Nothing happens unless we first dream- Carl Sandburg

Beautiful things start from a place where they only appear real but are not.

When we sleep at night and dream, it appears real until we open our eyes. Many of the time we forget the details of the dream. Sometimes immediately, while other times we forget much later. Interestingly, in the real life we also dream, however, in this case, we dream while fully awake. These are the dreams that birth beautiful things. These sorts of dreams are what we also call aspirations or something along that line, and that’s what you’ll be reading about here.

So, dreams, are they self-stimulating? Do they magically turn into beautiful real things?

I’ve spent the last 2-3 years of my life writing personal statements for grad school admission. No, not for other people, but for myself. Did I get in? Well, that’s a story for another day. I must admit it was quite a journey. During that time, it was difficult to not have a deeper thought about my life: where am I coming from? Where am I? where do I want to go from here? I realized two unavoidable and subtly loud questions: “do you have a dream? Where did it all start from?” I once wanted to be a medical doctor because I spent a lot of time in a clinic. Safe to say it started from seeing peoples’ spirits lifted when their treatment worked just fine. As I grew, I realized it wasn’t just about being a medical doctor but about serving people. An interesting story I have read is that of Mark Zuckerberg. Facebook, or the idea of Facebook, is the result of someone’s dream, however, the dream isn’t all there is to pay attention to. I’d say the dream was triggered. Here’s an interesting part of the story:

*"*Ten years ago, you know, I was just trying to help connect people at colleges and a few schools. That was a basic need, where I looked around at the Internet and there were services for a lot of things that you wanted, you could find music; you could find news; you could find information, but you couldn’t find and connect with the people that you cared about, which as people is the most important thing. So that seemed like a pretty big hole that needed to get filled."

I love how this part of the story excellently captures both the dream and the trigger. A need triggered Mark’s dream of connecting people while satisfaction triggered my dream of serving people. Whatever a person dreams, there is always a trigger. I think this right here is one thing people get wrong: What triggered your dream doesn’t necessarily define the way you go about it. Does it? I got it all wrong at the beginning thinking it was about being a medical doctor. Failure to realize right in time could have landed me in medical school where my whole life could have been filled with frustrations and regrets. The need to connect people didn’t define Facebook, Mark defined Facebook. He defined how he wanted to meet that need.

Furthermore, it is not enough to have dreams and keep dreaming, the beauty of a dream is in its realization. The purpose of a dream is the realization of it: the reason why you dream is so that you can bring it to reality. Look around you, every beautiful thing around us today are the dreams of people brought into reality.

In realizing a dream, there is a crucial need for harmony! You must ensure that you allow your soul to harmonize with the dream. Another word I would use for this is "fusion". Let your soul and the dream fuse. This ensures that your focus is 100% and not divided. Harmonize yourself with your dream as this will keep you on your feet all the time! The amount of attention you give to your dreams usually affects how well you and your dreams are in harmony and oneness. Harmony brings clarity!

Finally, beyond clarity, courage is built in harmony! When you are already one with your dream, you will find the necessary energy and boldness to want to work it out. This helps you to go all the way even amid an unfavourable environment. You will always be courageous enough to take the necessary steps.

Dream, it’s good, but give your soul to it if you want to enjoy the dream. To enjoy a dream, making it a reality is important. In giving room for its realization, allow harmony and let courage build up!