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Dreams - An aspiration that is exceptionally gratifying with a wild fancy that occurs in the mind during sleep. Itâ€™s nothing but a sequence of imaginary thoughts. Everybody in this world is a dreamer indeed. You can dream about anything. Dreams are pleasant and cherished hope of an individual that seems to be real but truly unrealistic. Many people wonâ€™t remember what we saw in a dream. I started wonder more about dreams when watched the movie â€œA Nightmare on Elm Streetâ€• in the Internet offered in Century Bundles. The film was all about nightmares.

Nightmare is a kind of unpleasant dream that gives an individual the experiences of anxiety and terror. The film was about a man named Freddy Krueger, taking revenge on group of teenagers with his main target to be a girl named Nancy. The group of teenagers shares a common link from their childhood like their schooling that makes them the targets for Freddy. These teenagers are killed in their dream that is in their nightmare which results in death in real life. Till the day I watched the film I never considered dreams to be anything important. But after watching the film I started a research on nightmares. Itâ€™s really interesting.

Nightmares are mostly frightening dreams that comes with the theme of anyone of your greatest fear.

Nightmares occur during the REM (Rapid Eye Movement) stage or the fourth stage of sleeping results in adrenaline rise and faster heart bests. It is very hard for a person who experienced a nightmare to return to sleep. 20% of the time you sleep is the REM stage which has the chances for nightmares. It takes 30 -90 minutes for an individual to start dreaming from the time he falls asleep. Whatever, you personally believe to be the worst thing that could happen to you in your life, are mostly the subjects of the nightmares you experience. This is just because of the feeling of lack of control and power in your life.

First, I didnâ€™t really care about nightmares, but when my sissy started to get nightmares, I became cautious that I really need to study about it. My sister started to overcome some weird feelings like someone is watching her. She saw some dark figures. Yes, you could say, she was influenced by Movies, but it went wrong when she started to feel frightened thinking she is all alone even while sitting beside me and mom. She started getting nightmares like a manâ€™s spirit is following her.

In the past time, she had a nightmare, in which she was followed by the manâ€™s spirit to a closed bedroom. She told me that she couldnâ€™t see him but she felt his presence. She said that she had locked him in a room and for some reason she didnâ€™t want to let him out which she didnâ€™t know. Sh said that the man was aggressively trying to get out of the room and was shouting at her. She said that suddenly water started to pour down from the window in the room and the man escaped leaving a written message for her in the window. She was so frightened that she wasnâ€™t ready t even step up to the room she pointed in her dream.

Whatever she said, of course I found it very dramatic. My dad took her for treatments and I sourced out for some treatments through Internet. It is indeed something strange, but a point to be very cautious about. Victims are left sleepless for nights together. A permanent solution for these nightmares where suggested to Lucid Dreams. I found Lucid dreams to be very interesting where you know what you are dreaming about and what you are doing in your dream. Doesnâ€™t that sound interesting? Wish I had nightmares, rather than my sister just to experience the feel of anxiety and terror in nightmares and feel of safety in Lucid Dreams.

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Rita - About Author:
Rita Dawson, being a freelance writer and active blogger, I love sharing my thoughts and experiences with the rest of the world and to source out some great services like the a Centurylink Bundles. Everybody in this world is a dreamer indeed. You can dream about anything. Feel the anxiety and terror in nightmares and feel the safety in Lucid Dreams.

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