Volume 21 Issue 10
Originally issued as A2



Global Journal of human-social science: A
Arts & Humanities - Psychology
Volume 21 Issue 2 Version 1.0 Year 2021
Type: Double Blind Peer Reviewed International Research Journal
Publisher: Global Journals
Online ISSN: 2249-460X & Print ISSN: 0975-587X

An Analysis Relative to the Complex of Dreams Formation

By Dr. J John Sunil Manoah

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Keywords: *dreams, thoughts, mind, and sleep.*

GJHSS-A Classification: *FOR Code: 170199*



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An Analysis Relative to the Complex of Dreams Formation

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Abstract- **Dreams are defined as a sequence of images, thoughts, and emotions passing through one's mind during the activity of sleep. Hence, it is comprehensively related to sleep as it is produced much during the cycle of sleep. Therefore, to analyze more about dreams, it is essential to know about sleep. The definition of sleep states that it is a state of rest in which one's eyes are closed, the body becomes inactive, and the mind does think nothing; it is also defined as a rest afforded by a suspension of voluntary bodily functions and the natural suspension complete or partial of consciousness. There is a contradiction in the definition between the words sleep and dream. The dream is defined as thoughts passing through one's mind during the activity of sleep, and sleep is defined as the mind does think nothing. Let us discuss the contention in detail.**

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I. Introduction

There are five different kinds of dreams, as listed below.

i. Daydreams
ii. Nightmares
iii. Lucid Dreams
iv. Recurring dreams
v. Prophetic dreams

Each one is unique and different in its style; a little definition for each one of it will help to apprehend the cause and its formation method. This article focuses on the formation method, causes, reasons, and functional method of dreams. A detailed study is been carried out on nature and the complexity with many practical examples.

II. Nature of Dreams

a) Daydream and its nature

It is much associated with the word 'day' as it occurs to a person, especially during the daytime and even while awake. Studies have proven that men are profound to daydream more than women. It is like living in one's fantasy world. Even a two-year-old child can create his dream; it is generated by the dreamer itself. Daydreams are produced by the minds of individuals in many circumstances for example, when someone in loneliness, amid travel, or when they are doing the same activity for a period continuously. Even if a person is involved in his/her favorite activity for a period, the natural tendency of the mind takes them to dream during the daytime. Studies have shown that even if a person is listening to the speech of his favorite speaker continuously for 40 minutes, the listener can listen to the speech for only 30 minutes, the remaining 10 minutes, the mind of the listener will be involved in daydreaming.

Among all the kinds of dreams, the daydream is considered as a gift to humanity from the creator, as it is common for most of the humanity to fail in reality to accomplish their dream life. The daydream alone can bring some compensation to that by awakening the individual to dream about the instances and the life they wish.

b) Formation method of Daydreams

It is not that the individuals will be composing the daydream for 24/7 it actualizes for very few hours that depend mainly upon the individual's idleness. In this busy world, not everyone is gifted to be idle, very few of them and for a few hours, individuals will have time for themselves. Apart from idleness it also occurs to individuals while involving in extreme physical or mental activity, but most of the daydreams are formed with one's control over the mind. Whenever a person intends for the daydream 70% of the daydream can be produced by the individual's mind with full control over it and the remaining 30% of the dream cannot be controlled by the mind. As the major portion of the dream lies within one's control, the daydream is always people's favorite kind of dream. Self-lovers, Admirers, Inquisitions (curious persons) will always have their world. The world is different from person to person so as their dreams, as they are the creators of their dream, they can design it in their style and background which is based upon one's interest and apprehension. Within a fraction of a second, the dreamer can travel from one world to another. It can be triggered even by hearing a single word, just looking at a single snap, or even without anything, but the chain of the link from one thought to another happens because of the human mind will always set itself to think something that the mind will feel comfortable with, in fact, more than comfort zone it sets to feel delighted.

c) Illustration

A man possessed in love with a woman will always live a life with that woman in his dreams, especially only in daydreams. He may take her for a

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walk, can have dialogue, and even do anything he wishes to do with her, which may happen or may not happen in his real-life but still, he can make it happens in his dream life. This is the power of the daydream which is used by most of the individuals to fulfill their desires.

III. Nightmares and Its Nature

It is a frightening dream in which the dreamer will feel helpless, extreme anxiety, fear, horror, distress, discomfort, abhorrence, dreadful, and many other similar experiences. The origin of the word nightmare is formed from several sources (night + Mare). Mare refers to an adult female horse, whereas in Middle English it is derived from the words Incubus and Succubus. Both Incubus and Succubus refer to an imaginary demon or evil spirit supposed to descend upon a sleeping person in order to have sexual intercourse with the person who is in sleep. Whereas Incubus refers to a male demonic spirit and succubus refers to a female demonic spirit. Apart from the folk and fairy tales, the scientific approach towards the nightmare is interpreted indifferently. From the word nightmare itself, we can understand that it is related to nights, let us find why the word night is added to refer to such a horrifying dream. The night is a period of darkness between sunset and sunrise, most in cases darkness is always associated with unpleasant, harmful, and undesirable who is horrifying in nature. Most of the religions have portrayed darkness as awful and horrifying period. "To open their eyes so that they may turn from darkness to light and from dominion Satan to God" (Acts 26:18), "He brings them out of darkness into light (Quran 2:257) and there are many more verses from the books of Bible and from Holy Quran refers darkness in a negative manner, this could also be the possible reason for the word night was added to the root word nightmare.' This doesn't mean that horrifying dreams will occur only during the night; it may occur even during the daytime as well.

a) Nightmares reasons & causes

There are several reasons traced by the researchers to analyze the reasons and causes, the root cause for nightmares can be classified into two perspectives.

- Psychological Issues
- Physiological Issues

Indeed, it is proven by research that only issues are the root cause for producing nightmares to the individuals. Here the word issues refer to a particular aspect of problems and troubles that are connected with life; it may be physically or mentally. Nightmares usually occur during the third stage of sleep, to understand better about the nightmare a little knowledge is required about the stages of sleep. There are four stages in sleep.

Sleep stage 1: NREM (Non-Rapid Eye Movement): In this stage of sleep, the eye moment is slow the body will start to relax and the brain wave activities will slowdown, awakening, and arousals can be caused easily.

Sleep stage 2: This stage of sleep also occurs still in NREM mode where the slow moving of eye rolls will discontinue whereas the awakening and arousals do not occur easily.

Sleep stage 3: This stage of sleep is known as deep NREM which is the most restorative stage of sleep and the mind waves will completely slow down, awakening, and arousals are rare and difficult.

During this stage, parasomnias like nightmares and night terror will occur. Unlike a nightmare, a night terror is quite different whereas people can often remember the nightmare and the night terror cannot be remembered. A night terror is a motion activity which involves in:

- Sleep walking
- Screaming & Shouting
- Sitting up in bed
- Sleep talking
- Bed wetting
- Thrashing others

Sleep stage 4: This is the last cycle of sleep which is called REM sleep (Rapid Eye Movement) in this cycle of sleep the other kinds of dreams will occur except nightmares. In REM sleep the mind and body would have relaxed almost 90%, hence awakening and arousals are easy.

b) Generation of Nightmares due to Psychological Issues

Psychology is concerned with a person's mind and thoughts. It can be understood with the level of interference that happens to a person's internal system caused by external affairs. Anthony Robins a famous writer once said that whatever that happens in someone's life is only 10% and the remaining 90% is how they react to it. Many critics have criticized it to the most, as they said it was easy to say like that but when it comes to a reality check, not most of the common men, can exercise it. There is a point that the mind will always be influenced by the external happenings, even if we swindle the mind by diverting it with the activities like religious worship, meditation, accomplishing worldly desires, the mind will always find a way back to get to its worries. It is common for mankind to have a good day and a bad day. Studies have proven that the happiness of every individual will have a fall and rise, in fact, happiness exists in the person as long as they feel young and keep playing and being playful, the moment they grow more than an adult and stops playing the happiness will disappear slowly. The truth is, the happiness and the joy of the past tense will never happen in present or in the future. It is doomed for the

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mankind to confront the contempt at some point of a stage in life, by that time the mind will tend and enable the person to experience unusual trauma like stress, anxiety, fear, albatross, misery, disgrace, despair, distress, affliction, adversity, crisis, deflation, abasement, humiliation and many other similar states of feeling which will leave negative marks in the minds of the people. Everyone would have experienced all the above-mentioned state of feel and when someone is experiencing the above state of mind in excess it will end up in nightmares during sleep. Since the human mind will always stay conscious about the troubles and problems even during sleep mode.

c) Generation of Nightmares due to Physiological Issues

As the Mind, Body, and Soul are interconnected with each other, even if there is a small issue in either of it the other two also evenly struggle on it. Even if there is small trouble in the little-finger mind matters the most to it, this shows the relationship between mind and body. Hence, there is a point that the mind will always be mindful of the whole body both externally and internally. Common illnesses like fever, a cold, nausea, gastritis, a headache, diarrhea, and many others will bring disturbances to the mind, which will affect the sleep cycle. The function of the brain waves will produce variation while moving from one stage to another. As we have already discussed that nightmares are produced during the 3rd stage of sleep, if a person has got any health issues the mind of the person by default get affected and won't allow that person to complete the sleep cycles, the brain waves will not function in normal mode which results in producing nightmares to the affected person.

d) How Nightmares are formed

Nightmares are produced from the frightening elements which already exist in our mind. It won't occur from any of the external sources. There are various kinds of frightening elements different from person to person, normally to which the person is afraid off.

e) Illustration-1

The frightening elements may be different from A, B, and C, for 'A' it may be the fear of the dog, lion, tiger, and other wild and domestic animals, and for 'B' is concerned he has no feared for any animals but has fear for darkness, demons, and other imagery creatures. Whereas for 'C' he doesn't fear for what both 'A' and 'B' fears for but got to fear for the uncertainty of the future like accidents, fall of walls, flying high on the sky, and other natural disaster and calamities. For all the three the frightening elements are different and when they experience the nightmare they will experience it only with their corresponding frightening elements. 'A' will never experience a nightmare to which he/she is not afraid of, so as for the others. Hence, nightmares will occur to a person based only on their own frightening elements.

f) Illustration-2

A person named Mike watched a Dinosaur movie in the morning, in the afternoon he went for a horse riding, in the evening he went to watch a circus show where he saw a show from a man blowing fire from his mouth and he closed the day by receiving his termination letter from his present office. As Mike gets into his bed with big disappointment, he got a terrible nightmare during his sleep which occurs like a dinosaur with horse kind of face flying with wings chasing after him and blowing fire from its mouth. It is clearly understood that the dream is been formed by the incidents and the instances that mike had come across in his real life and to which would definitely be mike's frightening elements. The nightmare can be triggered and stimulated by watching a movie, reading a book, or involving in any activity that is frightening.

IV. Lucid Dreams and Its Nature

Lucid dreams are known as conscious dreams in which the dreamer is aware of what they are dreaming about. The word Lucid denotes several meanings as clear, easy, transparent, bright & shining. It also refers to persons who are able to think clearly even after a period of illness or confusion. The dreamer can visualize from his conscious mind about his dream even while the dream is still in progress. Lucid dreams would always occur in the final stage of the sleep cycle, in which the mind and body would have consumed the required rest. In the final stage of sleep, we have already discussed that the person can be easily awakened from the sleep, as the mind would have prepared itself for the next stage of the sleep cycle which is complete awakening, hence the dreamer would be very much in his conscious mind to recollect the dream. Lucid dreams occur either by a positive frame or negative frame, even if the dreamer is disturbed or tormented by his lucid dream he/she can still finish the dream in the way he wanted it to end, which is the biggest advantage in the lucid dream.

a) Illustration

Lucid occurred to a person called 'A' during his sleep in which he was chased by a black color dog which made the dreamer frightened since it just occurred before his complete awakening he can reopen the dream at a point of the stage and complete the dream in a manner where he had won the battle with the dog. 'A' can takes complete control over the dream which is possible only in a lucid dream.

V. Recurring Dreams

The word 'recur' means an act of events occurring again and again or repeatedly. Recurring

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dreams usually occur between one stage and another stage of the sleep cycle. As discussed earlier that nightmares occur during the 3rd stage in the sleep cycle and lucid dreams occur in the 4th stage of the sleep cycle, recurring dreams are considered to be the combination of nightmares and lucid dreams, hence it occurs to a person while the sleep cycle moves from 3rd stage to 4th stage. Thou it has got the flavor of nightmares and lucid dreams, it is quite different in nature, recurring dream is said to be the dream that occurs to a person either again and again or as a continuous flow like a television serial episode that runs for a long period. Much like lucid dreams, recurring dreams can also occur either in a positive image or in a negative image. In case if recurring dreams occur to a person in the negative image it can be very tormenting and may create a lot of mental stress since it occurs over and over again for a long period. Recurring dreams can make an impact on the dreamer's daily life and routine activities, whereas the other dreams won't make much impact like this. This kind of dream could be a serious issue if it is not analyzed and sorted in the initial stage itself.

Common Causes: The cause for recurring dream can be classified into two types.

i. Things that had affected a person from his past life like regrets, sins, embarrassment, humiliation, witnessing live accidents, deaths of loved ones, and other similar ones.
ii. Things that the dreamer is longing to achieve in the future like desires, wishes, expectations, ambitions, fondness, and other similar.

The first kind of recurring dream mostly occurs in a negative image and very similar to nightmares but with different structures, whereas the second kind of dream mostly occurs in a positive image and even makes the dreamer feel a sense of joy and be amused.

a) Type 1 recurring dream causes

As we have previously discussed that type 1 recurring dream occurs to a person who is having a gloomy antecedent event from his past life, the following causes are identified.

i. A reminder to complete an incomplete task which is half done or not attempted yet.
ii. Something that the dreamer is desired or longing to correct by traveling back to the past.
iii. A caution about a predicament that the dreamer is about to face because of his past wrongful act.
iv. An intimation to correct ongoing or upcoming acts.
v. Something that happened to the dreamer in his past, which the dreamer strongly feels, that should have never happened to him.

Likewise, the reasons are always subjected to the acts of the past, especially when the recurring dreams occur in negative images. In some cases, the recurring dreams can be very transparent, as the dreamer can easily understand the reasons for its occurring and in some cases, there won't be any transparency and the dreamer could not find any reasons for its happening. This is due to the incapability of the dreamer in tracing his past events from the memory of his conscious mind. Whereas all the past events are stored in the subconscious mind, it is hard for the conscious mind to recollect most of the events from the sub-conscious mind. Though it is hard for the conscious mind to recollect the events from the sub-conscious mind, it can still be traced by using the technique called hypnotism which can be exercised only by a professional practitioner.

b) Illustration

'A' had killed 'B' in a road accident which is culpable homicide to which 'A' was not charged with any legal offenses. 'A' often experiences a dream of the rash roadside driving which was occurring to him for a long period.

c) Dream of Snakes and other Animals

It is common for most people to see snakes and other animals in their dreams. An animal is a living creature that is inhuman in nature and characteristics. Thou there is some kind of animals like dogs and cats are treated as pets by humans, most of the animals are still considered as dangerous and harmful to humans in many ways. It is common for mankind to have fear for animals even if they are domestic. Studies have shown that only 15% of humans will have no fear of animals. As we have discussed the causes for type 1 of a recurring dream, which could give a caution about the predicament that the dreamer is about to meet in their mere future because of his acts of the past or present. The caution may occur to the dreamer in a form of snakes and other animals which symbolizes harm and danger. Since animals and snakes are the primary sources for poison and harm, whenever the sub-conscious minds of the people feel that a mere danger is about to happen in their life, most people can see snakes and other animals in their dreams as they represent danger and harmful.

d) Type 2 recurring dream causes

Type 2 recurring dream always deals with future longings. This kind of dream occurs to the specific kind of dreamers who are crazy to achieve something big in the future. This kind of dream mostly occurs in positive images and makes merry upon the dreamer's mind.

i. People who have crush upon their opposite sex.
ii. People who have big ambitions to achieve in any field, like becoming a sports star, scientist and other celebrities.

e) Illustration

'A' had a desire of becoming a cricket player and also had a crush upon a girl of the same age. 'A'

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often experiences a dream of representing his country in an international cricketing tournament and also as having a date with the girl whom he had a crush upon. Since 'A' can experience the same kind of dream again and again it is an example of a recurring dream.

VI. Prophetic Dream and Its Nature

The word prophetic is derived from the word prophecy which means as foretell, predict, indicate, beforehand, or say before it happens. This word has got much to do with religions. Jesus Christ for Christians and Muhammad for Muslims are also considered as prophets because they had delivered a message to the people from the creator which is going to happen later. Believers of religions claim that prophetic dreams are true but the scientist has other reasons to say for its happening. Prophetic dreams are dreams that reveal the events or incidents before it actually happens. Very few people can experience the prophetic dream; among the few most of them can understand the prophetic dream only after its happening and only the few can understand that it is an indication of the future. We have heard plenty of anecdotes of prophetic dreams for example; Abraham Lincoln former American president foretold a week before that he saw himself lying in a coffin before his assassination. Henry David Thoreau a famous writer had a dream of recording his journals which is a herculean task in those days and later it came true. These kinds of dreams are classified into two different views. 1. Scientific view, 2. Religionist views, both are diverse and contrary to each other.

a) *Scientific View of Prophetic Dreams*

Theory 1: The scientist says that the tendency of the human mind will always be longing for something good to happen for them in life. 80% of the world's population will have dreams for their future, which they themselves will design in their mind. Before the first phase of sleep cycle NREM mode, 80% of the population will induce their mind to think about their desires and longings which will be designed by them based upon their cognitive level. As we have discussed earlier, usually the normal kind of dreams will occur during the final stage of the sleep cycle (REM Mode). There will be the connectivity of sequence between the self-generated thoughts from Pre NREM mode (before the first cycle of sleep) and the dreams that occur in REM Mode (final stage of sleep). Almost 20% of the population will work hard and make their dreams come true in the future and made themselves a prophet of their own life. This is considered by the scientist as one kind of reason that was named as a prophetic dream, which will be made by the dreamer itself to become real.

Theory 2: The second theory states that 40% of the population has got the tendency to self-edit their dreams to match with the outcome. It is because of a little psychological issue in their minds, which makes them believe that they are enriched with super-powers; therefore even if there is a little matching between the consequences and with their dreams, they will deliver their dreams in a later stage by self-editing and matching it with the real-life happenings.

b) *Illustration*

'A' had a dream in which he was competing in a Donkey race after many rounds of the lap he completed the race in the first place, the very next he hardly remembers much about the dream, but the concept of race and getting the first place remains in his memory. A month after he participated in a horse race competition in which he got third place. After the end of the competition, he manages to recollect the dream from his memory which he remembers a few incidents from it. Since he could not remember much about his dream he himself had self-edited the real instances with his past dream by stating that he had dreamt a month before as competing in a horse race competition and winning third place. In this kind, many people will connect their past dreams which are similar in nature to real incidents.

Theory 3: In the third theory the scientist has understood that the dreaming mind can work faster than the conscious mind. A person can even dream about a life of 1,000 days, 24/7 within a matter of one hour of a dream. Though the conscious mind and the dreaming mind are delivered from the same mind the working platform is different for both. The power of the human mind is immeasurable it has got the power to determine the consequences based on the inputs and the information that was stored in it. Based upon one's experience and knowledge the person can understand the consequences for a particular kind of action or behavior, understanding the next phase of an action or an incident is a bestowal of the conscious mind. The codified which were given by the religion, the culture of a particular country, and the basic law of a nation are already acquired and stored by the human mind up to some extent, which notifies the mind about the incident followed by a particular kind of action. (For E.g. it is common to expect a police investigation after the commencement of robbery or a murder.) Even the well-known Newton's third law states that "To every action, there will be an equal and opposite reaction". In these regards, the mind at a point may guess or predict the consequences well in advance before the commencement of the actual incident.

c) *Religionist view of Prophetic Dreams*

According to the religionist, prophetic dreams are a clear message from beyond the world. In the book of the Bible, Numbers 12:6 states that "Listen to my words: Where there is a prophet among you, I, the Lord, reveal myself to them in visions, I speak to them in dreams. This verse talks about two things (i) Visions (ii)

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Dreams, both are quite different in nature and meaning. Let us examine a few differences between a vision and a dream.

Table 1

Dream	Vision
Dreams are imaging thoughts of mind with fights and fantasy.	Visions are imaging thoughts of mind with directives.
Dreams could not be remembered fully	Visions can be recollected fully.
Most of the dreams are not clear to mind	Visions can be recollected with clarity and clearance.
Accuracy in audibility is expected	Inaccuracy in audibility is occurred.

In the above-mentioned biblical verse, it is said that God will address the people by speaking through the prophet in his/her dreams, it also states that God will reveal or show things to the people through the prophet in his/her vision. This doctrine is accepted by all the major religions of the world in a different faith. Therefore, religions firmly believe that the prophetic dream is a message or a word from God. Since this article is entitled to study about the dreams, the concept of vision is not covered.

d) Types of Prophetic Dreams

There are four types of prophetic dreams exists they are as follows.

i. Apparitions (Ghost of dead person)
ii. Clairaudients
iii. Clairvoyant
iv. Empathic Dreams

e) Apparitions (Ghost of dead person)

Many religionists believe that there is no end for the spirit, even after one's death the spirit still lives either in the real world or in the world beyond. In this type of dream, the ghost of the dead will appear to the dreamer, and the dreamer can visually sense the presence of the deceased. Sometimes the deceased can even appear with their bodily image or as a spirited image. The apparitions usually approach the people only through the dreams, the reasons for their approach are mentioned below.

i. The deceased appears in a dream to pass on a message either directly or indirectly, once the message is delivered and understood by the dreamer the apparitions will vanish.
ii. Some delirious apparitions approach the person through their dream with whom they are crazy about while living in the world. Some of the apparitions cannot accept their deaths and still wish to live with their loved ones together either in the real world or in the spirited world, incase if the apparitions desire to join with their loved ones in the spirited world, they often occur to the dreamer to make the living person join the beyond world.
iii. Un-resting apparitions which tend to avenge or revenge someone for the trouble caused to them while living in the world can haunt the minds through dreams.

f) Scientific view on Apparitions

The psychiatrist and the psychologist understand the concept of apparitions in a different manner. Anyone deceased will be having someone as a favorite and someone as loathed. In common to most of them, their parents, siblings, relatives, and other well-wishers who are closely bonded while living in the world will always give ideas, suggestions, and advice for their betterment of life. The dreamer would always have a character framed about their deceased loved ones in his/her mind. Even after the inexistence of the loved ones, the dreamer can interpret and able to feel the suggestions, advice, and ideas of the deceased for any plan and endeavor. The sub-conscious minds of humanity in which they had stored nature and a character of their loved deceased will always deliver the plan, advice, suggestions, and even counsel the living ones through dreams in which the dreamer understands this concept as an apparition.

g) Clairaudients

The word 'clairaudient' is originated from the word clairaudience literary refers to the person who possesses the power to hear sounds said to exist beyond the reach of ordinary experience or capacity, mutually refers to the voices of the spirits speak to them externally or internally. The religionist believes that two kinds of spirits exist in the real world (holy & Evil) and both have got equal power to bestow upon the people to guide and lead them unless it is allowed and admitted by the people themselves to act upon. The religionist also believes that the life of a person is based on the kind of spirit that he/she is allowing to stay inside their mind. It is said that being clairaudient is a gift from above, not everyone, is consummated with this kind of power. The clairaudient can communicate to both kinds of spirits (Good & Evil) and they easily identify that with what kind of spirit they are communicating with. The simple tip to understand the communication between the Good spirits and the Bad spirits is: Good Spirits will use the only internal medium of communication, and the clairaudient can experience peace and harmony during and after the communication, whereas the Evil Spirits

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can even produce sounds and voices, and the clairaudient will feel irritant and distress during and after the communication. The clairaudient can hear the voices of the spirits not only in their dreams but also while awakening. Clairaudients are not the sorcerer, alchemist, and soothsayer, since the others are believed to be possessed with the magical power of negativity and darkness, whereas the clairaudients are the normal people but who got the powers of light to hear the voices of the dead. To find the answer to the question of how the clairaudience is related to prophetic dreams, it is important to understand the power of spirits. Both kinds of spirit (Good & Evil) are possessed with certain powers.

i. They can commute easily and quickly from one place to another.
ii. They are the silent listeners of one's speech and they can even read the thoughts of mind.

There in if the spirits have found any clairaudients and if they have anything to communicate any message to their loved ones or someone, they will approach the clairaudients to pass on their message by using them as a medium of communication, since not everyone can hear the voices of the dead.

Witness: Former Prime minister of India Ms. Indira Gandhi before her assassination had shared a dream with her husband in whom she heard the voice of her father Jawaharlal Nehru who cautioned her to be careful for the next days, which was later by Ms. Gandhi's husband to the press and media.

h) Clairvoyant

The literary meaning for the word clairvoyant refers to a person having or claiming to have the power of seeing objects or actions beyond the range of visibility. Clairvoyants are quite different from clairaudients; if the dreamer is gifted with clairaudience, they can hear only the voices and the sounds from the beyond the world, whereas clairvoyants can see and view the motion picture of the beyond the world in their dreams. Some spirits do possess the powers to show up their appearances. They can also show the exact visual of the upcoming activities or incidents. Only clairvoyants can see things if the spirit desires to show a visual to the dreamer. The word clairvoyance is entirely different from the word vision since visionaries can see the visuals even while they are awake, whereas clairvoyants can see the visuals only in their dreams.

Witness: Francis Fillon a former France Prime minister had a dream of the eruption of a volcano in some part of the country which had happened for real after a few days.

Roman Statesman Julius Caesar one of his wives named Calpurnia had a dream that her husband is being stabbed by someone a day before Caesar's assassination by Marcus Brutus.

VII. Empathic Dreams

The word empathy stands for the sense of understanding others from the perspective of others. Empathy is a skill a very few people have acquired it; empathic dreams occur to a person those who inherit the skill of empathy, studies have shown that people in the ratio of 1000:1 get this kind of dreams. It occurs to the kind of person who is inbuilt with qualities like compassion, insight, sympathy, benevolence, goodness, and kindness. Empathic dreams don't occur at sporadically it occurs to the dreamer only when are much concerned about someone in particular. Usually, empathic dreams carry a message of warning, caution, suggestion, or advice that has to be delivered to the dreamer's loved ones. Empathic dreams hold the characteristics of vague since it is indefinite and indistinct in nature. Many researchers have studied that why the dreams of caution and suggestion won't straight away occur to the concerned person rather occurring in the dreams of others, especially to their loved ones, the researchers have concluded that since only very few people are gifted with this kind of prophetic dream and it also occurs to only those who acquire the efficacy of divine boon of having prophetic dreams.

a) Scientific View on Empathic dreams

The scientist believes that empathic dreams occur to a person with the help of efficacy of mind. The human mind is empowered with the quality of insight and ability to apprehend the instances through intuitive understanding. This kind of dream can be triggered based on the ongoing situation, hearsay of circumstances, and knowledge of facts through any mode of the source about the dreamer's loved ones. After receiving the situational facts of the people, the mind of the dreamer will concern a lot about their loved ones which eventually reflect in their dreams. The dream may carry on a caution, suggestion, idea, or advice for the benefit of the dreamer's loved ones. This occurs to the dreamer since they concern a lot about others in specific.

b) Illustration

'A' is a good friend of 'B' and 'A' acquires the efficacy of prophetic empathic dream by divine boon. 'A' learned from media that a ceremonial murder had happened in the nearby region of 'B' followed that 'A' got a dream about 'B' in which he sees 'B' lying in a coffin. Here we can apprehend that there a chain of a link exists between the media source and the dream occurred to 'A'.

VIII. Conclusion

Religious studies have convinced that prophetic dreams are the medium used by external forces to

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communicate a message. The message could either be an indication or directional, whereas the other kinds of dreams are also directed by the influence of one's spiritual experiences. But from the approach of science, the dream is an inception of the mind that matters to one's daily routines expressed during the sleep cycles.

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