

# Dreams Workshop



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# Breakthroughs attributed to Dreams

- Paul McCartney “Yesterday”
- Robert Louis Stevenson – Jekyll & Hyde
- Elias Howe – needle for sewing machine
- Otto Loewi - neurotransmitters
- Rene Descartes – rational empiricism
- Kekule – molecular structure of benzene
- Einstein – theory of relativity
- Mendelejeff – Periodic Table of Elements
- Niel Bohr – Quantum Theory

# Scientific Research into Dreaming

- Not much!
- Psychoanalysts
  - access to the unconscious
- Stickgold & Warmusley
  - outward reflection of the brain busy at work on a task
  - needed for memory & learning
- Claxton
  - sorts out memory processes - Restore/Save/Delete
  - reworking of “hot spots” of emotional significance we didn’t deal with at the time
  - evolutionary benefit – sharpens neural activity e.g. rehearsal for threats

# My Observations about Dreaming

- Reflects our thinking – banal or profound
- Builds on data gathered in past 24 – 48 hours
- Continues to work on that day's problems to produce solutions
- A feeling goes in search of a metaphor to express itself
- Intense emotions draw our conscious attention to something significant
- People we dream of may represent unrecognised aspects of ourselves
- Common archetypes exist but dream metaphors are personal
- Accesses unconscious wisdom and common/shared intelligence
- Not necessary to understand but helps self awareness, learning and personal growth

# FAQs

- I have a recurring dream. What does this mean?
- I can't remember my dreams / I don't dream at all / How can I remember my dreams better?
- What can I do when I have a nightmare?
- What does \_\_\_\_\_ in my dream mean?