



## LESSON C.6

# INTERPRETATION OF DREAM

# 梦的解析

# MÈNG DE JIĚXĪ





- Share with the class a **memorable word or phrase** you have learned from the last lesson.
- Working as a pair, make up a **simple but meaningful dialogue** that must consist with the memorable words or phrases given by both of you.
- Below is an example:

**fruit**  
水果  
*shuǐguǒ*

**eat egg friend rice**  
吃鸡蛋炒饭  
*chī jīdàn chǎofàn*

我喜欢水果。  
*wǒ xǐhuān shuǐguǒ*

我们先吃鸡蛋炒饭吧！  
*wǒmen xiān chī jīdàn chǎofàn ba*

然后吃水果。  
*ránhòu chī shuǐguǒ*



# CLASSROOM ICE-BREAKER: GUESS THE MEANING



3

to lose

丢  
*diū*

2

丢东西  
*diū dōngxī*

4

丢掉工作  
*diūdiào gōngzuò*

1

丢钱  
*diū qián*

3

丢人  
*diūrén*

5

丢脸/丢面子  
*diūliǎn/diūmiànzi*



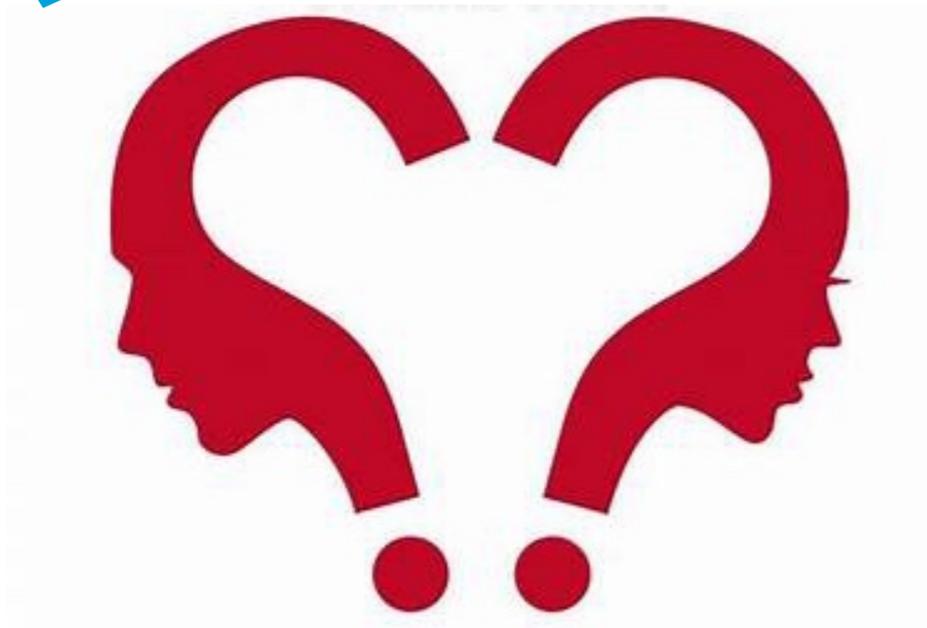


## 交友征婚概况

### jiāoyǒu zhēnghūn gài kuàng

- Match-maker 媒人(méirén): Come up with a **perfect** 完美(wánměi) profile of an imaginary friend, 男人或女人(nánrén huò nǚrén), describe his/her character with a view of introducing him/her to another friend.
- Or, give advice to a friend about what kind of people they should **stay away** 远离(yuǎnlí).

她很**完美**，她  
很**独立**.....  
tā hěn **wánměi**, tā hěn  
**dúli**.....



远离**自私**的人。  
yuǎnlí **zìsī** de rén

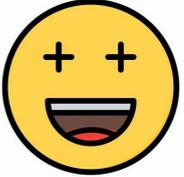
不要选择一个**自大**  
的人。  
bùyào xuǎnzé yīgè  
**zìdà** de rén



# DESCRIBE SOMEONE'S CHARACTER



## 形容人物性格 xíngróng rénwù xìnggé

					
善良 shànliáng	友善 yǒushàn	开朗 kāilǎng	外向 wàixiàng	乐观 lèguān	积极 jījí
					
狡猾 jiǎohuá	孤僻 gūpì	暴躁 bàozaò	内向/害羞 nèixiàng/hàixiū	悲观 bēiguān	消极 xiāojí
					
热情 / 热心 rèqíng / rèxīn	勤劳 / 用功 qínláo / yònggōng	成熟 chéngshú	幽默 / 风趣 yōumò / fēngqù	老实 lǎoshí	忠实 / 忠心 zhōngshí / zhōngxīn
					
冷淡 lěngdàn	懒惰 lǎnduò	幼稚 / 天真 yòuzhì / tiānzhēn	无聊 wúliáo	虚假 xūjiǎ	不忠 bù zhōng

# DESCRIBE SOMEONE'S CHARACTER



## 形容人物性格 xíngróng rénwù xìnggé

					
自信 / 有信心 zìxìn / yǒu xìnxīn	谦虚 qiānxū	大方 dàfāng	独立 dúlì	勇敢 yǒnggǎn	有力 yǒuli
					
自卑 zìbēi	自大 / 骄傲 zìdà / jiāo'ào	自私 zìsī	粘人的 zhān rén de	胆小 dǎnxiǎo	弱 ruò
					
健谈 jiàntán	果断 guǒduàn	稳重 wěnzhòng	好记性 hǎo jìxìng	保守 bǎoshǒu	爽快 shuǎngkuài
					
啰嗦 luōsuo	多心 duō xīn	冲动 chōngdòng	健忘 / 马大哈 jiànwàng / mǎdàhā	现代的 xiàndài de	敏感 mǐngǎn

# CLASSROOM EXERCISE: HAD A WEIRD DREAM



## 做了一个奇怪的梦 zuòle yīgè qíguài de mèng

我梦到 / 我梦见到.....  
wǒ mèng dào /  
wǒ mèng jiàn dào

你还记得你做过的梦吗?  
nǐ hái jìdé nǐ zuòguò de mèng ma



1. 我生了一个孩子。wǒ shēngle yīgè háizi
2. 我正在面试。wǒ zhèngzài miànshì
3. 我迷路了。wǒ mílùle
4. 我快淹死了。wǒ kuài yān sǐle
5. 我在天上飞。wǒ zài tiānshàng fēi
6. 我中了彩票。wǒ zhōngle cǎipiào
7. 我的车停不下来。wǒ de chē tíng bù xiàlái



常常  
chángcháng

有时  
yǒushí

很少  
hěnnǎo

从不  
cóngbù



## 解梦 jiěmèng

- Dream interpreting is a **popular** 受欢迎的 (*shòu huānyíng de*) culture in China.
- In ancient China, people believed that every dream revealed something about a person's **health** 健康 (*jiànkāng*), their **mental or physical state** 精神或身体状态 (*jīngshén huò shēntǐ zhuàngtài*), or **what was to come** 将会发生什么 (*jiāng huì fāshēng shénme*).
- Chinese dream theory delivers very **different dream meanings** from those of the Western psychologists and theorists.
- The most famous reference is the book **Duke of Zhou Interprets Dreams** 《周公解梦》 (*zhōugōng jiěmèng*).
- The book often appears in the Confucian classics. It is **not necessarily scientific** 不一定科学的 (*bù yīdìng kēxué de*) but at least it is **not superstitious** 不迷信 (*bù míxìn*).
- Ancient Chinese people thought that dreams were the messages from **God** or **ancestors**. They are often seen as a way to receive **guidance or warnings** about the future - **auspicious** 吉利 (*jílì*) and **inauspicious** 不祥 (*bùxiáng*) things.
- When people dream of...
  - 一只老虎 (*yī zhī lǎohǔ*) - a sign of success and prosperity
  - 一条蛇 (*yītiáo shé*) - warning of danger or deceit
  - 一只宠物狗 (*yī zhī chǒngwù gǒu*) - fragility or helplessness
  - 被狗追 (*bèi gǒu zhuī*) - a trauma or source of anxiety
  - 测试或考试 (*cèshì huò kǎoshì*) - some cause of anxiety or tension, professionally or personally, perhaps facing a situation for which you are not ready





梦是事实的反映。  
*mèng shì shìshí de fǎnyìng*



梦怎么能预示一个人的运气呢？  
*mèng zěnmē néng yùshì yīgè rén de yùnqì ne*

我们梦见白天想到的事情。  
*wǒmen mèng jiàn báitiān xiǎngdào de shìqíng*

你在做白日梦吗？  
*nǐ zài zuò bái rì mèng ma*





## 阴阳 - 再来!

### yīnyáng zàilái

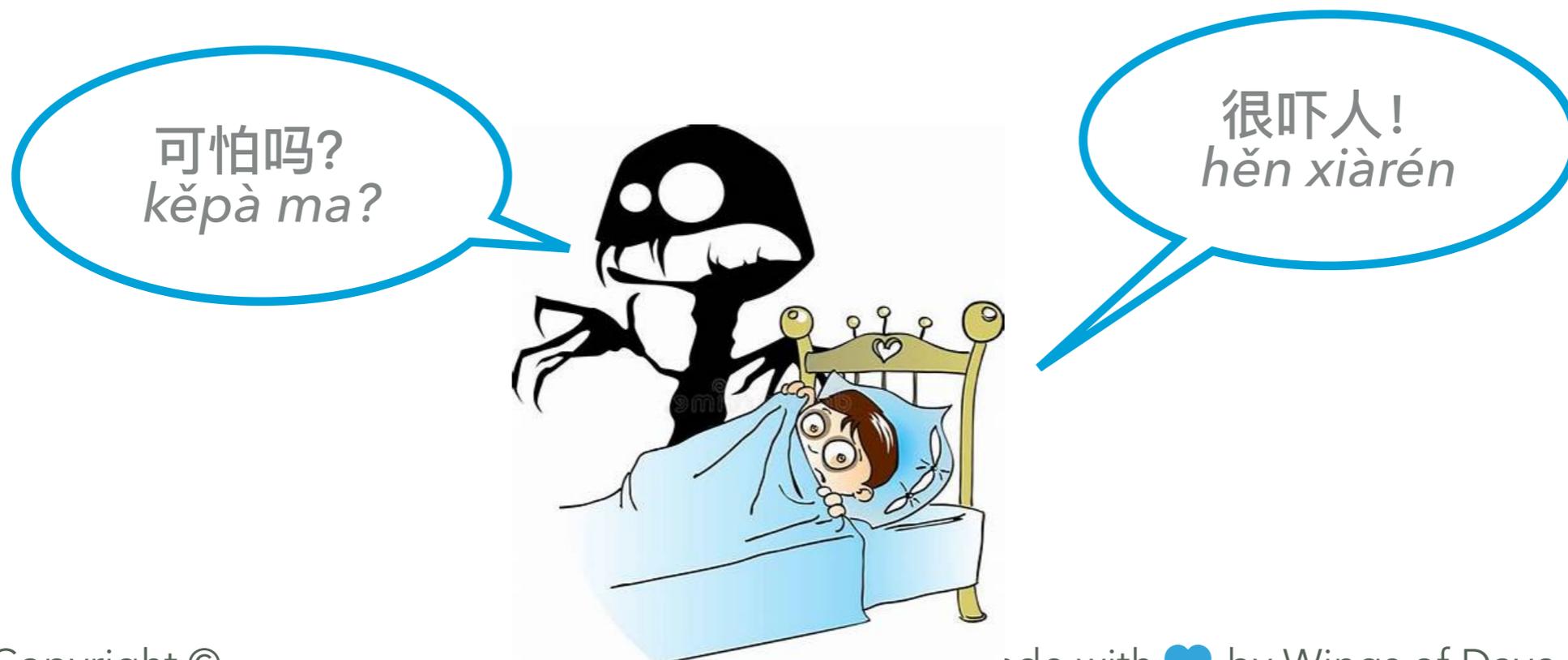
- Dream is the body's self-implication. It means the dream may predict your **illness 病 (bìng)**.
- From the TCM perspective, dreams are related to the **health condition 健康状况 (jiànkāng zhuàngkuàng)** of human's bodies.
- When Yin and Yang are **unbalanced 不平衡 (bù píng héng)**, dreams come into being.
- It is also thought that the **qi 气 (qì)** that flows through a person's body can affect their dreams.
- If a person has a lot of negative qi in their body, they may have dreams that are more **negative or ominous 消极或不祥的 (xiāojí huò bùxiáng de)** in nature, while if a person has more positive qi, they may have more **positive or uplifting 积极或令人振奋的 (jījí huò lìng rén zhènfèn de)** dreams.
- 例子 (lizi):
  - If someone dreams that he or she was roasted by **火(huǒ)** and it is too hot to bear, it means the **body's inner heat** is too strong. As a result, he or she may easily get **angry or nervous**.
  - If someone experiences **怒气 (nùqì)** in dreams, it signifies that his or her **liver-fire** is flaming, which may signal **liver disease 肝病 (gānbìng)**.
  - When someone dreams about **可怕的 (kěpà de)** things, feels terrified and distressed, or even cries in a dream, it implies that he or she has lung dryness that may lead to **lung disease 肺病 (fèibìng)**.





## 做噩梦 *zuò è mèng*

- In Traditional Chinese Medicine (TCM), nightmares consist of **upsetting** 烦恼 (*fánnǎo*) dreams during rapid eye movement (REM) **sleep** 睡觉 (*shuìjiào*).
- The heart, liver, and gall bladder are organ systems in which **stagnation** 停滞 (*tíngzhì*) of the qi and blood are associated with nightmares.
- Most of the **ghost dreams** 鬼梦 (*guǐ mèng*) are caused by the **wrong sleeping posture** or some **diseases**.



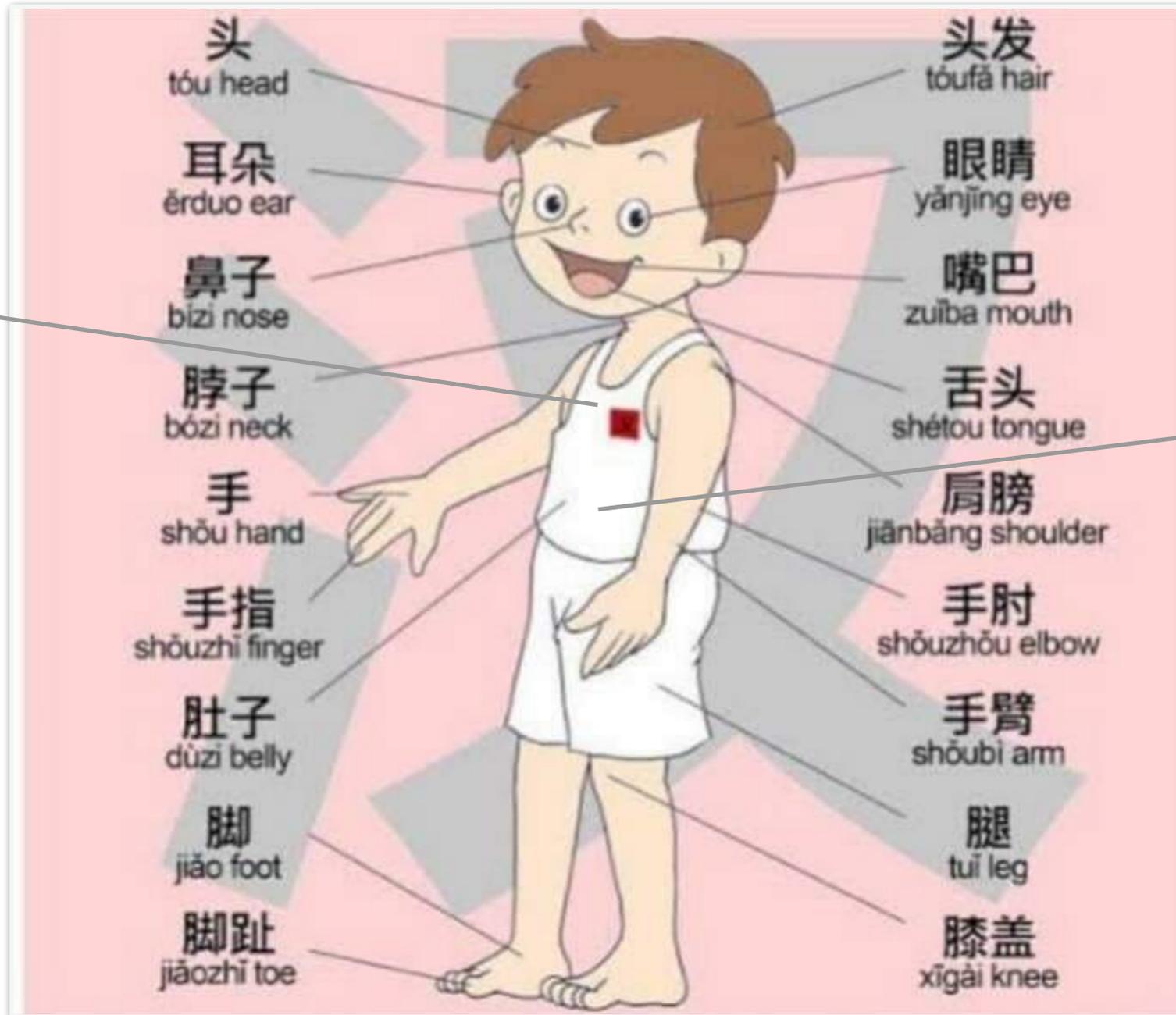
# CLASSROOM LISTENING EXERCISE: MICRO-WORKOUT



## 微运动 wēi yùndòng

- Your tutor is going to give a set of simple instructions for seated workout 坐式运动 (zuò shì yùndòng).
- Try to follow as a group.

胸  
xiōng chest



腹部  
fùbù abdomen