

Title:
Nightmares

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Summary:

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Keywords:

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Article Body:

Nightmares are the type of dream everyone fears and wants to avoid. By their nature, these dreams are scary. The truth is, many nightmares are actually gifts that we should be thankful for because they are a warning. Avoidance is the wrong response. The strong emotions evoked by these intense dreams are cries for help. Sometimes the subconscious mind will work with your nightmares to bring resolutions without you realizing it. It's more common to wake up in the middle of a nightmare than during a regular dream. It's also important to deal with the nightmare. The best way to get rid of a recurring nightmare is to deal with it ~ that is to deal with the cause. Here are some suggestions:

- Rather than turning and shooting a monster or ^bad guy~ that is chasing you, it's better to talk to it.
- Come up with solutions by asking other ^cast members~ in the dream what resolution they would suggest.
- Bring your Spiritual Guide into the dream and ask for his/her suggestions.

Nightmares may also be caused by trauma, psychiatric problems or drugs (both legal and illegal).

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