

## **Dreaming about the same person**

Dream is a natural physiological process of staying in a state with a minimal level of physical activity and a reduced reaction to the outside world, accompanied by minimal brain activity.

During sleep, the human body rests and recovers, and the body is filled with Divine prana.

Sleep promotes the processing and storage of information that has been analyzed by a person during the day. That's why we have different dreams.

But sometimes we dream of the same plots, events, images and situations, which together can cause a feeling of déjà vu.

What if we dream about the same person? What is the reason for this phenomenon? Is this a consequence of our brain activity or is it the result of some external influence? Is this a coincidence or a non-coincidence?

### **Let's consider possible variants of the appearance of the same person in a dream.**

1. You're constantly thinking about the person you're dreaming about. Perhaps you are in love with this person, miss him, and feed on pleasant emotions from what you saw through sleep.
2. The person you dream about is constantly thinking about you. Maybe he's in love with you or he's worried about you. Therefore, through an energy connection, his image comes to your mind.
3. There is some kind of unresolved situation between you. You probably didn't tell or didn't have time to do something to each other. Therefore, your brain replays the situation from time to time and looks for ways to solve the problem.
4. You are under the influence of this person. Perhaps this person controls you and your activities, so he unconsciously comes to sleep. For example, it may be the project manager, your boss.
5. Our desires and dreams materialize in a dream. For example, you had a fight with a loved one. After that, I began to have a dream about reconciliation. Here, sleep is the result of your desire.
6. A hint in a difficult situation. Higher forces can give signals about the right choice and making the right decisions in the form of certain people from your environment, so that you can find the answer to some of your questions with the help of this person.
7. This person is from your past life. Even after death, the karmic connection with the soul most dear to you is not destroyed. Therefore, one or another person can manifest their true nature through a dream and, perhaps, remind you of a past reincarnation.
8. Prophetic dream. It is likely that repeating the same dream with the same person is a prediction of your future. You need to look at what you're dreaming about. If you dream of something bad, you need to take a closer look and be more careful about some things. This will help to avoid any mistakes or troubles.
9. There is a strong astral connection between you. For example, it may be the result of spiritual practices that you conduct with this person.

10. A person asks for help through sleep. If the person in the dream practices OS and VTP, it is quite possible that he reminds you of himself through a dream in order for you to contact him. Or he asks you for help through a dream, which in reality he simply won't say to your face due to various circumstances.

11. They made a love spell on you, or you made a love spell. A spell is an action by which the second and/or fourth chakras of the desired personality are forcibly blocked and connected to the chakras of another person. Thus, an energy bond is established, which is reflected in dreams at the subconscious level of the "victim" and the person in love with her, who resorted to magic.

12. Someone is controlling your sleep. Perhaps you are interfering with someone or they want to do something through you, so they use the OS practice and mentally impose actions on a certain person you are dreaming about. It is possible that your dream is controlled by the person you are dreaming about in order to fulfill some purpose.

13. You have picked up an astral entity. If you constantly dream of a person who has hurt you, and through a dream he reminds you of a mental wound and presses on you, it means that at this time an astral entity is hovering near your body. It feeds on your energy due to the fears and negative emotions that your body experiences without realizing it, "watching" this dream, imposed by the essence itself.

14. Unexpected news about this man. If you live in different cities and don't communicate with each other, then it may well be that you will hear some news about this person, vesti, or they will write you a letter.

15. Predicting the meeting. Let's say you haven't seen each other for a long time. Then a recurring dream will signal an early meeting with this person.

16. Emotional discomfort. You've probably been in love with this person before, but you've never been able to reciprocate. It gnaws at you like the fact of losing, which is reflected in the dream.

17. You have a common cause that others see. For example, you host a program that is watched by millions of people. Looking at you, people create a kind of aura of metaphysical connection around you and the person in your dream - like a "pair" of presenters. This massive external influence can cause recurring dreams with certain people.

18. The person wants you. You can be the object of a hot passion, which the person in the dream replays in his imagination, thinking about you. Even if you don't know each other (it's a random passerby or a distant neighbor), his strong emotions are transmitted to you in a dream.

19. Randomness. Consider this situation: you were under a lot of stress or shock. Brain activity could be disrupted, and the psyche could be damaged. It's unlikely, but it's possible that this is what causes accidental déjà vu with the same person who has nothing to do with you. It's just a random projection of the brain in your subconscious mind onto your reality.

## **Conclusions**

I described the possible reasons for the appearance of the same person in a dream. It can be the result of our brain's work, or it can be controlled by another person; it can be either a logical chain of events, or a fatal accident. This may be one of the reasons listed above, or it may be the connection of several at once.

Determine who this person is to you: close, dear, beloved, familiar, unfamiliar. How does it make you feel during and after sleep? What exactly he does in his sleep, what words he says, what he is wearing and how he treats you. If you are sensitive to the information that this person is trying to convey to you or correctly identify the event that connects you with him, you will correctly correlate the reasons for the appearance of a person in a dream and will be able to guess the secret of your unusual dreams.

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