

Life is but a dream

Spiritual Wisdom

Wake up! At least now, wake up, o foolish one. Consider this whole creation as a mere dream. This world is like a flower in bloom; as you watch it, it wilts right before your eyes. So, why are you attached to it?

—Brahmananda

One way to describe the nature of this world is to use the metaphor of a dream. When you're dreaming, you experience all these objects and events. You have perceived histories with the people in your dream and may go through conflicts, communications, responsibilities, and phases of good and bad fortune. In the dream state, your unconscious mind can create any scenario and characters it desires.

What are your dreams made of? What are the people in your dreams made of? Who are they really? What are the situations and obstacles in your dreams made of? Every one of them is made of nothing but your own consciousness.

Think about it – you pick something up in a dream, and feel that it's solid and separate from you, but it's neither solid nor separate from you. It's your own consciousness manifesting as the illusion of that object and all the other objects in your dream.

If a spiritual person came up to you in your dream and said, "We're all one!" your dream persona may think the person is a little strange or "out there." But the person would be absolutely right. Everything in your dream is created from the same creative consciousness of your so-called "unconscious mind."

This dream metaphor is similar to what some of the world's most profound philosophies say this entire universe is. You are one with the creator of the whole thing, but you disguise yourself and cover the truth. Then you get to experience your life as real and existing outside of yourself. It's exciting because you never know what will happen next!

Don't Forget

Above all the goals and concerns you may have within your waking-state-dream, the foremost goal from a spiritual perspective is to know that you're dreaming and to WAKE UP!!!

Interpreting your life~dream

You walk out of the door one day, and every person you meet is smiling at you with beaming looks of love. A puppy runs over to greet you. Every traffic light seems perfectly timed to turn green just when you want it to. An unexpected gift comes in the mail, and that song you love comes on the radio. Have you ever had days like this?

Then there are those other kinds of days, where everything seems to go wrong — from big things to little things, right down to the bad-hair day and lost car keys. Sometimes you may even think that a big meeting was held for everyone you know, where they were all given instructions on how to make your life difficult!

One way to apply a higher perspective viewpoint to your life is to realize that, just as in your dreams, your waking state is also filled with a rich tapestry of symbolism. Without a spiritual view, the world can appear to be quite drab and meaningless. However, after you begin to appreciate the profound symbolic nature of your waking state dream, even difficulties or boring times can become fascinating and educational. Everywhere you look are lessons, omens, patterns, and synchronicities to discover.