

Have You Allowed Your Dream to Die?

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By Tony Pitwood

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I have always wanted to fly . . .

I thought of, wanted to, made enquiries about joining the Air Force after I left school, but it never came together.

Then this happened, and that happened, and it receded into the dim and distant land of wishes and unfulfilled hopes.

Until –

10 months ago, I picked up a book at my brother-in-law's on Paragliding. He's been hang-gliding for years, but somehow that never really appealed to me.

But as I started paging through this book, I suddenly got back all my yearnings and intense desires to soar like the birds. Mechanical flight doesn't quite cut it for me, and I never considered Gliding – thought it would cost too much. :o{

How many things in your life have you dismissed as unrealistic and unreachable on the basis of "your thoughts" instead of doing a little basic research?

(I will not divulge my shameful history!)

But here was what I had been looking for for so long. I could feel myself floating along on the thermals under the wing – I could taste the freedom.

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As soon as I got back to my PC, I searched for Paragliding schools in our vicinity, and found one not too far away that offered a training course, etc.

Needless to say, the price of the course, apart from any equipment, was totally beyond my reach at that time. I was expecting some money to come in in about 3 months' time, so I wisely decided to leave it till then.

But I unwisely – very foolishly – in fact, damned stupid of me :o{ – put the book to one side, and didn't look at it again.

What happened? You guessed it – the money came . . . and went.

And before I realised what had happened, all the old familiar excuses had been used to let another glorious opportunity pass by unrealised.

I feel sick.

I can't even say I fell for the oldest trick in the book! (I did it to myself)

When I got round to picking up the book again, my tattered dreams fell out of the pages and fluttered to the floor.
(Poetic language? Not really, just trying to describe the sickened feeling in my heart)

Now I have two choices:

- a) Leave the pieces on the floor.
- b) Start again from the beginning, and this time, make sure I do it properly.

Dreams have to be watered, nurtured, weeded and cared for.

Or they shrivel up and die.

Before this happened, I knew why it was necessary to do this – in my head.

Now I know in my heart – now I comprehend – now I understand.

And I realise that I have another chance to fulfill my dream.

And Lord help me if I blow it this time –

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I will never forgive myself!

Tony Pitwood is a motivational writer who inspires the hopeless, encourages the desperate, and uplifts the fallen. Visit his web-site <http://www.admirablehomebusiness.com> or click here for a free subscription to his newsletter, Flying High. <mailto:5025.subscribe@quickpaypro.com>

What You Always Wanted To Know About Dreams And Their Meanings

By Susan Wellington

Every dreamer has asked questions about why we dream, and what those dreams mean. While every dream is unique to the person who dreams it, the world of dream interpretation is a rich, fascinating and exciting one. We have included here some of the most commonly asked questions about dreams and their analysis.

What is the significance of dreams? Yes. Dreams do have significance in the real world. Dreams are told in a symbolic language, and the images in dreams tend to contain hidden meanings and hidden messages. When analyzing and interpreting dreams, it is important to understand that the stories told in dreams are symbolic and not meant to be taken literally. The significance of dreams for each dreamer is a personal matter related to each person's experience and emotions.

Why do recurring dreams happen? Recurring dreams are among the most common types of dreams. Most often, recurring dreams indicate that the dreamer has some issue that is not being confronted in his or her waking life. Examining these recurring dreams, and understanding what triggers them, can often allow the dreamer to resolve the underlying issue and banish the recurring dream.

Do most people dream in color? Most people do dream in color, but many may not notice the colors in the dream world. Since color is such a natural part of our normal day to day experience, color may be overlooked in the dream world. In addition, because dreams fade so quickly, the sense of color may be the first thing to leave the conscious mind.

Do animals dream as well? All mammals studied have exhibited the same brain activity that humans exhibit during dream sleep. Many scientists see this as proof that animals do in fact dream, although what they dream about is likely to remain a mystery.

How are dreams affected by our daily lives? Any feelings or thoughts repressed during the day are likely to make an appearance in your dreams during the night. For example, if you wanted to show your anger to someone but were unable to do so, you may express anger to that person or a similar figure in a dream. In addition, those who have experienced traumatic events are often troubled by nightmares in which they relive that trauma.

Do men and women dream differently? Men and women both experience the same brain wave activity during dream sleep. The content of the dreams of men and women do differ, however. Studies of dream content have shown that men tend to dream more about other men than about women, while women tend to dream about men and women equally.

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Why do I remember only bad dreams and never good ones? One reason is that the most vivid dreams tend to be those that are remembered, and nightmares are generally more vivid than good dreams. In addition, sleepers are often awakened by a particularly vivid nightmare, and waking during dream sleep means that the dream will most likely be remembered in its minutest details.

What does it mean to dream about dreaming? Experiencing a dream within a dream may be a way to deal with items from the subconscious mind. A dream within a dream may prevent the dreamer from waking up prematurely, and they often are reflections of a critical issue that the dreamer needs to

confront and gain control of.

Will I really die if I hit the ground during a falling dream? The many people who have described hitting the ground during a dream about falling are proof positive that hitting the ground in a dream is not a terminal experience. It is true, however, that dreams of falling often wake the dreamer, and that is probably where that old legend got its start.

If you want to learn more about dream interpretation or what a dream does mean just visit the free website at:



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