THE DREAM – IMAGINATION AND MYSTERY. MESSAGE FROM THE WORLD BEYOND[1]

Abstract: *Night dreaming phenomenon and particularly the dream itself have stirred numerous controversial debates in the course of time. The understanding of the dreaming phenomenon goes through different stages starting from popular beliefs, to religious faith and up to the modern psychoanalysis. Bringing all the above to a conclusion or to a basic idea, one can say that dreams are a symbolic language that operates by opening gates within us. Therefore, dreams are sometimes considered messages from the World Beyond. Lying somewhere between imagination and mystery, dreams are a realm where the sleeping person meets and communicates with other souls, according to Bogdan Petriceicu Haşdeu. In a dream souls are free of time and live a life within minutes; they are free of space and cross the world in a blink of eye. In a dream souls talk to each other and understand each other regardless the language, because they are free of speech, too and above all they can free themselves from the free realm of a dream by dreaming a second sleeping with its new dream within the first dream. In this freedom souls feel and become immortal in their return to the infinite… to the primal impulsive longing of the Self. According to Bogdan Petriceicu Haşdeu, man, unlike plants or animals, is aware of his freedom grace to his ideals and because he is a piece of God Himself.*

Key words: *dream, mystery, imagination*

Night dreaming phenomenon and particularly the dream itself have stirred numerous controversial debates in the course of time. The understanding of the dreaming phenomenon goes through different stages starting from popular beliefs, to religious faith and up to the modern psychoanalysis.

In Romanian tradition, dreams are signs of positive or negative events. These signs have a general / universal character and can decode any person's future. In this way a decoding sign is equal to a real common law. Its positive or negative character influences the human subconscious and thus it has impact upon different activities. Scientifically speaking, man's neuro-lingvistic programmed thinking is stimulated one way or another by the conventional significance of dreams. One can say that dream meanings have become part of people's customs and traditions, respected and observed from generation to generation.

Concerning religious faith, a dream's feature changes and acquires a double representation. In the Holy Bible dreams are devil's deceptive tools that enable evil to appear under the disguise of an angel. As a consequence, believing in dreams is not encouraged by the Holy Scripture. And yet, there are special instances in the Old Testament when dreams have predicting character and require a corresponding interpretation.

Thus we all remember the Pharaoh's dreams and Joseph's interpretation of them due to the divine inspiration.

This is an example of how the chosen get the power to change destinies.

The psychological and psycho-analytical view in understanding the dream phenomenon differs from the traditional and the religions ones.

The sciences of medicine and psychology approach dream from the four stages of sleeping. These stages have been defined in accordance with the cerebral waves which the human brain rhythmically produces at different stages of consciousness:

- Beta – is the brain normal rhythm while being awake;

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- Alpha – is a slow rhythm which the brain produces while we are deeply relaxed and drowsy (such as when we listen to slow music or when we relax in warm water) ;
- Theta – is slower than alpha rhythm and it marks the beginning of sleeping;
- Delta (according to Berry R., *Encountering dreams. How to choose dreams and use them in self development*, : 16.) – is the slowest brain rhythm and it marks deep sleeping of deep meditation.

Hans Berges[1], the physician who invented the electroencephalograph[2], made research on the characteristics and duration of certain levels of sleep.

In the first stage – Beta – cerebellum produces rapid electrical pulses (30 / s) of low amplitude and mark the awakening stage.

In the 2nd stage – Alpha – the brain produces electrical pulses of 8 – 10 / s which mark the preparatory phase before sleeping.

In the 3rd stage – Theta – the brain produces slow waves of 4 – 6 / s with a duration of 5 – 20 min.

In the 4th stage – Sigma – the brain produces rapid waves of high amplitude, that is 12 – 15 / s with a duration of 10 – 40 min.

In the 5th stage – Delta – the brain produces rapid very slow rhythm waves, 2 – 4 / s, which mark deep sleeping, with a duration of 10' – 30'.

In the 6th stage – or the deep sleeping stage – the brain produces rapid very slow waves with duration of 10 – 20 min. This stage is characteristic to childhood and it disappear after the age of 30.

In the 7th stage is the one with dreams, the so called paradoxical sleeping.

In the 8th stage, the brain produces waves like the Alpha (Modreanu, S., 1994: 134 – 140, 145 – 146) ones which make the steeping vulnerable to any noise.

One can notice that the four stages described by psychology are among the eight stages described by medicine. It is important to underline that neither of the two sciences could explain the cause of dreaming; although they both consider dreams as being products of the subconscious they approach the phenomenon from different points of view.

Psychoanalysis – mainly the Freudian one – considers a dream as a desire rejected by the consciousness then taken over and exposed by the unconsciousness, while psychology considers dreams as a therapeutic function and a way to get a deeper knowledge of the self. After the Freudian approach, Carl Gustav Jung's theory render dreams a psychological having a self-adjusting function which obeys biological demands necessary to the individual's adaptation, growth, and survival. In other words, dreams have a compensatory function of balancing the unilateral attitudes of the Self, thus correlating to the concept of psychic homoeostasis[3].

Referring to the human psychic structure and to the relationship between awareness and unawareness, Jung said : psychic is a self-adjusting system which seeks balance in the same way as the body. Jung's dream theory has four main ideas:

- dreams are natural and spontaneous events which act independently of conscious will or intention ;

[1] born 21.05.1873 (Neuses, Saxe-Coburg and Gotha) – died 1.06.1941 (Jena, Suicide) – nationality : German.
[2] a device which amplifies the bioelectrical variations of the brain.
[3] Self- adjustment.

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- dreams are both functional and compensatory and serve to keep the personality balance ;

- dreams symbols are not signs, they are real symbols are having a transcendent function ;

- therapeutic function of dreams is better served nation than by free-association interpretation (according to Stevens, A.: 123).

Psychologist Erich Fromm identified three types of dream-symbols which can be considered general and applicable to each person :

- Accidental – symbols which have a personal and individual Significance;
- Conventional – symbols which have the same Significance for most of the people (e.g. a car means a voyage);
- Universal – symbols which have a common Significance (e.g. a car the sun means light and warmth) – (Berry, R*., op. cit*. : 20).

Bringing all the above to a conclusion or to a basic idea, one can say that dreams are a symbolic language that operates by opening gates within us.

Therefore, dreams are sometimes considered messages from the World Beyond. Lying somewhere between imagination and mystery, dreams are a realm[1] where the sleeping person meets and communicates with other souls, according to Bogdan Petriceicu Haşdeu. In a dream souls are free of time and live a life within minutes; they are free of space and cross the world in a blink of eye. In a dream souls talk to each other and understand each other regardless the language, because they are free of speech, too and above all they can free themselves from the free realm of a dream by dreaming a second sleeping with its new dream within the first dream…

In this freedom souls feel and become immortal lin their return to the infinite… to the primal impulsive longing of the Self (Haşdeu, Petriceicu, B., *Sic Cogito – The Science of Soul – Life. Death.Man*: 45, 62) … According to Bogdan Petriceicu Haşdeu man, unlike plants or animals, is aware of his freedom grace to his ideals and because he is a piece of God Himself…

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[1] a subtle message from the Self (according to psychologists) or a message from the dead (according to traditional beliefs).

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