

Dreams - What are they telling us?

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I've always wondered what my dreams were trying to tell me, especially because I have the most unusual ones. For the most part, my dreams are nightmares, people are after me chasing me and trying to kill me. Other times, I am falling off a cliff to my death. As you can imagine, they are not pleasant. You're probably thinking, this woman needs to stop watching T.V. before bed but actually I've had these nightmares since I can remember. I can remember being a little girl, about the age of 6 or 7, waking up in the middle of the night and screaming, afraid to get out of my bed because the dream was so scary that my dad would come get me and I would spend the rest of the night on my parent's bedroom floor next to my mom's side of the bed. That continued until I was about 11 and then I stopped screaming for my dad because I was too heavy for him to carry down his bedroom. So instead I'd cower under the blankets and hope I'd be able to go back to sleep and no boogy man would get me. Which is also why I'm afraid of the dark!

But really, why do we dream and what do they mean. For example, the night before last I dreamt that I went storming out of work all upset with my boss following me asking me what was wrong and begging me not to leave. If I really had done something like that, my boss would really do something just like that. But in all reality, work hasn't been that bad and I haven't been stressed...so why the dream? Is it a premonition of something to come?

If any of my readers out there have had anything like this happen to you or if you know anything about dreams, I'd love to hear from you. Please contact me at author.amy.rodgers@gmail.com.