

# Download Where Do We Go In Dreams

It was there before we were born, we go there when we sleep and we shall return there when we die. As many before him, Nerys quotes Shakespeare on the matter of sleep and our nightly journey: To sleep; To sleep: perchance to dream: ay, there's the rub; For in that sleep of death what dreams may come - When we have shuffled off this mortal coil. This is a complicated topic, as a lucid dreamer I can tell you there is a lot to it. Because: sometimes in a lucid dream, when I am fully aware of being in a dream I can completely change my surroundings (just as if I was god). To understand dreams, we need to take a quick look at how humans go about living our lives. Life is a lot like shopping. You have so much to choose from, and whatever you choose, see, or experience will go into your shopping cart. We might also call this shopping cart our 'experience' or 'memory bank'. All of the encounters and events of life stay in our minds. We delved into the one-eyed, half-brained sleep of some animals; eavesdropped on dreams to understand their cognitive significance; and investigated extreme and bizarre sleeping behaviors like ..., Where Do We Go In Dreams.

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