A Dialogue with Subconscious in A Dream

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Abstract

Dreaming is one of the most mysterious and interesting experiences in people’s lives. The research paper is based on a dream activity of the human mind. The video under presentation “A dialogue with subconscious in a dream” draws public attention to the negative actions of young people and points out the influence of great ideas on people appearing in the dream state of a guy. As the most common emotion experienced in dreams is anxiety he feels negative emotions more than the positive ones, but at the end of my video he found out the right way of living in the society with the help of what he imagined about his life in his dream.

1. Introduction

Up to now many researches were found out by psychologists about dreams. Some people can bring the events or facts back into his mind and tell other people about their dream. In reviewing the previous researches it was found that people who remember more dreams also react more to sounds during sleep (and while awake) than people who don’t remember many dreams. Dreams can be called to mind back in different ways. Dr. Bulkeley suggested finding a quite contemplative place and bringing a recent dream that you remember back. Due to him that wakeful dreaming can be used as a relaxation tool, it can also help your mind process a puzzling dream. It creates a more fluid interaction between unconscious parts of the mind and wakeful parts of the mind. The best way to remember a dream according to Rubin Naiman (2010) is to allow yourself to wake up slowly, over a matter of minutes, standing in a relaxed way about in your semiconscious. Just don’t try too hard to hold onto those fleeting images. If you chase a dream, it’s going to run away. Studying the rapid eye movement (REM) Naiman also identified that people are

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more tuned in to dreams during REM sleep, as the night progresses, periods of REM sleep lengthen, so the majority of our dreams occur within the latter third of the night. At night, the brain metaphorically swallows, digests and sifts through information, and, just like the gut, eliminates. What the brain keeps becomes a part of who we are. Dreaming is like the brain's digestive system. So researches are different about the sleep and dream but R. Naiman’s study is aimed to define some peculiarities of creating different brain activities of mind during the sleep at night and as awake condition of people. During the Roman Era some dreams were even submitted to the Roman Senate for analysis and dream interpretation. In addition to this, it is also known that many scholars, scientists have received their creative ideas from their dreams. E.g. Mendeleev created the table which was called by his name with the help of his dream. Dream is directly connected with the sleep. No sleep, no dream. Sleep is as the phenomena of human beings which store all day happenings and events. Then they are processed differently in the mind during the sleep as the second part of our everyday life. Dream always follows us and people are able to see a night more than three dreams. (even till nine).

2. Methods

Dream is known as a kind of collective unconscious or inner communication system. Therefore, we used psychological and comparative methods. Through this movie, I would like to teach teenagers to enjoy the positive sides of life and draw the attention of young people to other interesting leisure activities as reading books, listening to music, going to the libraries or a sports event and watching video.

2.1. The Procedure of the Video research.

A video based research was conducted presenting my fellow guy studying at the University of Foreign Languages and Business Career in Almaty as if he used to live with the negative activities. (Beginning from smoking, using strong drinks and etc.) After watching my video we discussed it during our lessons with an English language teacher and decided to see influence of video. A total of 100 questionnaires were distributed to the first and second course students with the response rate of 88%. Respondents were asked to be realistic regarding questionnaires. Of course out of 75% were female respondents, because more than half students are girls at our university. So as the result of questionnaires our analysis of Video was made in the form of SWOT analysis.

Table 1. SWOT analysis of the Video.

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<th>1</th>
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<tbody>
<tr>
<td>Strong points</td>
<td>Weak points</td>
<td>Opportunities</td>
<td>Threats</td>
</tr>
<tr>
<td>It has never shown before not</td>
<td>No time for positive activities</td>
<td>Videos can teach and change lifestyle</td>
<td>Young people will see this Video on TV</td>
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It is interesting to note that in the scene of the Video my fellow guy and one of his friends appeared as the addict users. They are only the members of the company but not real friends. Here I want to make young teenagers understand that in negative activities one can never meet a real friend just find a fair-weather friend. But what you have seen in details in the video is not for entertainment and the video is called “A dialogue with subconscious in a dream” because due to David Mamet (1992) only the mind that has been taken off itself and put on a task is allowed true creativity. I think it means that unconscious mind requires being free in order to create the real past as in our short Video. On the question of the conscious mind David Mamet suggests that the conscious mind always wants to be liked and wants to be interesting, obvious because these things offer the security of having succeeded in the past. So we are more interested in what happens next in the state of unconscious mind than in everyday process of the conscious mind. Our findings are the reality of loosing and regaining consciousness of human beings in a dream.
We, young generation, sometimes feel very lucid (bad) because of paying no more attention from the side of parents, teachers, friends and even relatives. The video is about some problems of teenagers which have in all countries now. My fellow guy played the main role in it. Our information provides an extract come from his dialogue subconscious. In the dream’s dialogue he looked around and saw a familiar face, after a while had a talk with him. Through the dream his real day life information (a glimpse of what actually happened with him) appeared (negative sides of his actions). The result – all happenings full of that reality had recollected into his dream. In the distance, a man's voice was shouting 'His name! His name!' as if he had had his image before him in the state of right lifestyle. At last his unconscious mind became into conscious of what he had done with his wonderful life and just discovered the answers of all questions and got tired after both dark and light sleep. His dream expressed clearly was a great storehouse of subconscious information and a glimpse of what happened with him in the state of conscious mind. Here we want to tell that the mind as the main part of our body needs to be healthy, clean, and wants to be out of negative things which are dangerous for the teenagers’ health, psychology, future lifestyle as smoking, using soft drinks and tablets etc... That’s why the regular positive activities are important for human beings from the early ages. Parents and teachers are always be careful with young generation in bringing them up and they must themselves be a model in all positive activities not negative ones.

3. Discussion

In any ways, it is too wonderful to be young in all stages of life being a teenager, an adult and even a parent. There are so many things to learn and problems to solve, and also being active in different fields of life. At this time of this period young people have more problems than adults, especially in today's world where things are changing very quickly. What makes young people face such negative problems? In reviewing research works about young people we found out some reasons (a) financial difficulties of a family, (b) a trouble with their parents’ marriage, (c) falling in love, (d) a lot of pressure to do well in their studies, (e) the wish of becoming more independent from their parents, (f) having a disagreement between the members of the family, (g) making decisions from the side of parents for them, at last being a member of a bad company as in our video and etc.

One more important thing to pay young people’s attention is what they lose, face and use (a) miss out on normal teenage activities like listening good music, going in for sport, doing well in studies (b) they do feel the stress, (c) using the negative things as smoking, using soft drinks and drugs and etc.


We tried to work that idea of having such kind of dream with all happenings was based on the common experience, the existence of consciousness in the human mind. It also may depend on the influence of every day touch with the positive world of human beings. We think if we get in touch with pleasant, interesting information, positive events of global world, of course, professionals of psychology field whose task is to put contribution in bringing up young people. Now young people want to know more about life not only Maths, English or Physics, etc. But also the positive lifestyle and Psychology as a branch of each discipline.
In conclusion, we think that young people have to go to the places where the products (beginning from bread and butter, minerals) are produced, how the drugs-addicts are prepared and why are they spread all over the world, who is in the prison and who become criminals, at last why is a minimum of control important and also a bit of freedom for them.

References

Rubin Naiman’s books& CDs (2010). Selected books and media. To sleep tonight.