

# Lucid Dreams & Nightmares: Ever Dream This M

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# Synopsis

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For thousands of years we've pondered the meaning of dreams. Dreams offer insight into our subconscious. Dreams help us process emotions and organize our memories.

Most of us live our waking lives giving a sort of performance. Whether through dishonesty, embarrassment, or simply by being polite, there are thoughts we do not share. Dreams have intrigued us for thousands of years. They provide a peek into our subconscious. They aid in managing emotions and arranging our memories.

We often perform in our awake state. We might be dishonest, embarrassed, or just polite. Thus, we keep some thoughts to ourselves. Dreams, on the other hand, offer a platform where these suppressed thoughts can freely roam. They are the uncensored version of our minds, a place where our deepest desires, fears, and secrets can come to light without the fear of judgement or consequences.

Dreams also serve as a mirror, reflecting our inner state of mind. They can hint at unresolved issues, unfulfilled desires, or even potential future scenarios. They can act as a guide, helping us navigate through the labyrinth of our thoughts and emotions.

Moreover, dreams can be a source of inspiration. Many artists, writers, and scientists have reported getting brilliant ideas from their dreams. They can stimulate our creativity, encourage problem-solving, and even help us prepare for future events.

In conclusion, dreams are not just random images that appear during sleep. They are a powerful tool that our mind uses to process information, manage emotions, and explore the infinite possibilities of our imagination. They are an essential part of our cognitive and emotional well-being.

While you sleep, your inhibitions disappear. And you're left with the raw, unforgiving truth. The real you.

But dreams can be more than that.

Some claim dreams are the realm between ours and the spirit world. Some dreams can predict the future.

Studies have shown that dreams can be shared between people.

Lucid dreaming is when you're not your dreaming self, your conscious self - controls the dream. You are, literally, a God. The universe is your playground.

It's exhilarating and powerful. But there is a dark side.

What if: while lucid dreaming, you weren't in control of the dream? But, someone else was? That's no

longer a dream, itâ€™s a nightmare. And itâ€™s no longer a playground â€” itâ€™s a prison.<br> <br> Every night, the lights go out, you close your eyes, and heâ€™s waiting for you.<br> <br> #Dreams #EverDreamThisMan #LucidDreaming

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