



Dream

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Dreams are reflections of humans' **inner** spaces and a connection between human **subconsciousness**(潜意识) and **consciousness**(意识).



Ancient Stories about Dreams in Western culture



When you wake up with something solid around your eyes, it's because the Sandman(睡魔) visited you the night before.

In America, every child knows the story of the Sandman, a spirit who sprinkles sand into the eyes of sleeping boys and girls to make them dream.

The dream catcher is an old tradition of American Indians.

It looks like a spider web. A special stone sits near the center and feathers hang from the bottom.

The circles are symbols of unity and strength.

When it is hung over the bed at night, it will catch people's bad dreams in the web while good dreams will fall through the center, which is said to give people courage.



Dream Catcher

Ancient Stories about Dreams in Chinese culture

In ancient times, there was a man called Zhuangzhou. One day, he dreamt of himself becoming a butterfly. When he woke up, he raised an extremely philosophical(哲学的) question: Was Zhuangzhou dreaming of himself becoming a butterfly, or was a butterfly dreaming of itself becoming Zhuangzhou?



Zhuangzhou Dreamt of A Butterfly



A poor, unhappy scholar who fell asleep while waiting for his lunch. He dreamt he became a high official and enjoyed a life of wealth and comfort, only to wake up and find that the pot of millet was being cooked for him on the fire.



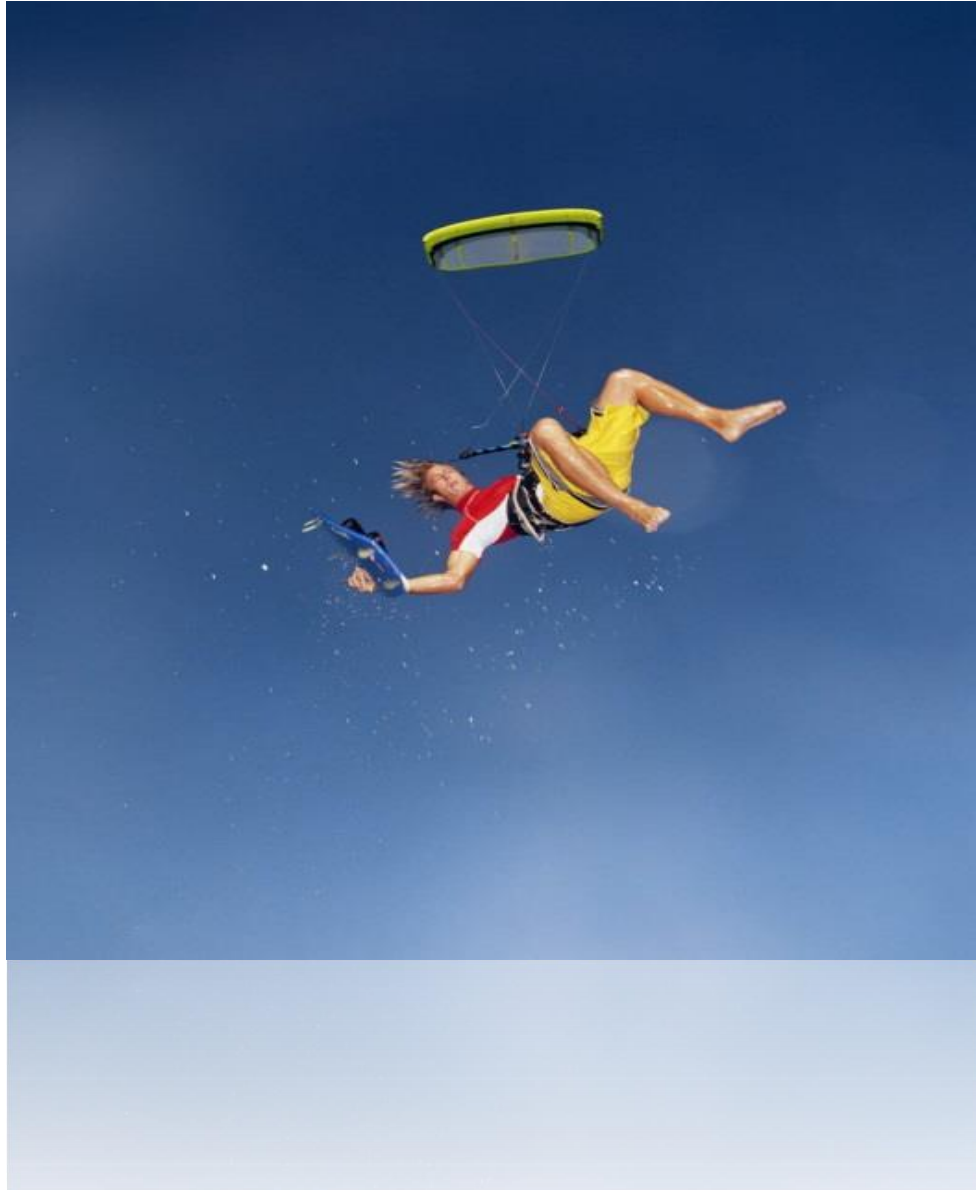
Golden Millet(粟) Dream

Duke of Zhou Interprets Dreams

Ancient Chinese people thought that dreams can imply auspicious(吉)and inauspicious things. And they had the idea that different dreams had different meanings. The most famous book for dream interpreting in China is “Duke of Zhou Interprets Dreams”.



The Meaning of Most Common Dreams



falling

Dreaming about falling is to alarm a situation where you feel out of control or predict your future failure.

If he dreams of falling, what does the dream mean?

businessman



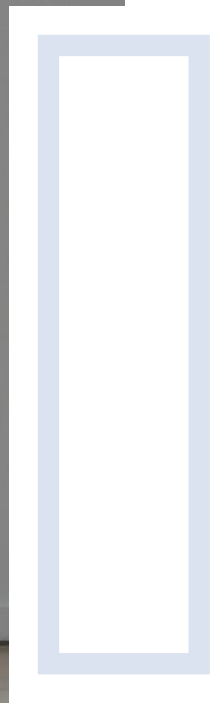
He may worry about the natural weather or the harvest.

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He may worry about his finance situation or business investments.

peasant





naked

- A dream in which you are naked symbolizes weakness. You are most likely worried about the judgment (判断) of others.
- To be naked in public in a dream indicates that you are afraid of exposing your inner self (自我) to other people who can see through your usual disguises(伪装).
- If you are the only one who is naked, you are afraid of being singled out. You are concerned that you don't understand the true nature(本质) of those around you.
- To be naked proudly indicates that you have great confidence (自信).



be chased



To dream that you are being chased represents you are avoiding facing problems, or something you may feel impossible to overcome.

A woman dreamed of being chased by a stranger.

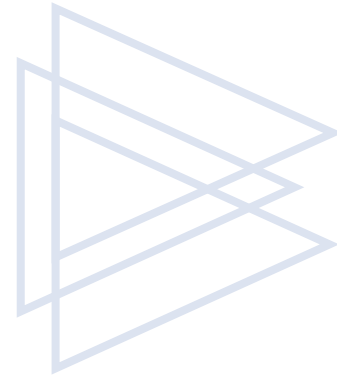
She felt unable to find a new job after leaving her old company due to hating her former boss.

A young woman dreamed of being chased by a man with a lion head.

She felt that she was avoiding her ex-boyfriend. She felt the need to avoid him with his constant calls.

A woman dreamed of being chased by monsters.

She was losing her hair due to an illness and was avoiding telling anyone because she feared they would laugh at her.



flying

- If you are flying above a city in your dream, it may imply that you will **have fun** in a long journey.
- If you have wings and fly in your dream, it may suggest that you will have an **enjoyable** time in recent days.



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take a test



Generally speaking, the dream about taking an exam or test is echoes of **inner anxiety** caused by study or work or life. Such a dream suggests that you are **under stress**, which is similar to the "exam". In fact, it often appears the day before you show others your strengths or accomplishments in face of risks, or something you have to bear the consequences, such as job interview, delivering a speech, report, important business. But remember, sometimes dreams are opposite to the fact.

- A. Passing an Exam
- B. Failing an Exam
- C. Cheating in an Exam
- D. Being late for an Exam
- E. Being unprepared for an Exam



- Dreaming about B suggests your ideal will come true. For candidates, the dream about getting a bad exam result suggests you will get good marks and handing in a blank paper is a sign of good luck.
- Dreaming about D is an indication of escaping caused by uncertainty. On the other hand, it perhaps shows that you do not want to face some things in your life. Probably you want to make some progress, but in practice you always feel a kind of pressure to slow down.
- Dreaming about A suggests you will have pretty good luck, and a friend may offer you the opportunity to make money. Or you will get more popular and shine in a team activity.
- Dreaming about E presents the real exam. You are worrying about disappointing someone and should be confident about yourself. Also, it indicates you worry about being not prepared enough and you need to rest.
- Dreaming about C shows your anxiety about being unable to fully display your ability. For lack of confidence, it suggests that the results will be dissatisfactory.

Does the “Dream Interpreting” have some scientific basis?

YES!

1. Dreaming is the body's self-implication(自我暗示).

body's inner heat
is too strong



easily get angry
or nervous



roasted by a big
fire/too hot to bear

have a liver
(肝) disease



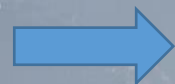
your liver-fire is
flaming



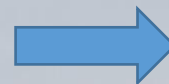
experience anger in
dreams

2. Dreaming is like overnight therapy(治疗方法).

have negative
feelings
during the day



get rid of the painful
emotional
experiences during
the dreams



focus more on positive
things and enhance
creativity the next day

3. Dreaming is the expression of wishes that didn't come true.

This is why very young men are likely to dream of fairies (仙女), students of higher marks, hungry beggars of food, homeless people of families and prisoners of freedom. Then comes another example. A man is asleep and the back of his hand is rubbed with a piece of cotton. He will dream that he is in a hospital and his ? is visiting him, sitting by the bed and touching his hand gently!

wife

mother

girlfriend

*Dream a dream;
Sometimes fall into daydreaming,
But don't always;
Actually, you'd better have a dream.*



Dream



THANKS

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