

Re: Some brain questions i need help with

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"John Hasenkam" <johnh@faraway.> wrote in message news:<41536e36@dnews.tpgi.com.au>...

- > *About 20 years ago I had a rare nightmare where I woke up in the early*
- > *morning hours drenched in sweat and quite terrified, in the dream I was just*
- > *about to be killed. This dream obsessed me for many months, somehow I knew*
- > *it carried an important message and it was very symbolic in nature.*

Once, 20 years ago ???

In fact, I suspect that highly-emotional dreams and sweating happens very frequently. At least it does to me. Most of the time you just don't wake up, or else you wake up too late to remember the dream. Occasionally, if there is a lot of emotional content, I wake up "quickly" enuf to remember it.

Dreams have different levels of emotional content, rarely do I have what you have described as a nitemare, but many dreams do involve plenty of emotion, people dying, etc. I just assume it's one part of the dream phenomenon, and don't get rattled about it. It's just made-up.