

DREAM PSYCHOLOGY

“Particularly scary, threatening nightmares or even dreams of death, can provoke ‘fight and flight’ responses, and the release of adrenaline whilst we are still asleep. Once you awaken from this nightmare, it may then take a little while to come down from this elevated state, preventing you from being able to get back to sleep as easily or quickly.”

Then what are dreams? Commonly speaking, imagining events that you think you see through your eyes but actually see through your brain; instead of a definition more like a fun fact. But really, dreams are an interesting topic of conversation mostly, especially if they might have a hidden meaning. Like everything in this world has two sides, dreams too have it. Beautiful, too good to be true are everyone’s favourite kind of dreams; Scary and bone-chilling dreams on the other hand, not only wake you up in the middle of night drenched in fear and sweat, they are also indicators of something evil that might be looming around.

Now of course it makes for a fun conversation too to discuss. But there is something else too, we all obviously know that when we sleep our whole body is asleep except our brain which unconsciously keeps working, but there are times when we twitch, we talk, we mumble and in some rare cases we also display violent behavior and the infamous sleep walking in a dream like state. Now the question is why does all of this happen? Fact to be noted is that in our dreams when we are actively running and walking it almost feels like we are in fact actually running and walking but in reality, we are inactive.

Hence you might have heard people vehemently denying doing anything of the aforementioned things. How about a fun example, Most of us have seen the movie titled “Chennai Express”, the scene where Meena (female protagonist) kicks the guy sleeping beside her at night. Immediately the guy shouts at her for kicking him and in turn wakes her up consciously and inquires her about her kicking him and why?

To which she replies that she has no recollection whatsoever of her kicking him. Then she tells him I warned you that I am like that and I kick people when I dream and that she does not know this fact about herself but people around her have told her about it. What do we conclude from her statement, the same thing mentioned above. Dreams actually seems to be little tricks played by the brain on us. Also, the statement that when you are dead tired you don’t dream is a myth. Dreams are not only silly little tricks, sometimes they are also means to hidden messages which we fail to catch in our active state that are meant to alert us beforehand.

Dreams have a lot of meanings behind them and even the Reverend Sigmund Freud who spent most of his life decoding dreams couldn’t come up with a conclusive hypothesis on it because there are thousands of dreams to be studied which are quite vague, random and couldn’t be dumbed down to statistics. Because dreams aren’t science that can be solved, they are wonderfully, deceptive little superstitions. Do you know that when you die in your dreams, there is another reason as to why you wake up it is because your mind cannot process the aftermath of death, hence you wake up shocked.