

WAKING DREAM

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Waking Dream: Definition, History, and Further Reading

Abstract

Waking dreams are a unique type of dream that occurs while a person is still in a state of wakefulness. They may be characterized by vivid imagery, strange or surreal elements, and a lack of typical dream logic. This article will provide a definition, discuss the history of waking dreams, and provide further reading on the topic.

Definition

Waking dreams, also known as hypnagogic hallucinations, are a type of dream-like experience that occurs while the dreamer is still in a state of wakefulness. They may include vivid imagery, hallucinations, and other surreal elements, but are distinct from typical dreams in that they often lack the logic and narrative structure of a dream. Some researchers have theorized that waking dreams are related to the hypnagogic state, which is the transitional state between wakefulness and sleep in which a person's brain is more open to hallucinatory experiences.

History

The phenomenon of waking dreams has been described for centuries, but it was not until the late 19th century that psychoanalysts began to explore the potential psychological implications of this type of dream. The psychoanalysts Sigmund Freud and Carl Jung both theorized that waking dreams could provide insight into the unconscious mind of the dreamer. Freud theorized that waking dreams could be a form of wish fulfillment, while Jung argued that they could provide a window into the collective unconscious.

Further Reading

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