



We Dream In Chinese

Dreams are a combination of the dreamer's thoughts, images and emotions. Your body uses that combination to tell a story. The story is a direct reflection of how your internal organs are functioning. If the story and people in your dreams are familiar to you, your mind has a better chance of getting its point across.

The process is simple – let me explain to you how it works.

In Chinese medicine, there is a theory in which dreams relate to Five Elements: Fire, Earth, Metal, Water and Wood. Within each of these elements is a pair of organs that work in concert together. One of the organs within each element has the ability to communicate with the body; the other does not. For example, the Earth element houses the stomach and the spleen. Your body knows how to tell you when you have a stomach ache, but what would a "spleen ache" feel like? How would it manifest itself? Your dreams are the best method your body has of informing you about what is going on inside your body.

Just as your blood carries oxygen, minerals and waste products throughout the body, nutrients from the foods you eat are delivered to your organs via the blood. Conversely, the blood travels through each organ, deposits nutrients, and then picks up messages from each organ. During your sleep, the liver cleans the blood and detects any of the messages from each of the organs. Think of this as a message in a bottle. If one of the organs in the element is yang (knows how to communicate) and the other is yin, the yin organ sends its message to you through your dreams.

Where do dreams come from?

Once the body falls asleep it will reach REM, or Rapid Eye Movement. This is when the frequency of thoughts will slow down enough for the body to dream. Once the liver deciphers the message from the yin organ(s), it sends the information to the heart. The heart controls what the Chinese refer to as the shen. The shen is the mind. For people who are disturbed, Chinese medicine terms them as "Shen Disturbed". When the heart detects an anomaly with a yin organ, it uses certain consistent clues associated with that element, combines it with familiar thoughts, images and emotions and creates a story. A dream emerges, and it's intent is to let you know that the yin organ is in need of attention.

Pay close attention to what your dreams are saying. It is similar to a symptom. You wouldn't ignore a symptom, would you?