



## SLEEPING ON YOUR DREAMS

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I sometimes dream in Technicolor. I have proven this thru the numerous times when I wake up while in the midst of a dream. I remember brown walls and green plants and silver doorknobs. However, those are just about the colors I have detected in the dreams that I am able to recall vividly. Most times, I simply forget the colors and remember only snippety details, the kind that one easily forgets when they do something immediately after waking up. In my case, I guess whatever I remember gets scrambled along with the eggs and turned over to forgetfulness with the hotdogs. One can only retain so much with a breakfast-needy brain, I guess.

There have been times when what is retained is just the specific “emotion” evoked in the dream.

For instance, dreams of my late husband have often involved a sense of warmth and comfort that everything will be fine. Those types of dreams are what I usually have when I grapple with the worst crises or currently need some soul-searching to do. My dear spouse always figures in a dream where we do something familiar like driving to the countryside to see his parents or just going on a quiet walk. Waking up always leaves the feeling that I still have strength to go on or move on.

Then there are those dreams where I am perpetually running late or missing the bus. No matter what I do in the dream, there’s always the inability to make it to work on time. Goodness knows how this can be since I do home-based work nowadays. But <http://www.dreammoods.com/dreamdictionary/l.htm> says dreams where the dreamer is late symbolize inner apprehensions on change and opportunity. They also serve as a reminder of the frailty of one’s opinion on their ability to handle certain elements in their life.

And what about snakes in a dream? In my dreams, there are often many tiny snakes crawling quickly after me. The website mentioned above says that a snake signifies implicit fears and uncertainties again. My oh my, that must mean I do have a lot of concerns in my earthly existence!

We all look at dreams differently. I know some people who dream of numbers who immediately go to a lottery betting station and place their money on the very numbers they have seen in their dreams. And then I have heard of those who “assign” certain numbers to particular elements of their dream such as an old man that dies in the dream being given the number 38 or something just as absurd. They use the “information” to bet on small town lottery.

No matter what dreams we may have every night, let us remember that it is the dreams we nurture in our wakefulness that matter more. We need to work on those dreams that we dream of fulfilling instead of relying on those that we have while sleeping just to get by in life.

### QUESTIONS FOR DISCUSSION:

1. Try to recall a vivid dream you’ve had and talk about the circumstances when you had it.
2. What are the impact/s of the dreams you have in your sleep to you personally?
3. Are there any dream interpretations that you believe are accurate? Why so?
4. Are there any dream interpretations that you find absolutely ridiculous? Elaborate on your answer/s.
5. How have your dreams in life (i.e.: your ambitions) created a greater impact on you as a person? Elaborate on your answer.