

**DREAMS: A PORTAL TO ANOTHER REALITY****Adxamova Ominaxon Akbarovna**

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**Annotation.**

This article discusses the significance of dreams and their possible meanings. It explores how dreams can serve as warnings, messages, or sources of inspiration. "Dreams are the mirror of the soul. Through them we can understand ourselves more deeply.

**Key words.**

Subconscious mind, prophetic dreams, dream, important, sleep.

**Introduction.**

Dreams have always been a mysterious and fascinating topic for humanity. Some see them as messages from God, while others believe they are simply expressions of the subconscious mind. Both science and philosophy have tried to explain their true nature. Karl Gustov Yung- "According to legends the ancient **EGYPT** etions belived that dreams were a spiritual journey in which the soul temporarily left the body and traveled to places."

From a scientific point of view dreams are process in which the brain process in information. Actually Dreams come from the part of the brain that contains, memories, thaught and emotions.

You dream during a stage of sleep called REM.

REM is (Rapid Eye Movement). You can have up to six dreams night and each dreams normally lasts from 10 to 30 -40 minutes

### **Taypes of dreams**

1. Lucid dreams - Dreams in which the dreamer is aware that are dreaming and may have some control over the dream.
2. Recurring dreams - Dreams that repeat over time often with similar themes or scenarious.
3. Nightmares - Disturbing or frightening dreams that can anxiety or distress.
4. Healing dreams - Dreams that may provide in sight into physical, emotionn or spritual healing.

In fact. Alan siegel is a scienist, who studies dreams.

"Dreams help us get in touch with our deeper fellings " he says.

Moreover, Drea s may even help us figure out problems.

In Dreams, the concept of real time does not exist.

A few minutes can feel like much longer experince. In our dreams, unrelated things ofen happen as apart of the some event.

There are few common dreams

**Dream 1:** you meet someone when you are wearing your pajamas

This dream may be the result of embarrassing event in your life.

**Dream 2:** You are flying.

This's good period in your life. You may feel that other people look up to you.

**Dream 3:** You could not pass the exam. This means you are under pressure.

### **What is Parasomnia?**

Parasomnia - a type of sleep disorder, or sleep problem.

In which people move or action unnatural way, for example, talking or walking their sleep

For people with it, getting a good night's sleep can be major problem!

**In my point of view** - Dreams are mysterious gateway to our subconscious, and rare they can give us important signs about lives. I belive this is another gift from GOD