

## GENERAL TECHNIQUE FOR DREAM ANALYSIS

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### ABSTRACT

Dreams occupy a third of our lives, but people most often do not pay attention to them, if they are not nightmares. Some even claim they don't dream, although studies show they don't actually remember them. This happens mainly due to a lack of understanding of the language of dreams, an inability to navigate in images, and most often due to a rejection of the truth about oneself. The ego's natural defense against the incomprehensible is to forget it, or to treat it casually and condescendingly. So it avoids unpleasant news for itself, pursuing an "ostrich policy", because it is very jealous of its integrity and exclusivity. But this has not always been the case, and in the past and even now in many non-Western cultures, dreams have been given a significant role both in the life of the community and the individual. This is mainly due to a weaker, not yet ossified consciousness, like that of a modern "Western person". This is a long topic - the dream tradition, and in Europe during antiquity and medieval alchemists, dreams were taken seriously. Often serious attitudes to dreams are attributed to "primitive" cultures or superstitions, thereby justifying one's own ignorance or inability. This article contains general technique for dream analysis, importance of dream analysis, practical method of dream analysis, Z. Freud's works about the theory of dreams.

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