

Dreams.

A LOOK INTO OUR SUBCONC

Sweet

DREAMS: UNCONSCIOUS STRUGGLE OR RANDOM DETAILS?

Alex Eilers

“Sleep is relaxing, like shutting down everything,” junior Jessica Brandl said.

The image of flipping a switch and turning off a light at night is common. The sun goes down, the lights go off and eyes close. Nothing happens, or so it seems. What we don't realize is that our brain is still functioning. It cycles through a pattern of activity, progressively slowing down then working back to a level of near consciousness otherwise known as the REM stage. REM, or rapid eye movement, is where dreams originate.

“You dream at least four times a night, and it is always in the dream state right before consciousness. That is why you are able to remember it,” said Mr. Tom Baker, psychology teacher.

“Usually I remember the setting and maybe one little detail of my dreams. I was at the Candy Land castle. I was Tarzan going through trees. I would see a wolf and wake up right then,” Brandl said.

Do these details have meaning? There is no way to tell for sure. Dr. Philip G. Zimbardo, psychology professor at Stanford since 1968, described the dilemma by comparing the brain to an object in a box. Scientists can monitor what goes into the box, how it comes out on the other side, and look into the box, but they can not open it and take out the object. Therefore, there are different opinions on why people dream.

For example, let's examine Brandl's waking life to see what instincts could be contributing to her dreams. An old Buick Riviera with a cover on it sits in Brandl's garage, taking up space. “I think it has more sentimental value than it's actually worth,” Brandl said.

She has to park outside because both of her parents' cars and the Riviera reside within the garage. It causes some unneeded hassle for Brandl. “Whenever it hails, my car takes a beating. In the summer, I always have to roll my windows down because my car gets so hot, and then roll them back up at night in case it rains,” she said. In one of her dreams, she lit the Riviera on fire and had a bonfire around it. Brandl's frustration with the Riviera came out in her dream. She destroyed its existence in a way that wouldn't be acceptable during consciousness.

There are many different ways scientists interpret

Brandl's dream. One school of thought focuses on Freudism, the philosophy that human instincts conflict with societal expectations. During the dreaming process, natural instincts are no longer repressed by politeness.

Carl Jung, a follower of Freud, devised an alternate theory on dreams.

“Carl Jung said they [neurons] fire because you have these suppressed drives and therefore, because they are suppressed in real life, they get unfolded or manifested in the dream state. Interpreting that dream will make you become a more complete person,” Baker explained.

Jung's archetypes, or symbols, are used in this interpretation. These symbols reach across all denominations and are “instinctive memories.” They range from the shadow representing dark, hidden and unwanted personality traits, to a dog representing loyalty. Archetypes are the symbols found throughout literature and folk lore. The images that run through dreams are often the same as the images in stories.

The witch archetype is ever-present and represents danger. She can be found in fairy tales like Snow White, Hansel and Gretel and even Mr. Baker's dreams.

“The one [dream] I remember was from third grade and it deals with the witch. So obviously, at the age of seven or eight, I was involved with a destroying protagonist because she was caught in a storage shed outside of our home. I was sitting on top of it, and I knew she was underneath it. I knew that she was green, and I could see her hand coming out and pushing it open. There was no way that I could keep it down and this witch, this temptress and this protagonist, was going to come out and destroy me,” Baker said.

The National Health Institute website presents an opposing theory. “Some scientists believe dreams are the cortex's [part of the brain that deals with consciousness] attempt to find meaning in the random signals that it receives during REM sleep.” Dreams could be the brain's way to make sense of random occurrences.

From exploring the Candy Land castle to lighting her parents' Buick Riviera afire, Brandl's dreams are far from boring. “My dream interpretations make for interesting stories,” said Brandl, “it's like, woah, i can't believe this is what my mind came up with.”

NON-REM

A light sleep
feeling of fatigue
muscle con

NON-REM

Prepares the
heart rate slow
decreases.

“I got in my car and I was barefoot and in my swimsuit. A cop pulled me over. The cop said I was speeding. He then said he had things to tell me. One: I had arthritis started crying. As he was about to say the second thing, he got a cell phone call and woke up to my phone ringing.”

Graphic by Brittany Hytrek
Photos by Alison Dethlefs



Emr
sen

RECURRING DREAM SPOOKS MARIAN JUNIOR

Erin O'Brien

Junior Ava Ambrose goes on a camping trip with her family each year. Pleasant images of fishing, star-gazing, and campfires come to mind.

But this is no ordinary tent-pitching, mountain-hiking, s'more-roasting wilderness excursion. This annual "camping trip" always occurs in Ava's subconscious, as she's sleeping.

"I have this dream every year," Ambrose said. "It started, maybe, five, six years ago."

It always starts out the same. Ambrose and her family are near a lake, darkness surrounding them.

Then, Ambrose notices a mysterious book sitting in the middle of the water with a face imprinted on it.

"Basically, throughout the whole dream it's me taking this book, and everywhere I go, everyone I know dies because of this book, and it just follows me everywhere. It's creepy."

As if Ambrose doesn't want this nightmare to end already, there is no definite conclusion to her dream until she wakes up.

"It ends with the book back in the lake, and then it's just a cycle all over again. I don't learn, obviously! I pick up the book every time. And then a year later it strikes again."

Fortunately, she hasn't experienced this yearly nightmare yet, but it has consistently occurred every year in the same fashion.

Ambrose hopes that this recurring dream isn't trying to send

her a sinister message, although it has taught her an important lesson on how to approach a lethal work of literature.

"I don't know of any books that look like it, so if I ever find a book like it, I'm never gonna pick it up!" Ambrose said.

**"I have this dream every year. It started, maybe, five, six years ago."
-Ava Ambrose, junior**



Photo Illustration by Allison Dethlefs
Kathleen Gerber

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RAPID EYE
MOVEMENT SLEEP
CYCLE

SLEEP, STAGE 1

Some people can experience a jolting which can cause a sudden contraction (called hypnic myoclonia).

SLEEP, STAGE 2

The body to enter into deep sleep; slows and body temperature

NON-REM SLEEP, STAGE 3 & 4

Both Stages 3 and 4 are deep sleep stages; if a person is aroused during one of these stages, they often feel disoriented.

REM SLEEP

The Stage during which most dreams occur; usually happens about 90 minutes after the sleep cycle has begun

Graphic by Megan Morrissey

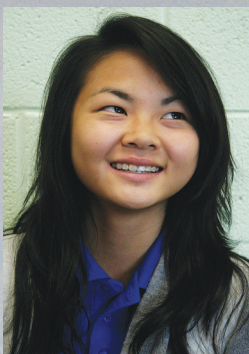
Source: <http://www.webmd.com/sleep-disorders/sleep-101>

WHAT'S YOUR CRAZIEST DREAM?

"I was at an amusement park when Michael Jackson released flame-shooting platypi. While everyone evacuated, I got trapped in the park. But at the last minute, the sun came out, and MJ decided to spare me and so he released me."

"It was a school day and I had a test. The test seemed to go all wrong. [Awake] I went to school the next day and got there on time, but I didn't know anything on the test."

"When I was 7, I had a dream my brother and my toys started attacking me. It was the scariest dream ever."



Kara Stangl,
junior



Amanda
McClanahan,
freshman



Tara Huber,
sophomore