



## THE DREAMS IN OUR LIVES

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Can our dreams give us glimpses into the future?

Although we have dreams in our sleep for no apparent reason, their significance is varied while their importance can not be so easily denied. There are those among us whose dreams possess no clear meaning, whose cinematic-like quality contain no message whatsoever. Then there are those dreams we have that are directly related to some element, ongoing or future event in our life.

We are concerned about change and current challenges and we dream of snakes, being late or climbing up stairs. We want to connect with a departed loved one and we dream of them that very night. We have problems in life and then we dream of being able to jump so high over the tallest fences and trees in our dreams.

Unfortunately, we do not always remember all our dreams. Those are the times when we say we've had a dreamless sleep and where we do not feel burdened by the interpretation of whatever dream we have had. And then there are also times when we recall nothing of having a dream while we are asleep and yet we wake up tired and feeling forlorn, like we've been traveling all night instead of lying peacefully and dreamlessly in our sleep. Discounting astral projection, such states signify that we dream all the time but only fail to remember what we dream of upon regaining alertness. How else will we explain the tired feeling?

When my husband died, I felt there was so much still left unspoken between us. He died young at age 42 and when I was just 37. The first week after we had buried him, my husband never manifested himself in ghostly apparitions. He never let his presence known by scary occurrences such as his car's engine suddenly turning on by itself or his clothes suddenly appearing on the bed. He always knew I didn't like surprises (read: I was scared and so were our kids!). Thankfully, whatever communication my late husband and I have had has always been in the form of dreams.

A believable example of this was when I had this dream of my husband handing me an invitation of some sort. In the dream, he was excitedly telling me that we were being invited to his sister's daughter's debut. In the dream, it felt like we were at his parents' home but it somehow "looked" like we were someplace else.

I quickly dismissed the dream as inconsequential and went on with living. Two weeks after I had that dream, I was informed that his sister was getting married very soon. I told my sister-in-law about my dream, and she was gladdened by the fact that her brother, as I had seen him in my dream, was all happy about the event he had been telling me about.

Believe it or not!

### QUESTIONS FOR DISCUSSION:

1. Why do we have dreams in our sleep?
2. What is your dreams' significance to you?
3. Have you had dreams where you felt overwhelming emotion? Be able to talk about those dreams in class.
4. In your culture, what are the common interpretations of certain dreams?
5. If you could participate in a scientific experiment where dreams were to be analyzed and interpreted, would you gladly do so? Why or why not?