

THREE TYPES OF DREAMS

INTRODUCTION

I. Attention Getter: The world of imagination available to us in our sleep is probably taken for granted by many. However, no one can disagree to the mysteriousness of dreams.

II. Topic Clarification: To the end of exploring this mystery, and hopefully clarifying it, we can at least look to patterns in dreams. More specifically, we can look to the particular *types* of dreams that we can distinguish.

III. Roadmap: In this speech, I will describe three of them. I will take you through the nightmare, the recurring dream, and, finally, the lucid dream.

BODY

I. Main Point: First looking at nightmares, we all recognize that their mystery is first and foremost coupled with horror. The International Association for the Study of Dreams, or IASD, provides us valuable insight into their nature.

A. Sub Point: The potential causes of a nightmare are varied.

1. Creative, emotional, and sensitive people tend to have more nightmares, as they are more highly aware of their surroundings and circumstances (IASD 2013).

2. For others, nightmares are side effects of drug and medication use. Others are the result of post-traumatic stress, including the loss of a loved one, assault, or combat (IASD 2013).

3. Commonly, nightmares are a response to stress, including post-traumatic stress following the loss of a loved one, an assault, or combat, in addition to daily stressful problems. Therefore, nightmares are thought to be psychosomatic mechanisms to call attention to the issues in our lives (IASD

2013).

B. Sub Point: So how then do we deal with Nightmares?

1. On this, the IASD provides further information. Their strongest advice is therapy.

2. Counseling and self-reflection on the issues in our life allows us to recognize how we can resolve stressful situations in our lives, and therefore our dreams.

II. Main Point: The recurring dream provides less horror to our dreams, and also a deeper mystery.

A. Recurring dreams are those dreams that we have over and over, as if it were a task that we keep trying to complete.

B. In fact, Dr. Angel Morgan writes in the Huffington Post that it may be unfinished issues in our life that cause these types of dreams (Morgan 2014).

C. Although occasionally nightmarish, recurring dreams can also be fascinating and pleasurable, and Dr. Morgan advises us to analyze the parallels between our recurring dreams and our real-life circumstances (Morgan 2014).

D. This way, we can make sure that our dreams don't result from anxieties and trauma, and don't turn into nightmares.

III. [Main Point:] Further exploring the mystery of dreams, there is no more fascinatingly mysterious of a dream than a lucid dream.

A. In Psychology Today, Dr. Berit Brogaard describes a lucid dream as a dream in which you have total conscious control. In his words, it's "a chance to play around with the extraordinary abilities" of your imagination (Brogaard 2012).

B. For many, the experience is often therapeutic, spiritual, or simply fun.

C. Brogaard writes that lucid dreaming often takes extensive practice to accomplish, requiring enough sleep time, preparation, and being in the right mindset (Brogaard 2012).

D. But for many, the preparation is worth the opportunity to not only experience dreams' mystery, but to be a part of it.

CONCLUSION

I. Transitional Signal: Now that we've briefly explored a few types of dreams, maybe we can be more grateful for their mystery.

II. Summary: I've explained nightmares and how we can resolve them, the recurring dream and the insight it can offer in our lives, and finally the lucid dream and its extraordinary possibilities.

III. Regardless of what type of dream you have, they've been a part of our experience since the dawn of humanity. Our dreams are as different as our personalities, and offer profound ways to explore our imaginations. Perhaps, in your next dream, you might be able to recognize what type it is.

WORKS CITED

Brogaard, Berit, PhD. (2012, 27 Nov.) *Lucid Dreaming and Self-Realization*. Psychology Today.

IASD. (2013, 29 Nov.) Common Questions About Nightmares. International Association for the Study of Dreams.

Morgan, Angel. (2014, 10 Jan.) Recurring Dreams: Your Dreams Are Trying to Tell You Something! The Huffington Post.