

拾夢所

Dream
mate

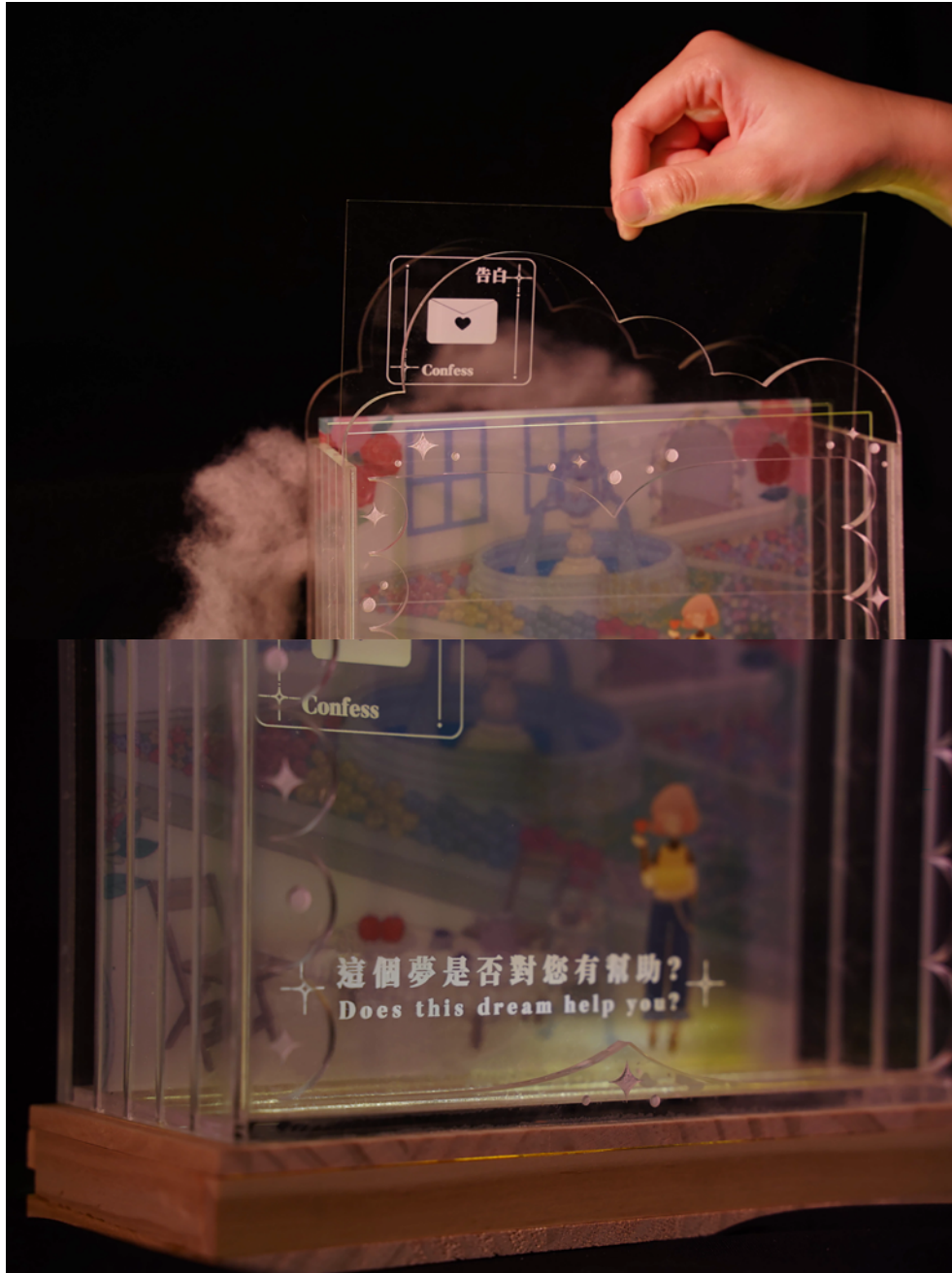
拾起日常碎片，創建理想夢境

Pick up everyday pieces and create your dream.

現今失眠、惡夢等問題層出不窮，影響著我們的睡眠。也間接侵害我們的健康。任何人或多或少有過惡夢纏身的問題。面對這樣的情況，我們選擇以改變夢境進而解決問題的方式來面對。終止夢魘的方法便是改變夢境當下的夢境內容，而要改變夢境內容，則須要我們有能力先發現”自己正在做夢。”也就是清醒夢。這就是我們嘗試接觸清醒夢並希望將其推廣出去的動機。

Now, nightmares and other problems emerge one after another, which affect our sleep. It also indirectly infringes on our health. Everyone has had nightmare-ridden problems to a greater or lesser extent. In order to face this situation, we choose to confront it by changing the dream and solving the problem. The way to end these problems is to change the content of the dream. First, we need to have the ability to discover that "we are dreaming," i.e., lucid dreaming. That's what motivates us to try to get in touch with lucid dreaming and hopefully spread it.





然而，我們發現其實清醒夢不僅能終止夢魘，更能透過操控夢境來體驗遙不可及的夢想，並補償許多來不及圓滿的遺憾。例如：「來不及和已故的親人表達感謝……。」在清醒夢中能實現所有的可能性，玩味十足且意義深刻。清醒夢更能練習即將面對的挑戰，在清醒夢中，身歷其境的反覆練習，模擬所有的可能性，大幅增加挑戰的成功度。我們認為清醒夢的好處值得被更多人熟知，清醒夢已經被廣泛運用在心理治療且被證實能有效改善創傷症候群等心理症狀。期望藉由我們的設計，帮助大家認識清醒夢，並提供練習清醒夢的教材與素材。幫助亞健康時代的人們，能夠有更健康及療癒的生活與睡眠。

However, we found out that lucid dreaming can not only stop dreaming, but also experience unattainable dreams by manipulating dreams, and compensate for many regrets that have not been fulfilled in a long time. For example: 'Too late to express gratitude to a deceased loved one.....' now realizing all possibilities in lucid dreaming is playful and meaningful. Not only that, lucid dreaming can also help us practice for challenges and difficulties that we are about to face. Also in lucid dreaming, the repeated practice of immersion in the situation simulates all possibilities, greatly increasing the success of the challenge. We believe that the benefits of lucid dreaming deserve to be more widely known. Lucid dreaming has been used by many psychologists in psychotherapy and has been shown to be effective in improving psychological symptoms such as trauma. We hope that through our design, we will help people understand lucid dreaming and provide teaching materials and materials to help people learn and practice lucid dreaming.





透過不斷的冥想練習，便能越來越熟悉清醒夢的技術。我們設計了一款內部可抽拉替換的冥想燈箱，並設計了場景卡、人物卡、事件卡與冥想卡四款卡種，挑選卡牌插入燈箱內，具象化夜間冥想的夢境素材，幫助清醒夢新手融入其中。每天挑選一組場域，反覆冥想直到夢見該場域並發現自己在夢境中，給予希望做清醒夢卻不知道如何開始的人一個練習的教材，幫助人們達成理想夢境。

This design will help people in the sub-health era to have a healthier and more healing life and sleep. Through continuous meditation practice, you can become more and more familiar with the technique of lucid dreaming. We designed a meditation light box that can be pulled and replaced inside and designed four types of cards: scene cards, character cards, event cards, and meditation cards. The cards can be inserted into the lightbox to visualize the dream material for nighttime meditation and help newcomers to integrate lucid dreaming into their routines. Each day, a group of scenes is selected and meditated on repeatedly until the scene is dreamed of and one finds oneself in the dream state, giving people who wish to lucid dream but do not know how a chance to achieve their ideal dream state. We hope we can help people who want to have lucid dreams but don't know how to start. A practice textbook helps all people to achieve the best dream.

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