

Paragraph on Dream

The term 'dream' can include any of the images, thoughts, and emotions that are experienced during sleep. Dreams can be extraordinarily vivid or very vague; filled with joyful emotions or frightening images; focused and understandable or unclear and confusing. Some psychologists think that dreams are a subjective interpretation of signals generated by the brain during sleep. Dreams are not meaningless. Instead, during dreams, the cognitive elements in our brain produce new ideas. Others think that dreams are the result of our brains trying to interpret external stimuli during sleep. For example, the sound of the radio may be incorporated into the content of a dream. Generally, dreams serve to 'clean up' chaos from the mind, much like clean-up operations in a computer, refreshing the mind to prepare for the next day. Many psychologists believe that dreams reflect what is happening in the unconscious mind while others think that people, places, and objects in dreams are symbols for other things in the dreamer's real life. Actually, the contents of dreams vary from person to person, generation to generation, class to class, age to age, and so on. Generally, there are two different types of dreamers; daydreamers and night dreamers. Those who keep their dreams for just at night, and never act upon them, never struggle to achieve their dreams; they look at them with a closed mind. On the other hand, those who make their dreams a reality, and enter things with an open mind, believe they can do it, and make their dreams come true. Last, of all, everyone likes to dream. Though some can fulfill their dream, others fail to fulfill their dream. But dreams should always be enjoyable.