

Your Best Thought and Dreams

An iAmLove.org free message of great health and well-being.

In this book you will learn the most simple and powerful secret to how thoughts and dreams work. Understanding and applying this little book will have a massive impact on your health and well being.

Let's jump right into the experience of dreaming that occurs when sleeping. Many people do not recall or remember dreaming while others remember only a fraction of their dreams. Regardless if people realize they are dreaming or have partial recall, everyone significantly dreams while sleeping. Some people naturally recall or remember their dreams more than others.

When a person lies down to rest and goes to sleep, their day time story-telling mind turns off and another story-telling area of their mind begins. It is as if there are two very different storytelling systems in your thinking mind.

While sleeping it is very important to understand our dreams regardless if recalled or remembered are significantly affecting our life, health and happiness. Many people that do not recall dreams can take some easy steps to enable their ability to do so and we will explain this shortly. Not recalling and remembering our dreams is not a good thing because we need to know what is going on so that we can make intelligent decisions about how we are living our lives. Dreams are often very destructive and damaging to one's sleep and daytime life. If, for example, a person never felt indigestion or stomach aches from poor food choices or the destructive effects of drugs and alcohol they would never know how to make important adjustments for their well-being. The same is true for the experience of dreaming. When we sleep and dream the brain cells and bodily functions are often being seriously compromised. So let's look at some very basic and fascinating points about dreaming. During the day when we are thinking and experiencing thought it is a form of powerful story-telling. Just as when we drift away from our daytime thinking into our sleep and related dreaming.

It is important to clarify again that the thinking and storytelling during the day is very different from the thinking and storytelling that happens when we're sleeping. It is as if

there are two different story-telling characters in our life. One story-teller during the day in which we have more conscious and structured effect over, and the other when we drift off into sleep that we often have far less direction over. If we could connect a method of recording your dreams while sleeping for you to watch during your daytime consciousness you would be both astonished and deeply upset.

The thinking and storytelling that goes on during your day, and the thinking and storytelling that goes on for a different part of your being while sleeping both dramatically affect your breathing, your blood flow and your emotions. Your levels of peace, stress, anxiety, happiness and unhappiness are continually affected and narrated by the story-telling of your mind during the day and at night while sleeping. Your health and well-being is dramatically affected by your dreams. Watching your dreams while sleeping you would see continual story-telling scenes unfolding and playing themselves out with a handful of common themes.

Humans repeat the same handful of dreaming themes over and over. Dream stories often have to do with fear, death, sickness, worry, sex, danger, running from threats, survival, money, relationships, bad habits, addictions, self-esteem, recognition, what others may think of you and achievement. There are dreams of pleasure, joy, adventure and happiness however these are less common. Dreams are most often stimulated and directed by fears, worries, doubts and insecurities. If you could observe yourself sleeping and see the content of these dreams you would see that your breathing would slow down and speed up based on the narrative of your dreams. Your heart would pump more and less blood, anxiety would increase, tension and restriction would come and go all in relation to your dreams. You would further understand why after a night of sleep you would wake up more stressed out and troubled based on the dreams you had. You would notice the days you awoke feeling more rested because your dreaming was less stressful. You would understand more clearly when and why you were waking up more worried, fatigued and stressed. It is so important to understand that your sleep and your dreams at night are imperative to your well-being.

What I'm about to share is so imperative. It is essential that we understand that our story-telling mind, both during the day and at night while sleeping, is massively affected by the digital world streaming over the internet, in movies, from the news, television shows, commercials and social media. Additionally the books we read, the radio or

internet streaming talk shows we listen to, the music we consume and again the commercials we are being bombarded with are dramatically affecting our internal thinking and story-telling during the day and while we are sleeping.

If only people realized how much stress, anxiety, sickness, bad habits, addiction and poor health comes from the story-telling of our minds during the day and when we are sleeping. What we are being exposed to from the digital world, books, radio and music is massively creating so much destruction and suffering. People often do not realize that the horror, violence, porn and demeaning content that we may consume during the day absolutely becomes the significant content and experience of our dreams while sleeping. The world of video gaming has a massive, massive effect on one's day time thoughts and their dreams while sleeping. There is a significant growing population of people experiencing breathing difficulties while sleeping and this is often caused by their dreams while sleeping. There are simple and powerful steps to create and ensure our best thoughts and dreams.

We will stop here for now to prevent you from being overwhelmed. If you are serious about your well-being and the health of others please email the words: "Our Best Thoughts and Dreams" to Love@iAmLove.org we will send you part two of this critical life saving and improving message that included the clear and simple steps to your best thought and dreams - for free!