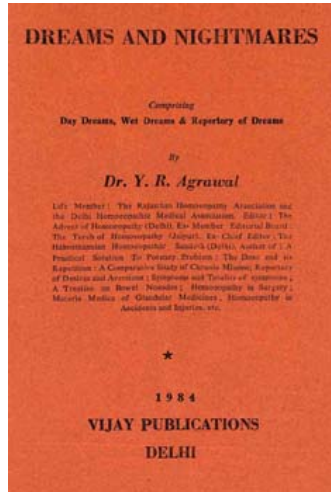


Y.R. Agrawal Dreams and Nightmares

Reading excerpt
[Dreams and Nightmares](#)

of [Y.R. Agrawal](#)

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WHAT IS DREAM ?

A dream is an intermediary product of the thinking process. It is a phenomenon occurring at the threshold of the consciousness in the process of awakening or falling asleep. It appears when the light of consciousness is dimmed or when it is in the process of flickering up and it is characteristic of this state of mind.

Sources of dream:—"When certain sentiments or impressions apprehended by the organs agitate the conscious mind or when sensual or material thoughts get vehemently awakened in the conscious mind, the crude receptacle of the mind becomes unsteady and restless leaving an impress of that restlessness on the nerve cell. That impress remains short lived or lasting as per degrees of its intensity. Sometimes even a significant impress being compelled to make room for a newer one under the impact of some other counter agitation or restlessness, loses its previously acquired permanence. In the sleeping stage, if ever a man's nerve tissues get agitated due to some physical cause, oftener than not, either as a result of this or on account of cerebral heat, caused by some vehement drinking, the nerve cells also get stirred and disturbed. Such agitations give rise, in the mental sphere, to desires similar to those impresses, accumulated in the nerve cells. This the agitated *Chitta* (sub-conscious mind) accepts as real the stream of thoughts arising from one or more such impresses. The crude organs having struck work, the identical desires, do not then seem to be imaginary but they appear to be real. Such dreams often do not come true as these are actually pure imaginations or a more stringing together of different, disjointed thoughts, e.g., what we may call it as a confused or inconsistent dream. Only those whose nerve tissues have become weak due to some ailments of the brain or head or to some protracted illness, or those whose digestive system has gone out of gear, generally see such erotic dreams. We may call such a one passionate or sensual dream. These dreams are the true reproduction of the preimagined objects or the scattered expressions of previous thoughts. Excessive eating also gives rise to such a dream in man. Those who have purity of thoughts and also have restrain over their

diet, are generally less susceptible to such dreams. Such dreams never come in deep sleep.

In another type of dream when a man is in deep slumber, there arises in his sub-conscious mind, through his dream a prognosis of a sizable calamity or some good news or bad news. The all knowing causal or unconscious mind can not give expression to its all knowingness due to the fickleness of the conscious and sub-conscious minds as well as due to its own expressional inability, but it can just as well awaken in the calm conscious and sub-conscious minds of a man in deep slumber those visions and prognosis of past present or things to come, with which he may get particularly enlarged or overwhelmed. The surging vibrational flow, coming out of the fountain head of the unconscious mind that vibrates the sub-conscious mind, is also a part of dream and that dream is not devoid of significance, for its cause is all knowing causal mind. This we may call supramental vision.

Sometimes, even in the wakeful state too the congestive flow of the unconscious mind makes its way into the subtle mind, as a result of which a man even in his wakeful state can grasp and guess events concerning his near and dear ones abroad with a little concentration. This we may call as telepathic vision."

—Shri Anandamurti ji

Experience confirms that we dream most frequently of the things on which our warmest passions are centred. The ambitious man dreams of the laurels he has won or of those he has still to win ; while the lover is busied in his dreams with the object of his hopes--AH the sensual desires and repulsion that slumber in the heart can, if anything sets them in motion, cause a dream to arise from the ideas that are associated with them or cause those ideas to intervene in a dream that is already present.

Dream may also come of the subject which we in waking state do not recognise as forming a part of knowledge or experience. We remember, of course, having dreamt the things in question, but We do not remember whether or when we experienced it in real life. While passing through a lane, road, etc., we notice many things with which we are not concerned or which we do not consider to be important enough but such things connecting the events of one place with the other do form part of our dreams.

NIGHTMARE

Nightmare means a dream characterised by great distress and a sense of oppression or suffocation. In children nightmares are precipitated by disturbances of the respiratory or the digestive apparatus and by psychic over stimulation. Children may perspire during their frightful experiences, but they do not awaken fully. When placed in bed again after being soothed, they usually fall quickly into untroubled sleep and have an amnesia for the experience when they arise in the morning. A physician should be consulted when a child has nightmares, for adenoids are often in the background of a respiratory impediment. When no organic cause can be found psychological factors must be assumed. Nightmares of grown ups are, however, correlated to the instinctual pressures. Besides correcting organic impediments, following medicines help us in curing this state of affair (especially children and women).

Aconite:—Nightmare, nightly raving, anxious starts up in sleep (especially children and women).

Alumen:—In her dream it seems to her as if the dream would soon pass over if she could turn on her side, but she is not able to do so.

Ammonia Carb:—Nightmare every night in heart diseases.

Baptisia:—Afraid to go to sleep; fears nightmare and suffocation.

Belladonna:—Sleep is extremely restless due to congestion in the head. Can not close eyes, he sees dreadful images on doing so. Children awake from sleep frightened.

Borax:—Infant frequently cries out in its sleep, and seriously grasps its mother, as if he has been frightened by a dream.

Cannabis Indica:—Nightmare every night as soon as he falls asleep.

Cedron:—Dreams of quarrelling with dead; cried about it and awoke with a nightmare, with sensation of a stone in the stomach.

Chamomilla:—Child awakens as if he had awful dream,

Cinnabaris:—Waking suddenly after midnight, as if from a dream, he has no breath, like a nightmare. Restless sleep, nightmare after midnight.

Conium:—Nightmare due to anaemia of brain.

Cotyledon:—Nightmare with sense as if he could not escape from inability to see.

Cyclamen:—Nightmare on falling asleep, Unrefreshing sleep interfused with terrible dreams.

Digitalis:—Nightmare in spermatorrhoea.

Doryphora:—Wild dreams; screams as if in great distress.

Gelseminm:—Nightmare as if left side from neck to knee, were jerking up and down like a mass of jelly; this motion extending into chest and centring at heart.

Guaiacum:—Nightmare when lying on the back (card m), waking with screams, feels unrefreshed when waking up.

Ignatia:—Sleep disturbed by nightmare, or by starts and frequent dreams.

Indium:—Nightmare from lying on back; very stupid on awaking.

Kali Bronx:—Acute mania of children, when they arouse from sleep with screams and imagine that some one is going to hurt them. Child shrieks out in sleep and wants to cling to the nurse.

Kali Carb:—Nightmare, at night, with a dream as if a stone was lying upon him, and at the same time the larynx were being gradually constricted.

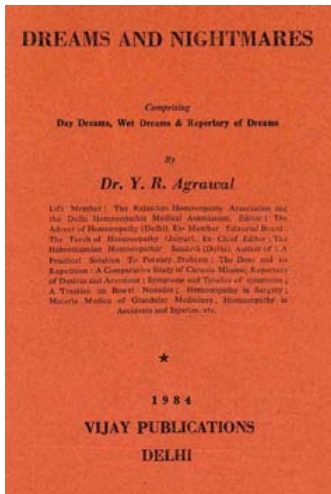
Kali Nitricum:—Disturbed sleep at night with nightmares.

Kali Sulph:—Nightmare; dreams anxious of death.

Ledum Pal:—Fears to go to sleep lest she would die. Throat feels swollen, sensation of suffocation.

Lycopodium:—She starts up full of anxiety from sleep wishes to cry out, but cannot, as if in nightmare.

Magnesia Mur—Anxious and frightful dreams, with talking and cries during sleep. Nightmare.



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