

Sweet Dreams are made of...

Everything you never knew about dreams, and look into horoscopes



Night time is the mystical time where our minds drift away... Photos by Caitlyn Scherer

By Serena Rawr Quihuis

It's dark, too dark. I walk through an empty street in the dead of the night, not knowing why I'm even there

I can hardly see a thing, but I feel like someone's following me. I keep on walking, and as I'm walking I see familiar faces. I see friends from school just standing there, watching me.

I have no idea what is going on, but I think they could help me figure it out. So I walk towards them, and as I'm approaching them, I fall through a dark hole.

I keep falling and falling into an abyss of darkness that never seems to end. That's the dream I had just last week. Weird, right?

It makes me wonder. Why did I have this dream, and what does it mean? Better yet, what exactly is a dream anyway? Let's take a look and find out.

What is a dream?

A dream, defined in the dictionary, is "The communication of the body, mind, and spirit together in the state of sleep."

Your brain, mind, and spirit review and analyze your spirit, short, and long term memory while at rest. Our brains are in constant activity, and during certain cycles of brain activity while we sleep.

We can 'view' these dreams with our conscious mind and record them in our memory. That's why we can sometimes remember our dreams.

Your mind is also during this time, processing spiritual data, beliefs, and your information gained through psychic intuition. Psychic intuition, huh?

Your psychic intuition is that feeling you get in the pit of your stomach. It tells you instinctively how you feel about someone or something.

Dreams are, basically, a visual movie filled with different emotions, signs, emotion, and subconscious thoughts playing as you sleep. Many times dreams seem, and feel real. They pertain to your real life situation. They are "signs" relating to life.

What contributes to a dream?

Now, our conscious mind only takes up 10% of our overall brain activity. Our imagination is a different part of our brain activity that contributes to the content of our dreams. Our imaginations shine during our dreams.

Memory is also very important when it comes to dreaming. Memory occupies more of the brain's resources than most people think. Memory holds specific details and experiences from the past and present, and many times in dreams these experiences are brought back into dreams.

Most importantly, dreams are easily influenced by factors in your life and spirit.

Dream Symbols

Animals: Animals represent our own traits, good and bad. When you see an animal doing something in your dreams, it usually symbolizes a bad trait, depending on the animal.

People: People most often portrayed in dreams are actually reflections of your own personality traits. Usually the people you dream about have a trait that you also see inside yourself, or that you admire.

Death: Nearly any dream you have that refers to death, dying, attending a funeral, or a dramatic change. It represents, many times, fears that you have. It can also be a precedent [prediction] to drastic changes that are foreseen coming your way.

Cars: A car, being a physical structure, often represents your body. In dreams where it does represent the body there is often emphasis on a particular part of the car or type of car.

Cliffs: A cliff means that you rationalize the subject matter of the dream. This may be life in general. Cliffs symbolize your consciousness being up in your head and away from your heart. The purpose is to point out your rationalizing nature and move your center of consciousness downwards towards your heart - listen to your heart more.

Madame Serena's



2010 HOROSCOPES:

Aries: This year will be a socially busy for you, but you can't forget about your work and home responsibilities. You seem to care only about hanging out with friends and co-workers, forgetting about the goals you had for yourself. You will have the temptation to do things you know you shouldn't do, but that you urge for so desperately. Remember to be motivated, follow your dreams, and listen to your intuition.

P.s. Steer clear of goats..

Taurus: You want to go out and follow your dreams, but the demanding life you live keeps pulling you back. Keep an open-minded attitude, because this year will force you out of your comfort zone. You may have to step back from your stubborn sense of reality to realize what you truly want. The events of last November will repeat on February 5th, September 15th and through the summer of 2010.

P.s. Eat the forbidden fruit...

Gemini: You are exceptional at living in the present, but you get so caught up in it that you forget about the future. The idea of returning to school to expand your education or purchasing tickets to a faraway place is appealing; you dream of heading off on the journey of a lifetime. Get used to the idea of scheduling ahead more often.

P.s. Don't eat cheese...

Cancer: This year you are attracted to a more inspiring life that contrasts the routine life style you've always lived. It is time you forgive others and let go of past relationship disappointments. Letting go of past history is needed to let you reach your full potential. You will get rid of bad habits that have been holding you back.

P.s. Avoid toasters...

Leo: It is challenging for you to have clarity when your perceptions are distorted. Your self-awareness is expanded by the influences of a relationship that opens your mind, helping you learn more from others. You must make tough decisions and start eliminating patterns, people, and activities that bring you down rather than contribute to your life. Time gives you reason to make up for anything you have lost, and karma treats you well this year.

P.s. Meow meow meow meow...

Virgo: The patterns you establish and the choices you make this year will have a great impact on your life. You will recognize the relationship between your current limits and future potential. While it's discouraging to face the hard reality of situations that weren't what you thought they'd be,

seeing exactly where you stand is a powerful position from which to make positive change.

P.s. Don't be a monkey...

Libra: You may feel time is running out, but with focus, you'll be ready for the big changes heading your way. Don't wait until the last minute to grab hold of something before it's gone. It will be a while before you fully understand the reasons of changes and where your new path will take you.

Say yes to love, life and the creative potential hidden in every moment.

P.s. Disney songs are the best...

Scorpio: This is a year for you to dissolve painful links with the past. Forgiving yourself and your family members for any past mistakes will pave the way to a brighter future. Loosen the emotional grip of old wounds by broadening your horizons and recognize that all the resources you need are right in front of you.

P.s. Giggity giggity goo!

Sagittarius: This year. It is good to open your heart and mind to an inspiring vision of your future. The tenderness of your heart and the flexibility of your mind allow you discoveries that you couldn't make with smarts alone. Make sure to take as many breaks from your responsibilities as you can to avoid burning out.

P.s. Don't look under the bed...

Capricorn: It's time to settle down and stabilize your life after all the changes of last year. Letting go of blame and forgiving those who have wronged you in the past will lead you to self assurance. Examining your unexpressed emotions makes a difference between a great year. And a frustrating one.

P.s. Beware of ninjas...

Aquarius: This is a year of rare opportunity. Every day can be sacred as you find meaning in ordinary life, although your challenges won't disappear. However, even the most difficult ones will become easier as you discover the magic of faith, which empowers you with a wider range of possibilities than ever before.

P.s. Don't pick your nose in public...

Pisces: You have started on a pathway and you are now at a decisive moment. Beware of the direction this pathway goes, for it may go the way you didn't expect. Your ability to go with the flow lets you to adapt to the needs of those around you. You are ready to break free from unacceptable restraints or break out of boring routines

P.s. Fruit flies await you...