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## Why Dreams were created?

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### ABSTRACT

*The aim of the study is to find out the simplest formula of theory while sleeping (known under conscious) 'Why Dreams were created?' for human and other sleeping animals. The location of thought cell groups and Dream cell groups and different types of consciousness (conscious, sub conscious, super conscious, supreme conscious and unconscious-unknown conscious, known under conscious- sleeping) to be discussed in this article.*

**Keywords:** *Sleeping- Known Under Conscious, Thought Cell Groups, Dream Cell Groups, Conscious, Sub Conscious, Superconscious, Supreme Conscious, Unconscious (Unknown Conscious).*

### 1. INTRODUCTION

Everyone has an idea of what a dream is ? Everybody may be experienced dream after wakeup or while sleeping (Lucid dreams are a dream during which the dreamer is aware that he or she is dreaming) itself. A definition of the Dream is only simple and clear-cut when we are satisfied its related with the observation/learning/experienced that we are stored in recalling/remembering brain cell group (memory unit) while sleeping dealing with/reflecting with a related experience and incident that occurs/created as "dreams". As per the Sigmund Freudian Theory of Dreams—that Dreams reveal insist into hidden desires and emotions.

Other prominent theories include those suggesting that Dreams assist in memory formation, problem solving or simply are a product of random brain activity.

A dream is a form of images, ideas, emotions and sensation that usually occur involuntarily in the group of brain cell during certain stages of sleep.

Neurons are major components of the brain and Spinal Cord of the central nervous system called Autonomic ganglia of the peripheral nervous system.

Sensory nervous system, its response to stimuli such as touch, sound, light and all other stimuli affecting the cells of the sensory organs that then send signals to the spinal cord and brain. Motor nervous system, Emotional nervous system, Cognitive nervous systems are identified.

Neuron or nerve cell is an electrically excitable cell that receives, processes and transmits information's through electrical and chemical signals. These signals between neurons cells via a specialized connection called synapse, Neurons can connect to each other to form a neural network. Interneurons connect neurons to other neurons within the same region of the brain (or) spinal cord in neural networks.

Motor neurons receive signals from the brain and spinal cord to cause muscle contractions and affect glandular outputs.

All the neurons are electrically excitable maintaining voltage gradients across their membranes by means of metabolically driven Iron pumps, which combine with iron channels embedded in the membranes to generate intracellular- extracellular concentration difference of irons such as sodium, potassium, chloride and calcium changes in the cross membranes voltage can alter the function of voltage dependent Iron channels.

Sleeping is known as associated with a state of muscle relaxation and reduced perception of environmental stimuli. Sleep occurs in repeating period, in which the body alternates between two distinct modes known as non-REM and REM sleep. REM sleep is revealed by continuous movement of the eyes during sleep.

It is believed that Dreams mainly occur in the rapid eye movement (REM) stage of sleep when brain activity is high and resembles that of being awake. It's also believed that While in Dream occurrence and REM sleep will be the parallel activity only, it is not having direct relations to Dreams (Electrophysiological state of sleep-REM).

Dreams were occurring by Group of brain cells while Human in sleep; this is happening most of the times while sleeping for all the healthy sleeping species in the earth.

Dreams were created by the "Group of brain cells by its own" by the way of getting excess Ele. Impels stimuli while sleeping; the excess was spending and creating one of the ways as 'dreams' while human in sleep! Dreams were based on stored and available data from recalling cell units and remembrances cell units by the way of learning through the external sense and experience memory thoughts. Hence Dreams content are not understandable and commonly meaningless.

## **2. HOW LONG DO DREAM HAPPENING WHILE SLEEPING; NOBODY KNOWS FOR SURE**

Dreams were happening to protect good sleep and help for continuous sleep. Dreams were happening/created/produced for only reason that product and continue the sleeping.

It is believed that Dreams were no adoptive function; dreams do not make sense because they are random images, dreams themselves as nothing more than neurons firing at random, its differ and vary depending upon society peoples to society people wise; it was normally comparable within same society peoples.

Dreams incident create some activity in his own; this type of activity will be stored in new cells after wakeup it was recovered/remembered by the group of cells while wakeup and it was remembered and stored in memory units cells groups if required.

Reason for dreams while sleeping due to outer and inner atmospheric climatic changes slightly and slowly getting Induced extra Electrical Stimuli may be discarded/destroyed the excess electrical stimuli in the way of dreams.

If dreams happening while sleeping there is the indications that brain cells were working conditions in normal. The events in dreams are generally outside the control of the dreamer.

### **For Human conscious cells can be generally named as four types?**

1. Conscious group of cells,
2. subconscious group of cells,
3. superconscious group of cells and
4. Supremeconscious cells groups.

For Human, all the conscious was governed (under) by the supreme conscious groups (only).

It is believed that all the four conscious groups cells will be located adjust ant side and top of the cells groups. Bottom Right side, bottom left the side, top left side and adjust ant top Right side (decreasing and increasing shape of the moon!).

Psychological psychology activity for Vertical brain groups living animals and humans supreme conscious slightly may differ from horizontal group living animals and humans.

For human Evolutions study of step by step horizontal to Vertical brain sense group's evolution (Monkey evolution to Human) will be the important and main role evolution to be understudied by the researchers for all other animals.

Dreams (Lucid and any other dreams like activity while sleeping) were created and happening by extra and excess electrical stimuli's received from central nervous systems/external sense while sleeping due to like atmospheric conditions and other parameters.

The events in dreams are generally outside the control of the Dreamer with the exception of Lucid dreaming, where the dreams are self-aware. For every sleeping species in the earth Due to dreams were created by the brain groups of cells it won spending excess electrical and chemical impels received while sleeping.

### **Generally, Nero electrical stimuli base conscious may be we define as or named by;**

- 1) More than one cell (groups) charged/induced/condensed/stimulated by Ele. or chemical Stimuli may be called conscious?
- 2) 'to and fro' and sudden decrease, Interruptions of receiving resistive electrical and chemical stimuli related activities governed; passing orders (command) and get it implemented by sub-conscious cells (by experience) groups?.
- 3) The Govern/Controlled the Excess elec. and chemical Stimuli may be spent/utilized by the cell groups may be called as super conscious (mind while sleeping).
- 4) All the above and other physiological psychology and Psychology Activities (knowledge, thoughts, thinking, analyzing, ignorance, angry, pressure, happiness, satisfactions, wise, decision making like lot of psychological activities) taken care/governed and controlled by the supreme conscious groups of cells while wake up and sleeping stage of human (like Gardien).

It is very interesting to study is that Nero electrical and chemical stimuli were not directly bombarded or passed to the conscious groups of brain cells normally; that means external sense electrical stimuli were passed up to sense receptors group/receivers only. The message will be observed by the conscious cells groups.

For unconscious mind brain neurons, groups of cells will not be stimulated/charged/induced any electrical and chemical stimuli between them (external and internal sense group's neurons cells). The reasons will be much more for the unconscious state (of mind).

Knowledge and wise stored by the way of experience and continues learning and experience will be stored in memory and memory related brain cells.

Brain conscious related cell groups were stimulated (like sun and sunflower), Induced, condensed/observed by electrical stimuli by the way of experience learning only; whereas spinal central nervous system cell groups received the electrical and chemical stimuli directly. Received Elec. stimuli's spent a lot of activity including sex related activities coordinate with Brain and CNS.

The research says that during the short life span a person spends a total of about six years for dreaming (which is about two hours each night). The most of the dreams may be occurred at list 5 to 20 minutes also.

Sh. Rasmusens finding that electrical excitations of the cortex give rise to experience similar to dreams.

Whoever sleeping animals also dreams, animals do experience REM sleep and sometimes it appears that their bodies react as though they are dreaming while asleep. Certain brain chemicals necessary for converting shorter memories into long term ones are suppressed during REM sleep. Dreams were differed Animals living while in water and outside water.

Neurological theory; According to Hobson and other researcher find out circuits in the brain stem are activated during REM sleep. Once the circuits are activated, areas of the limbic system involved in emotion, sensation. Changes in the physical environment such as temperature and humidity, or physical stimuli such as ejaculation and attempts to create meaning from these signals results in dreams.

At least 95% of all dreams are not remembered. The dream study result was not developed in any subsequent studies. Dreams cannot be observed in an organized manner, it may fail to meet experimental requirements. As a Dream result, experimental variations could not be placed as per common plan.

### **3. DREAMS PURELY PERSONAL EXPERIENCE AND THE DREAMER ALONE TO WITNESS TO THE DREAMS**

For some variety of animal's horizontal revolutionary and evaluation sense groups neurons cell condensing stimuli's stored activities may be differently observed for example some Monkey- study: some confusion stage of activities due to two types of external neurons senses groups approximately equal distance from memory/Recollecting/Recognizing/Remembering units. Hence it is happening?

Dog's memory unit groups of a cell located near the nose receptor cells, hence for its dreams smells related dreams may be experienced more. For human touch, related dreams are very rare. Visually related dreams will be more.

Further, it may differ variety of animals group and other living things like Elephant, birds, Penguin, fishes, Dolphin (Brain- head turn to horizontal to vertical whenever required for living things in earth gravity related issues will be involved).

While deep or un-deep sleeping stage groups of cells in the brain not observed/stimulated through condensing/inducing from external and sense neurons groups of cell units.

For otherwise for before and continue sleeping the said similar grading levels of stimuli status required.

For other conditions for sleeping stimuli received from externals and internal sense will be by-passed/not observed/ignorance of receiving electrical and chemical stimuli in neurons groups of cells will help for continues sleeping.

While sleeping this type of extra induced electrical stimuli were spend for creating dreams by super conscious cell groups (Mind) will take care the continues sleeping and same time further induced excess stimuli were sent back or induced or transmit to eye for spending for REM activity?. Hence this type of activities may lead and help for continuous sleeping! Further, this type of activities will not allow disturbing the sleeping.

Supreme Mind cells consist of central nerves system, Conscious mind, sub conscious mind, super conscious mind, storing cells groups/memory units/recalling /Remembrance cell Groups. It deals Knowledge, Thoughts, Thinking, Analyzing, Ignorance, Angry, Pressure, Happiness, Satisfaction, Wise, like lot activities will be Govern by the groups of cells, (It may call as function of 3rd eye view) determination and decision making and finding truth, analyzing and solving problems as named as supreme conscience Mind.

CNS discharging Electrical stimuli's for sexual activities and for playing stimuli's were exhausted.

#### **4. CONCLUSION**

The dream of activities created by super conscious mind cells while known under conscious – sleeping; for the purpose of not to disturb the sleeping (conscious?) mind cells. The dreams were created by the super conscious mind cells utilizing the getting or inducing extra stimuli while sleeping.

The dreams condense story or incidence based on the stored in a memory unit or majority learning and experience through sense only, example by birth blind humans dreams what he experienced only, not the visual based story or incident will happen.

Dogs dreams contain based on a smile will be more because of smile sense neurons near to remembrance/memory unit cells groups. For all other animals Dreams differ contained there external sense learning/recollections of related story/incidence dreams will be experienced.

A dream for a human is created involuntarily by super conscious cells like visually based incidents, some new ideas, new emotions and feeling of sensation that usually occurs in voluntarily in the mind during certain stages of sleep. Dreams reflection of stored memory.

Opinion about the meaning of dreams has varied and shifted through time and culture.

Based on the Electrical internal and external stimuli study theory may give some unknown solutions for human and animals welfare developments ( Physiological psychology) for ever for the betterment of understanding our universe further.

*>Humans judgement and thinking should always Govern and Control the life.*

*>Imagination and **Dreams** will give Pleaser and **secure** in the life.*