, specifically the fulfillment of wishes; they can be classified in the continuity of comprehensible waking mental states; they are constructed through highly complicated intellectual activity.”

It was not until Freud noticed how allowing his patients to freely associate ideas with whatever came to mind, that he

really explored spontaneous abreaction. Freud himself suffered bouts of deep anxiety, and it was partly this that led him to explore the connection between association of ideas and dreams. In 1897 he wrote to his friend Wilhelm Fliess:

‘No matter what I start with, I always find myself back again with the neuroses and the psychological apparatus.

Inside me there is a seething ferment, and I am only waiting for the next surge forward. I have felt impelled

to start writing about dreams, with which I feel on firm ground.’

This move toward dreams may have come about because in allowing his patients freedom to talk and explore the associations that arose - free association - Freud noticed that patients would often find a connection between the direction of their associations and a dream they had experienced. The more he allowed his patients to go in their own direction, the more frequently they mentioned their dreams. Also, talking about the dream often enabled the patient to discover a new and productive chain of associations and memories.

Freud began to take note of his own dreams and explore the associations they aroused. In doing so he was the first person to consciously and consistently explore a dream into its depths through uncovering and following obvious and

hidden associations and emotions connected with the dream imagery and drama.

Obviously previous dream researchers had noticed how the dream image associated with personal concerns, but Freud broke through into seeing the connection with sexual feelings, with early childhood trauma, and with the subtleties of the human psyche. He did this to deal with his own neurosis, and he says of this period, 'I have been through some kind of neurotic experience, with odd states of mind not intelligible to consciousness, cloudy thoughts and veiled doubts, with barely here and there a ray of light.'

Using dreams for his self analysis, Freud discovered that previously unremembered details from his childhood were recaptured along with feelings and states of mind which he had never met before.

He wrote of this period, "Some sad secrets of life are being traced back to their first roots; the humble origins of much pride and precedence are being laid bare. I am now experiencing myself all the things that, as a third party, I have witnessed going on in my patients, days when I sink about depressed because I have understood nothing of the day's dreams, fantasies, or mood."

Without this powerful and personal experience of working with his dreams, meeting emotions and fantasies welling up

from the unconscious, Freud would not have so passionately believed in his theories regarding dreams and the unconscious.

Of course, like much of Freud's theories, he related dreams to sex. One of his basic views of dreams was that the purpose of dreams is to allow us to satisfy in fantasies the instinctual urges that society judges unacceptable such as sexual practices. This was partly the reason for the enormous opposition and criticism that he met.

During the period of his early life, only men were believed to have powerful sexual urges. When Freud showed that repressed but obvious sexual desires were equally at work in women this created a social uproar. Perhaps his second finding in regard to sexuality surprised even him.

During his analysis of women patients, sexual advance or assault by the woman's father was often revealed.

Freud struggled with this, wondering whether the assault was memory of an actual event, or a psychic

reproduction of it. He eventually came to the conclusion that hysterical and neurotic behavior was often due to the trauma caused by an early sexual assault by the parent.

Where there was not evidence of physical assault, then he saw the neurosis as due to sexual conflict or a trauma caused by some other event. This conflict was often

manifested through dreams. This led to Freud being rejected by university colleagues, fellow doctors, and even by patients.

Another expert in the field of dreams and dream interpretation was Carl Jung.

Carl Jung on Dreams

Jung studied under the tutelage of Sigmund Freud. Their differing views on dreams and dream interpretations led to a permanent rift that led them to go their separate ways.

Like Freud, Jung believed in the existence of the unconscious. However, he didn't see the unconscious as animalistic, instinctual, and sexual; he saw it as

more spiritual. Dreams were a way of communicating and acquainting ourselves with the unconscious. Dreams were not attempts to conceal our true feelings from the waking mind, but rather they were a window to our unconscious.

They served to guide the waking self to achieve wholeness. Dreams offered a solution to a problem we are facing in our waking life.

Jung viewed the ego as one's sense of self and how we portray ourselves to the world. Part of Jung's theory was that all things can be viewed as paired opposites (i.e. good/evil, male/female, or love/hate). And thus working in opposition to the ego, is the "counter-ego" or what he referred to as the shadow. The shadow represents rejected aspects of yourself that you do not wish to acknowledge. It is considered an aspect of yourself which is somewhat more primitive, uncultured, and awkward."

He said, "Dreams are the main source of all of our knowledge about symbolism." This means that the messages you receive from your dreams are expressed symbolically and must be interpreted to find their true meanings.

Jung says that rarely do the symbols in dreams have just one meaning. And when interpreting the messages in your dreams, he suggests going with your first hunch, relying on your intuitive abilities, before applying more rational methods of dream interpretation.

Perhaps one of the most fascinating dream theorists might be Edgar Cayce. Today, we would call him a psychic.

When he was alive, he was a fascinating individual who, it appeared, could speak with the dead, make predictions about the future, and provide insight into areas where the

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