

DREAMS AND CREATIVITY

HEM SHANKER RAY*

Dreams have fascinated mankind from times immemorial. Everybody dreams and often dreams a lot even though they may not remember the dreams afterwards. Dreaming is accepted as a fact but there is no way one can keep a direct record, at least not as yet. Scientific studies show that dreaming is associated with Rapid Eye Movement (REM) during certain stages of sleep.

Although many researchers dismiss dreams as a bizarre and meaningless experience there are others who believe that dreams carry a lot of hidden messages. This article discusses some interesting aspects of dreams and dreaming and their possible connection with creativity. How one can connect the unconscious with the conscious to solve problems is also briefly discussed.
