

DREAMS

By Tamani Lynch

Everyone has at one point in their life experienced the act of dreaming, but what are dreams ? are they just a collection of our subconscious thoughts coming to life or do they serve a higher importance to humans? Most dreams can be bizarre , disturbing, entertaining or even downright horrifying, but most of the times our dreams can have certain meanings behind them that we may not understand at first, but may prove to help someone translate what's happening to them in the conscious realm.

Most dreams can occur anytime during sleep however the most vivid dreams tend to occur during deep, REM (rapid eye movement) sleep, when the brain is most excited. Some experts say we dream at least four to six times per night. Some researchers believe dreams have absolutely no purpose while others believe they are essential to a person's health and overall well-being.

