HOME

Here Is What it Means If a Dead Loved One 'Visits' You in Your Dream

By bestfolkmedicine · 05/11/2018 · 2 min read



With certainty, dreams are a fascinating phenomenon which has been interesting and mystic to people from the beginning of time. Though they can be funny and unserious, there are dreams which are more vivid and serious and appear as if they are filled with meaning.

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A very common dream of the latter type is a dream of a deceased loved one. Surprised in the morning, you cannot stop but wonder what the dream could mean.

What Do We Know of Dreams?

What is known about dreams is that this is a method in which we process our emotions. We dream of past events very often because our brains are reviewing the information and evaluating it. Though it is not uncommon to not remember a dream when we wake up, Healthy Holistic Living explain that research points out that we all dream for approximately two hours per night; it is just that we are not always able to recall the dream.

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Dreaming is possible at any sleeping stage; but, dreams are more vivid when we enter the REM sleeping phase or the phase which takes place 90 minutes after we fall asleep.

What Could It Mean when You Are Dreaming of a Deceased Loved One?

From a scientific point of view, there is not much to discover about the meaning of dreams; however, dream interpreters claim that dreams of visitations may be of two types, i.e. peaceful and fearful ones.

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The former are dreams of deceased ones that make you feel happy, peaceful and comforted. This dream may be a loved one trying to tell you that they are alright and that they are satisfied with the decisions you have been making since they are no longer with you. Very often, these dreams happen just because your deceased loved one wants to tell you how much they love you.

The latter dreams may cause fear and anxiousness in the individual, and even scare him/her. This may be because their loved one does not appear “normal” and has characteristics which seem strange or odd. But, they are still trying to send some message, maybe a warning, and you should not feel apprehensive about these dreams.

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Want Your Deceased Loved One to Visit You in a Dream?

Place some of their belongings under your pillow before going to bed. This may be a letter they have written to you, a gift you received from them, or an item they loved very much.

Since the best way to know what a dream of visitation is trying to tell you is to know how the dream made you feel, have a dream journal or a pen and paper near your bed at night so that you can immediately write down dreams and not forget them.

Sources:

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