

Title:

Dream Interpretation and Types of Dreams

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810

Summary:

Dream researchers have discovered several distinct categories of dreams, and these dream categories

Keywords:

Article Body:

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Dream #1 - the Daydream

While not technically a dream, since it takes place while we are awake, researchers are looking

It is estimated that most people spend between 70 and 120 minutes each day engaged in daydreaming.

During a daydream, we allow our imaginations to take us away from the mundane tasks of the day.

Dream #2 - the Lucid Dream

Lucid dreams are among the most fascinating subjects in all of dream research. Lucid dreaming

While most dreamers wake up when they realize that they are in a dream, other people are able to

Dream #3 - the Nightmare

Many people are troubled by frightening and disturbing dreams, commonly known as nightmares.

Of course nightmares are not confined to childhood, and many adults, particularly those who have

Many people who suffer from frequent nightmares report a history of real life problems, including

Dream #4 - the Recurring Dream

Most people have had a recurring dream at one point in their life, a dream that repeats itself

Some recurring dreams are positive and uplifting, but studies show the majority of recurring dreams

Some dreamers report experiencing narrative dreams, in which the dream picks up where it left off

Dream #5 - the Healing Dream

Healing dreams are often seen as sending a message to the dreamer regarding his or her health.

Dream #6 - the Prophetic Dream

Prophetic dreams are also known as precognitive dreams, and the people experiencing these dreams

One non supernatural explanation for the prophetic dream is that the subconscious mind pieces

Dream #7 - the Epic Dreams

Epic dreams are somewhat rare, but they are unforgettable to those who experience them. Epic

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