

What are Dreams?

To define dreams, it is simply a series of thoughts, visions, or feelings we imagine while we are asleep. A very simple occurring which is often emblematic of a sound sleep, dreams have been a subject of research for many people since long.

Consequently, there are many aspects of dreams that have remained unearthed.

Philosophically, dreams are often understood of psychologists as the manifestation of what we want to achieve, what we aspire to become and how we want to live. Dreams are then essential because they keep us motivated. At night, when we dream, we often think about what we want to achieve in life. We imagine the situation in vivid details including how was the scenario and how we will feel when we achieve our dream. The sheer visualisation of our goals, aims and desires, encourage us to move ahead in life and work hard to achieve it.

There are many examples of people who have dreamt and had worked for it to finally achieve it. Be it the king of Bollywood, Shah Rukh Khan or the King of Cricket, Sachin Tendulkar, all of the successful people that we had heard of did not achieve success without a goal. All of them had a goal and had dreamt of achieving that goal. Dreams gave purpose to their lives. In this light, a person who does not dream has no sense of life. Such a person is like an aimless wanderer who is living just for the sake of living. Dreams then are a royal road to understanding the self.

Another understanding of dreams is as a means of escaping the stress and worries of life. The modern world fills man with monotony, stress, anxiety and pessimism. In such cases, dreams take a creative and a highly imaginative path. We imagine the existence of things that do not exist in reality. We imagine travelling back to history, meeting an idol and all of the things that are practically impossible to achieve in the real world.

While it is very difficult for anyone to objectively understand, define and characterise dreams, it is crucial to point out that they are natural to all human beings. They are the reality like manifestation of our feelings that can be as beautiful as a peaceful snow-covered mountain and as scary and terrifying as a horror movie. They are mystic, mysterious and inexplicable while being motivating, aspiring and encouraging.