



## Effect of Dreams on Mind

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Interpretation of dreams is much debating topic then it was before Sigmund Freud coined this term.

Dreams tell us about one's subconscious mind, their unbound desires, their emotions, pain and personality..

So, this complex shade which we call dreams must be evaluated in such a way, so we can manage and interpret what they are signifying.

But the major problem with dream interpretation is subject usually forgot most of the event by the time he woke up...

EEG scan along with person's own theory help to make us a rough story about the event.

But how it affects personality of a person,

So, the answer is by altering their theta wave. In lots of study we found that alterations in theta wave during dreaming stage or REM phase leads to permanent effect on consciousness and later on personality.

This makes it a very interesting topic to explore which can open the doors of personality evaluation in order to treat many psychic ailment.

During my study I evaluated 300 subjects, their psychoanalysis procedure involved study of their brain during following phases.

1. Conscious phase.
2. Transitional sleeping phase.
3. Deep sleep scan (EEG scanning).

Data from this study revealed peculiar information about their emotional and intellectual abilities and their ability to cope mental and physical stress.

Subjects with distorted dreams were more prone to depression and were suffering from personal/relationship problems.

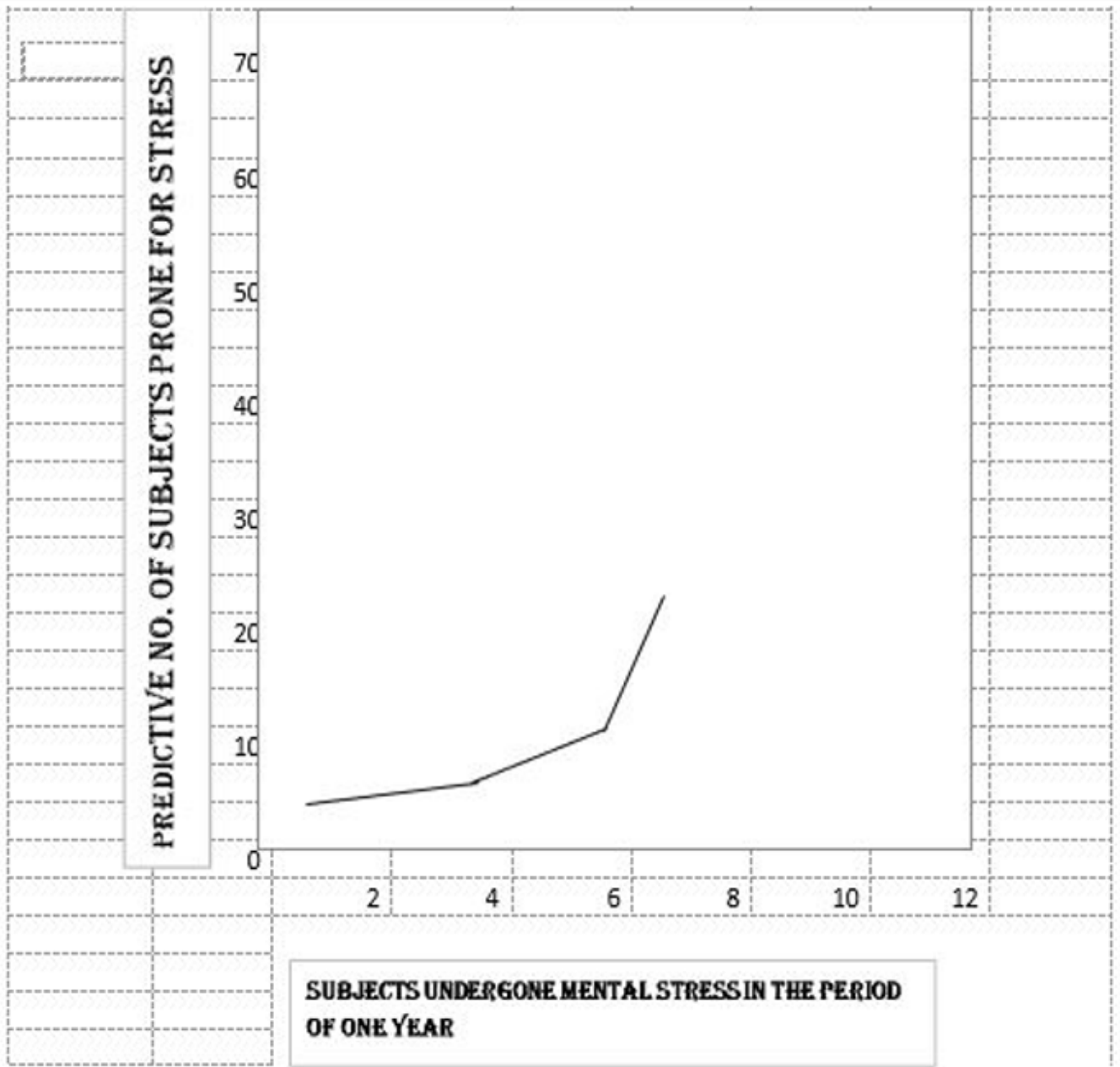
Dreams are gateway that open a vault of person's deep seated emotional desires and their fear.

Dream formation during mental stress shows a specific pattern which we can use to interpret subject's ability to withstand that stress and it also shows us whether subject will show the symptoms of mental breakdown in affirmative/negative.

In younger people we can use this technique as a diagnostic criterion for their cognition related problems and their solution as well...

We can use this knowledge as a diagnostic tool for above mentioned problems...

In recent scenario we are unable to diagnose psychic ailments prior to first appearance of symptoms but we can use dream interpretation as a tool for pre exposure prophylaxis.



**Figure:** Comparative chart of subjects those report depression in the duration of 1 year after psychoanalysis findings for suggestive subjects prone for depression / predictive findings of dream interpretation.

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