

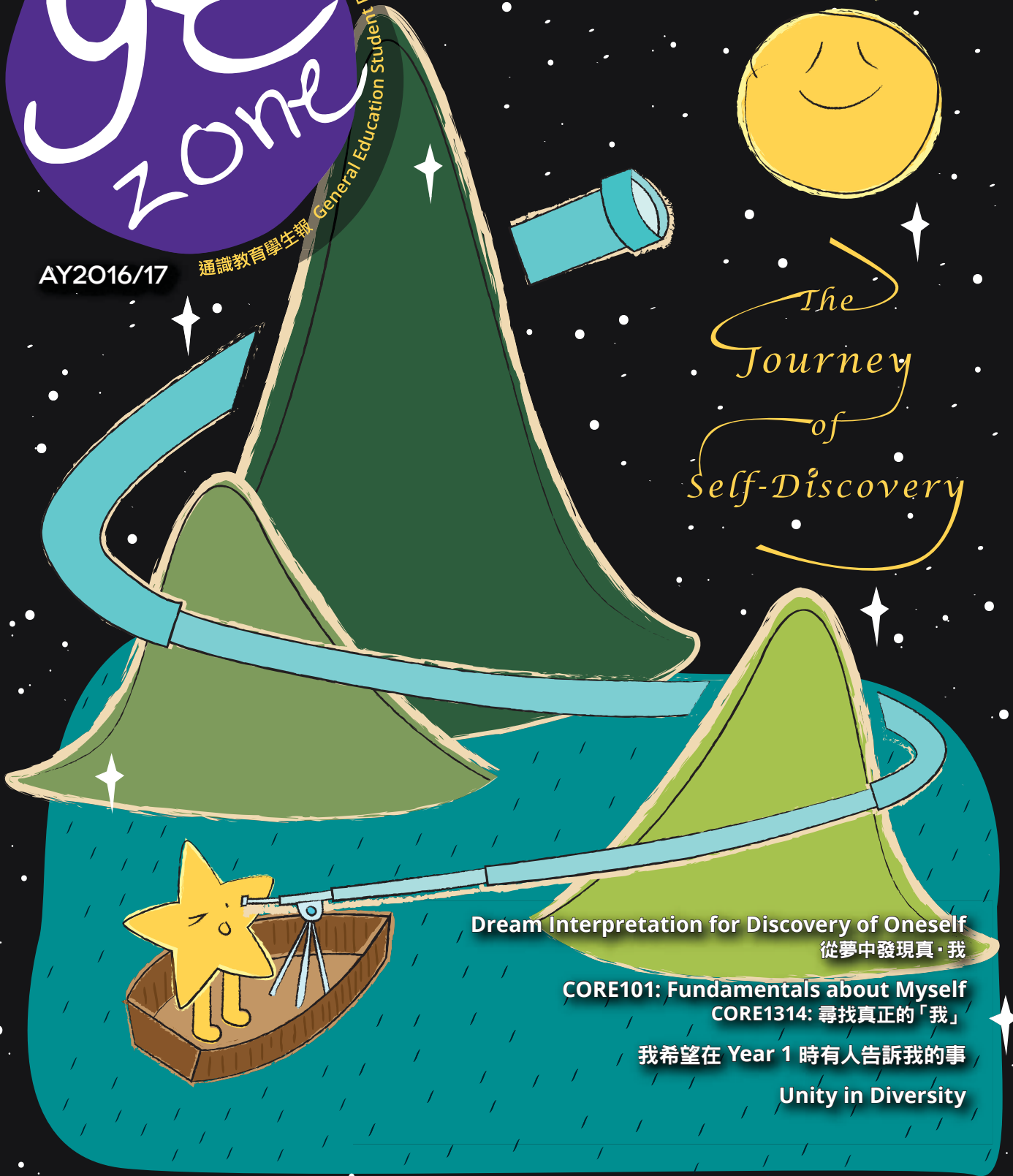


AY2016/17

General Education Student Post
通識教育學生報



*The
Journey
of
Self-Discovery*



Dream Interpretation for Discovery of Oneself
從夢中發現真·我

CORE101: Fundamentals about Myself
CORE1314: 尋找真正的「我」

我希望在 Year 1 時有人告訴我的事
Unity in Diversity



Dream Interpretation for Discovery of Oneself

從夢中發現真·我



"Dream" refers to a succession of images, thoughts, or emotions passing through one's mind during sleep. Almost every one of us dreams when we are sleeping. However, do our dreams carry any meanings? Or are they just illusions created by our brains?

In order to find out the mysteries about dreams, we have invited Prof. Stephen Palmquist, the instructor of the interdisciplinary GE course GDAR1877/ GDSS1877 Dream Interpretation for Personal Growth, to share his views on the relationship between dream interpretation and personal growth.

「夢」，指人在睡眠時腦海產生的影像、想法或情感。幾乎每個人都會在睡眠期間作夢。然而，夢本身有任何意義嗎？還是，這些夢只是大腦建構出來的幻象？

為了解開這些謎思，我們邀請了教授通識教育跨學科科目 GDAR1877/ GDSS1877 Dream Interpretation for Personal Growth 的龐思奮教授分享他對「解夢」與「個人成長」的關係的看法。

Relationship between dream interpretation and personal growth?

解夢和個人成長的關係?

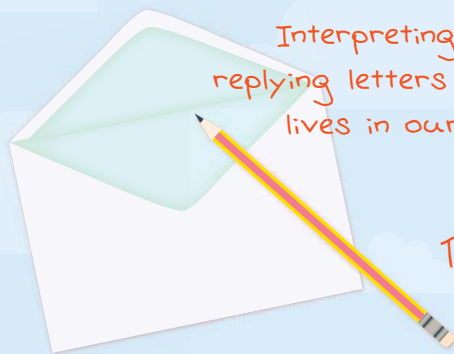
My dear friend,

I think of dreams as being like letters (or emails) written from our unconscious to our conscious selves, offering images that hint at new possibilities that we might explore for our future development. In our daily life, if we write to a friend but they never write back, then the friendship probably won't last very long. Remembering our dreams is like opening and reading the messages from the friend who lives in our unconscious. Trying to interpret them is like writing back to the friend. In other words, to interpret a dream is to offer a conscious response to the message our unconscious has sent to us. Personal growth happens as we learn to balance the often conflicting tendencies of our conscious and unconscious selves. If we neglect our dreams, we will need to find some other good ways of balancing these aspects of our personality. Otherwise, we may remain at a stage of psychological immaturity.

我的摯友：

我認為夢境就像信件 (或電郵) 一樣，由潛意識寫給有意識的自己，並藉此描寫一些畫面，暗示新可能性，或為個人未來發展提供新方向，以供我們探索。日常生活中，如果我們寫信給朋友，但對方從不回覆，友誼大概不會長久。記住夢境如同拆開和詳讀住在潛意識裡的朋友的來信，而解夢就像回信。換言之，解夢就像有意識地回覆潛意識發給我們的訊息。潛意識和意識經常發生衝突，而學習如何平衡有關衝突會帶來個人成長。如忽視夢境，我們就要尋找其他方法，以平衡個人成長不同方面，否則將永遠停留在心智未成熟的階段。

Interpreting dreams is like replying letters to the friend who lives in our unconscious.



解夢就像撰寫回信給住在我們潛意識裡的朋友。

Stories about dream or dream interpretation?

Almost every culture has stories or myths relating to dreams. In fact, some cultures refer to their own ancient history, their Golden Age, as a “Dreamtime”. So it’s not surprising that the collective memory of that time is often about dreams.

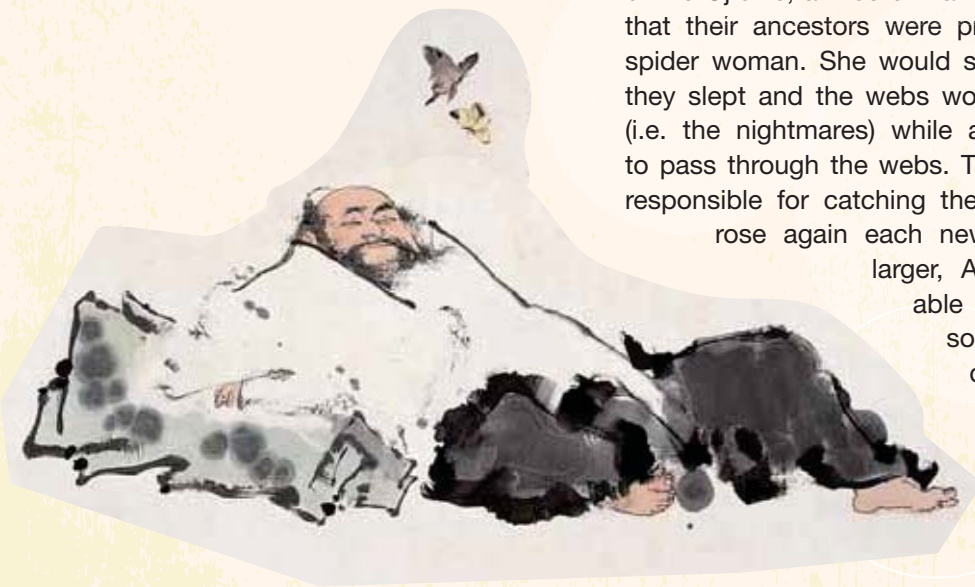
In the East...

One of the greatest ancient Chinese philosophers, Zhongzi, told a story about a man who fell asleep, dreamed he was a butterfly, and then after waking up found it difficult to determine whether he was himself, who had just dreamed of being a butterfly, or a butterfly who was now dreaming that he was a human being. The story ends with the surprising statement: “This is the transformation of things.” I take this ending to mean that dreaming offers us a daily reminder of the importance of continually transforming ourselves into a new person. But it also expresses the fact that interpreting our dreams will not always be easy!



In the West...

A good example of a culturally specific dream myth is that of the Ojibwe, a tribe of Native Americans who believed that their ancestors were protected by Asibikaashi, a spider woman. She would spin her spider webs while they slept and the webs would catch the bad dreams (i.e. the nightmares) while allowing the good dreams to pass through the webs. They believed she was also responsible for catching the sun and ensuring that it rose again each new day. As the tribe grew larger, Asibikaashi was no longer able to watch over all of them, so she taught them to make dreamcatchers, which protect their dreams in the same way when they are hung near a person’s bed at night.





關於夢或解夢的有趣故事？

幾乎每一種文化都有其關於解夢的故事或傳說。事實上，有些文化甚至會稱呼其古代歷史，即「黃金時代」為「夢時間」。因此，當聽到該時期的集體回憶大都與夢有關的時候，一點也不感到驚訝。

在東方……

莊子是中國古代最主要的哲學家之一。他曾經說過一個故事：有一個人睡着了，夢見自己變成蝴蝶，但夢醒後分不清剛才是人作夢成為蝴蝶，還是蝴蝶作夢化為人。這故事以一句「此之謂物化」作結。我認為這結語的喻意是：夢境提示我們，要不斷成長，成為全新的人。但是，這同時說明解夢並非易事！

在西方……

其中一個具有文化特殊性的關於夢的傳說，要談到美國原住民 Ojibwe。Ojibwe 相信祖先受蜘蛛女 Asibikaashi 保護。當他們睡着後，Asibikaashi 會轉動她的蜘蛛網，抓住所有噩夢，只容許好夢穿過蜘蛛網。Ojibwe 亦相信 Asibikaashi 負責捉太陽，以確保每天太陽都會升起。隨着族人壯大，Asibikaashi 無法再逐一守護族人，所以她教授族人製造捕夢網，吩咐他們把捕夢網掛在床邊，代替 Asibikaashi 繼續保護他們。



Are the common interpretations in magazines/ on the internet trustworthy?

Being chased after = feeling stressed

Seeing a shooting star
= will get sick/ get into trouble



When I teach my GE course, I try to discourage my students from depending on this kind of fixed interpretation. Sometimes such “codes” for dream interpretation can give us helpful hints, but they are often irrelevant to many readers. According to Sigmund Freud and Carl Jung, two of the greatest dream interpreters in the history of psychology, the same dream image or event can have very different meanings for different people. In order for the interpretation to be more scientific, we need a principle that applies to all interpretations but that gives freedom for each person to apply to their own situation.

I especially like Jung’s key principle, which he calls “compensation”: the unconscious shows us images or events that compensate for something that we are viewing in an



extreme way in our conscious life. So, for one person a dream of being chased might indeed be telling them that they are under too much pressure in their daily life, in which case the dream would suggest that they need to find ways to relax. But for another dreamer, the same dream might be warning them that they are being too lazy in their waking life and that if they don’t apply more pressure to their commitments, they might encounter pressure later on.

Similarly, one person might associate a shooting star with danger (a heavenly body coming into a foreign place where it doesn’t belong), and this could indeed send the message of an impending illness. But another dreamer might associate the same image with hope (as when a person says that when you see a falling star you should make a wish and it will be granted), in which case the dream might send the message that they should be more optimistic in their daily life.

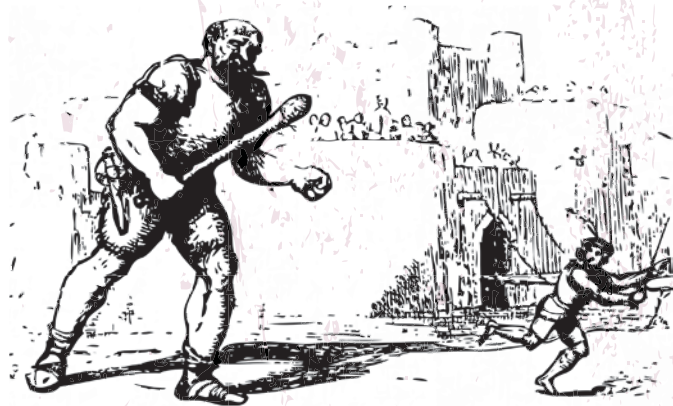
What is important in dream interpretation is ensuring that the message relates to the individual dreamer, not that a magic formula is being applied. ♻️

在雜誌/網上流傳的解夢說法可信嗎？

被人追趕 = 正承受壓力

看見流星 = 將會生病/惹上麻煩

教這門通識教育科時，我嘗試鼓勵學生別依賴這些定型的解夢說法。有時候這些解夢「代碼」能給我們有用的提示，但大多數都與我們無關。根據著名心理學家佛洛伊德和榮格所說，即使是同一夢境或事件，對不同的人來說都有不同的意義。為了能更科學地研究夢境，我們需要一條原則。這原則既能套用到所有解夢說法，又能給每人足夠的靈活性來將這原則應用到自己的處境。



Prof. Stephen Palmquist
龐思奮教授
(REL)



中文翻譯：何穎淇
(翻譯學四年級)

我特別喜歡榮格的「補償」原則。他認為，潛意識會展示一些畫面或事件，以補償我們在有意識的生活中一些極端的想法和做法。因此，如果有人夢見被人追趕，可能是夢境正提示他在日常生活中正承受着太大壓力，應找方法放鬆。但對於另一人來說，夢見被人追趕可能代表他在清醒的生活中太懶惰，警告他如不更努力地履行承諾，稍後可能會承受壓力。

同樣地，有些人可能將流星解讀成危險（天體墜落到不屬於它的地方），認為這意味着自己快要生病。但同一夢境，另一人或許聯想到希望（因為有人說，向流星許願，願望會成真）。這夢的喻意或是：對日常生活感到更加樂觀。

解夢最重要的，是要確保解夢信息是與作夢的人有關，而非單純地應用魔法公式。