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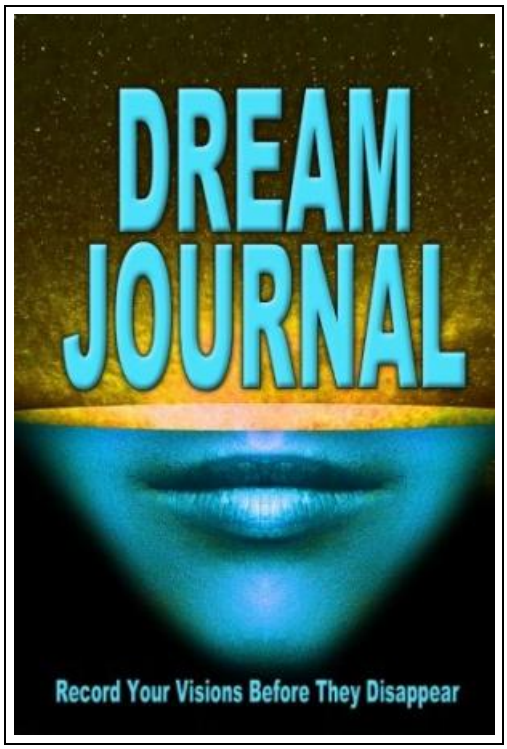

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DREAM JOURNAL: RECORD YOUR VISIONS BEFORE THEY DISAPPEAR (PAPERBACK)

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Rivo Incorporated (Rivo Inc), 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Dreams occur all of the time. We dream while we re awake, sleeping, alert, sleepy, excited, bored, and when we re daydreaming. Each dream produces a different kind of brain wave activity that constantly plays out in our imaginative mind day and night. Entering each vision in a Dream Journal, records them before they disappear. Dreams and moments of inspiration play with our emotions, thoughts, impressions, actions, interactions and short-term memory. These visions will quickly fade and disappear within minutes if they aren t quickly recorded. By keeping a dream journal, we can record the wide variety of thoughts, feelings and visions ranging from; happy to sad, from peaceful to frustrating, including prophetic, sexual, erotic, spiritual and even nightmarish. Analyzing dreams is a completely different matter. We basically all have the essential tools to interpret dreams if we so desire. There is no right or wrong way to record or interpret a dream. Sigmund Freud described dreams as the Royal Road To The Unconscious , relating it to the animalistic, instinctual and sexual mind for deeper psychoanalysis interpretation. Carl Jung on the other hand focused on the unconscious as being a window into the spiritual unconscious mind of ego and sense of self. All the data the brain processes on a daily basis temporarily collects in the subconscious to be processed unsupervised and uncensored, often in the form of a chaotic image or visual movie. It s the process the mind uses continually to sort through everything it has accumulated during the day. During the active REM sleep cycle, the mind races to, vent, consolidate, repeat, breakdown clairvoyant, imaginative, wish-fulfilling dreams without filtering them through any form of reality. The mind...

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