

Dream Decoder

That was just a dream... right?



Despite the many hours we spend sleeping, we only remember as few as five per cent of our dreams. That means there are a lot of dreams that are completely forgotten by the time you wake in the morning.

The big question that often puzzles us the morning after a night of pleasant (or not so pleasant) dreaming is, "What the hell did that mean?" So GF picked the brains of our very own dream coach, Leon Nacson, to find out what our snooze movies actually mean!

Five most common types of dreams...

♥ Flying

Depending on how you feel while flying this type of dream can mean a number of things. If you find flying easy, it can suggest you are on top of a situation or have gained a different perspective on an issue. However, if you're finding flying difficult in your dream, it can symbolise a lack of control over certain circumstances, like school exams and family stress.

♥ Falling

Dreams of falling often come hand in hand with feelings of insecurity in your waking life. When friends or family members are not there for us, this lack of support can trigger falling dreams. However, depending on how you feel in the dream, falling can take on a different meaning, e.g. if you aren't frightened while falling, this may signify that you will easily overcome adversity or a situation that has been troubling you.

♥ Being Chased

Running away from something in your waking life? Chances are this will have an affect on your dreams. Feelings of anxiety in your everyday life can often be the thing you are trying to run away from while you snooze. Dreams of running and hiding can also represent the way you cope with fears and stress in life.

♥ Losing Teeth

While this type of dream can be health related, more often than not

it can be due to an embarrassing moment that has occurred recently in your life. Losing your teeth in a dream can represent the beginning of a new phase in your life, or maybe you just need to be a tad more thorough when you brush...

♥ Romance

There is no better place to practise relationships than in our dreams. Life is not a movie, but the cool thing about dreams is that they often look like movies! If you're dreaming about love, chances are you're carrying intense feelings from your waking state, and the dream can often imply happiness and contentment with what you have in your life. If you're dreaming about a boy who is in love with you, perhaps this is something you would want to happen so your dreams are allowing you to act out possible scenarios. Dreaming about your ex? This can signify unfinished business with a former flame!

Did you know?

Most of your vivid dreams and nightmares occur in the early morning hours.

Night Fright

Why do we have nightmares?

Nightmares are emotions that need to be dealt with - it's like taking out the trash! When we go through emotional turbulence, the best thing to do is to take in what is character building and useful knowledge and eliminate the rest through nightmares. The occasional nightmare is nothing to be concerned about.

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