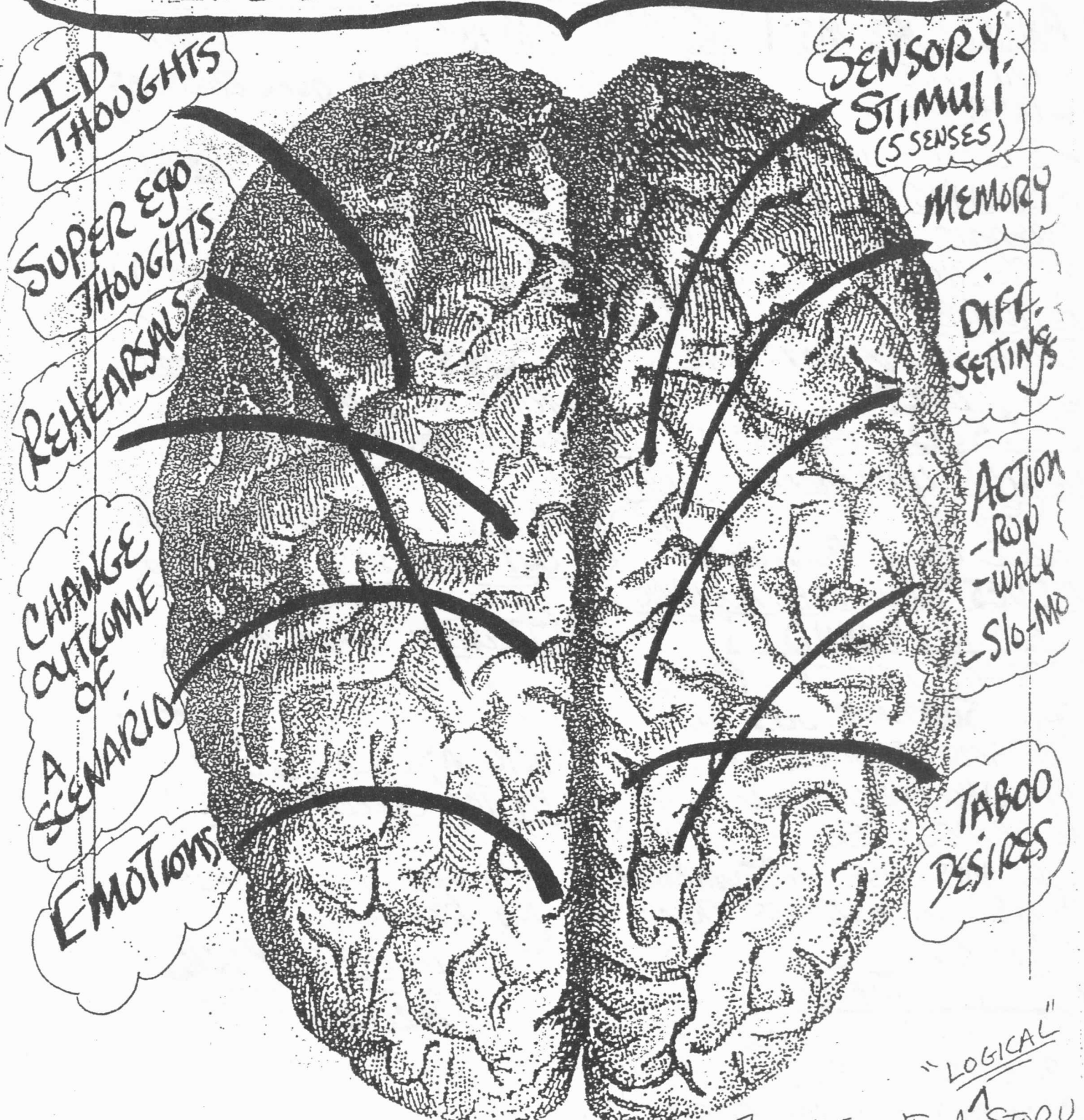


CEREBRAL CORTEX



CEREBRAL CORTEX TRIES TO TURN UNRELATED THOUGHTS INTO A "STORY"

"DREAMS EXERCISE"

DREAMS (VIDEO NOTES) (#9)

ANXIETY DREAMS:

- NAKEDNESS
- UNPREP. FOR TEST
- SILENT SCREAM
- SLOW MOTION FLIGHT

DREAMS ARE A DIRECT REFLECTION OF DAYTIME ACTIVITIES

DREAMS AFFECT OUR DAILY MOODS

P.T.S.D. NIGHTMARES

WISH FULFILLMENT DREAM

DREAMS SOMETIMES WILL FORCE US TO CONFRONT "ISSUES" WE'VE BEEN AVOIDING

SIGMUND FREUD:

- "DREAMS ARE THE ROAD TO OUR SUBCONSCIOUS MIND"
- DREAMS "EXPRESS" PAINFUL CHILDHOOD EXPERIENCES + FORBIDDEN SEXUAL DESIRES
- DREAMS USE A "SYMBOLIC CODE" TO EXPRESS THESE THINGS

CARL JUNG:

- "THE DREAM IS THE MIND'S EYE"
- MEMORIES CAN BE PASSED THROUGH THE GENERATIONS & ARE EXPRESSED IN YOUR DREAMS, ... (COLLECTIVE UNCONSCIOUS)

<SKIP> DREAM ANALYSIS GROUP SEGMENT

DREAMS MONITOR OUR EMOTIONS AND KEEP OUR LIFE ON TRACK

EXAMPLE OF A SYMBOLIC DREAM:

"HEY, THAT'S MY STUFF!"

- R.E.M. SLEEP (BAWES = 8 HRS!) 90 MIN. SLEEP CYCLES

MUSCLES ARE PARALYZED DURING R.E.M. (EXCEPT FOR EYES, TOES + FINGERTIPS)

THEORY: DREAMS CLEAN-OUT USELESS INFORMATION

THEORY: RANDOM, UNRELATED THOUGHTS + MEMORIES ARE PUT INTO A "LOGICAL" STORY BY THE "CEREBRAL CORTEX"

PERHAPS DREAMS HAVE NO MEANING ... WHAT'S YOUR THEORY?