December 2013

Dream Theory

Kiana Roppe
Iowa State University

Tam Vo
Iowa State University

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Available at: http://lib.dr.iastate.edu/ethos/vol2014/iss2/6

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Free falling

We’ve all been there; that dream where you have a powerful sensation of falling, speeding through the air to your inevitable death below. According to Holloway, this represents stress in your life. Maybe you are overdoing it with extracurriculars, you had a bad week at work or that chemistry class is just becoming too much. In her book, Holloway says "a falling dream can be a signal that you are operating at maximum capacity already and you should pause to become acclaimed." So give yourself a break, drop one of those clubs, go get a drink with a friend or find a tutor for that overwhelming class.

Flying high

In your dreams you can do anything; just think it and it happens. On Earth we need planes to fly, but in our dreams we merely need a happy thought to send us soaring through the sky. “Ecstatic flight is often associated with a recent positive experience, something that made you feel wonderful, capable and free,” Holloway says in her book. Meeting someone who’s worth campaniling with or getting your dream internship can send you into a whirlwind. And while being happy is obviously a good thing, when you get caught up in your own happiness there’s no time to process ambivalent feelings. So take time to process your success, then keep the party going.

Naked in public

You know the cliché dream where you are standing in front of a crowd, but you look down and realize you forgot to put on your clothes? “Ironically, positive change is often the culprit because as we excel, we are more often asked to step into unfamiliar territory,” Holloway says in her book. Meeting someone who’s worth campaniling with or getting your dream internship can send you into a whirlwind. And while being happy is obviously a good thing, when you get caught up in your own happiness there’s no time to process ambivalent feelings. So take time to process your success, then keep the party going.

Intimacy without attraction

We all have sizzling romantic dreams, but sometimes they’re with someone we’re not attracted to, like a classmate that’s just a friend or a celebrity you aren’t particularly fond of. In her book, Holloway says this is normal and there are a few possible reasons. One reason is that the person represents a quality you admire, like how Oprah is a good communicator and businesswoman, but maybe not your cup of tea for a sexual partner. It could also be that you’re doing something that isn’t right for you, like considering a job offer that doesn’t fit with your morals. There could be an unconscious attraction to a coworker or you could just be connecting with this person on some other platonic level—just take the time to consciously process before acting on any fictional feelings.

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