

WOMAN:

Dreaming, although still a mysterious event and process, is a fascinating achievement of the human brain. Both practicing analysts and psychologists and scientific researchers have been studying dreams since the end of the 19th century. Much time has been spent to understand how dreams impact and affect our relationships and reality. In my time with you today, I have explained how the psychoanalytic analysis of dreams provides us with a more intuitive understanding of dreams and the meaning of dreams, and how scientific research suggests a correlation between dreaming, REM sleep, and well-being. I hope I have inspired you to reflect on your own dreams and perhaps do more research about this fascinating topic.