



## Dream Journal: Record Your Visions Before They Disappear (Paperback)

By Richard Voigt

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...



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