

Download Our Dreaming Mind By Robert L Van De Castle Pdf

A dream is a succession of images, ideas, emotions, and sensations that usually occur involuntarily in the mind during certain stages of sleep. The content and purpose of dreams are not fully understood, although they have been a topic of scientific, philosophical and religious interest throughout recorded history. If you are a teacher searching for educational material, please visit PBS LearningMedia for a wide range of free digital resources spanning preschool through 12th grade. This article needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed.

1.1 WHAT IS LUCID DREAMING?

Lucid dreaming means dreaming while knowing that you are dreaming. The term was coined by Frederik van Eeden who used the word "lucid" in the sense of mental clarity.