**My Dream Diary**

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This dream diary is a short account of some of my dreams, that I experienced during August and October of the year 2019.

Along with the explanation of what I saw in a dream, the diary also contains my own reasonings and/or interpretations (if I had any) for the specific dream.

**Dream Story 1: A Trip to the Beach**

My cousin has recently gotten married. He is the eldest of our generation in the family, hence, this marriage was also the first. Since it was a special occasion for our family, we decided to have some extra celebrations and fun, along with the required wedding rituals.

The usual ceremonies are now over and today, the entire family is going for an overnight beach trip, including the recently added member of our squad, my cousin’s newly-wed wife.

I have no idea which beach we are going to, my uncle, who has already made all the arrangements and booked a place for us to stay overnight, is saying that it is a surprise for us. It is early in the morning, and our bus is here. We get on the bus, and now we are on our way to the surprise destination.

The bus stops and everyone starts to get off. We are walking on the sand towards the sea, breathing the freshness of ocean breeze.

Suddenly, Paradise Point appears before my eyes. This is like a dream come true, I have only seen this beautiful beach in pictures, and I always wanted to visit here someday. Something, however, is strange about this scene. The two pieces of this beautiful sandstone rock, in the scene I am in, are still intact. The signature rock of Paradise Point, in front of my eyes, looks similar to its pictures from the 1950's, instead of the ones from the 2010's.

Once again, the scene changes, a beautiful house appears before us, and apparently this is where we are staying for tonight.

It is evening now, we are outside sitting on the sand making a circle, waiting for the food to be cooked. The sky is very pretty right now. Shades of Purple, Blue and Orange colors, that fill the sky, and the beautiful rock, which looks black due to darkness, make the scene look mesmerizing. The sound of sea waves in the background is so soothing, it feels like my long-lost energy is getting replenished.

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This dream reflects a lot of things from my waking life, including my love for nature's beauty and my desire to see the Paradise Point. I think the cousin's marriage part was a result of my wish to enjoy his wedding properly, which I could not, due to my tight schedule and workload from university, since his wedding was during my exams.

I have no idea if this is related to my dream or not, but to my own surprise, I saw the same sky from my dream in a picture, uploaded by a celebrity on twitter. Also, when I went to the rooftop of my house, to take photos of the sunset, I saw the same sky once again, and such a beautiful sunset is very rare in Karachi. Both these events happened on the day following the night in which I experienced this dream.

**Dream Story 2: The Murder Mystery**

I am in a forest with my friend Ms. ABC. We are hiding from a man Mr. XYZ, who is searching for us in the city, since he wants to kill us. XYZ has already killed one of us friends, Ms. TQV on her way back home last week.

XYZ wants to take revenge on us, as he believes that we are involved in the kidnapping and merciless murder of his 5 years old son, happened 6 months ago.

But actually, XYZ is also just a victim, manipulated by the evil person, who is also, in fact, the culprit behind his son's painful death. The evil person has put all the blame on me and my friends. Since he is very rich, he has also paid related people and police to fabricate evidence against us.

The scene changes, now me and my friend ABC are in a room, and XYZ is sitting in front of us, apologizing for the murder of our friend TQV. He told us that the evil person, with the help of his perfectly evil plan, totally brainwashed him into thinking that we were the criminals. Luckily, he overheard the evil person, talking to one of his accomplices, and he realized that he went after the wrong people, turning himself into a murderer as well.

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In this dream, I could not see the faces of the people so I have no idea who[[1]](#footnote-1) they were and why I saw such a dream.

**Dream Story 3: Losing the Track of Life**

It is 9:45 a.m. and my early morning STS class has just ended. Since my philosophy course, Dream Interpretations: A Decolonial History, is over now[[2]](#footnote-2), STS is my first and last class for the day. My phone rang, it is my dad, telling me that he is at the university gate to pick me up.

It's 10:05 a.m. and I just reached home. I have an assignment due at 4:00 p.m. so right after washing up and changing my clothes, I have started working on my assignment.

My assignment is done, so I lay down on my bed and turn on my phone to check the time and notifications. It is 12:35 p.m., but wait, it says 'Tuesday' under the time? I am looking at my phone’s lock-screen, which is a picture of my class schedule for this semester, and it clearly says that I have a lab at 3:30 p.m.

My brain has gone blank. I am trying to process why I thought it was Thursday in the first place, and came home early, when it is Tuesday today. I am in panic, thinking whether I should go back to the university. Luckily, there is still a lot of time before my lab, and my dad has not left for the hospital[[3]](#footnote-3)yet, so he can drop me to university again. I am going out of my room to inform my dad about the situation.

Suddenly, the scene changes. I am in my room once again, laying on my bed, laptop on my lap and the screen shows the programming assignment I was working on. This is evening or almost night time, since the sky looks dark. In confusion, I check my phone once again and this time, the screen displays 7 p.m., Wednesday, 25th September, 2019.

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Soon, after drinking the evening tea made by mom, I got my senses back to normal. I realized that this whole Tuesday Thursday confusion was actually in my dream, which I experienced because I fell asleep, while working on my assignment. The Dream Interpretation course is not actually over yet, in fact, I had my presentation in yesterday’s class.

The fact that even after waking up, I was unable to realize that I just had a dream and I am awake now, clearly shows that I am slowing losing the ability to differentiate between my waking life and sleep. I think this dream is telling me to take a proper break from my stressful life.

**Dream Story 4: Prank or Surprise?**

I came back home from university in the evening. I greeted my parents and went upstairs to my room. As I opened the door, I saw my room filled with snakes, and it felt like the snakes started crawling towards me.

I screamed so my parents could come and help me, but I could not hear my voice myself. I tried to run away but my body had lost all the strength, as if I got frozen at that one spot.

Suddenly, the scene changed, my parents and siblings were now in front of me, and everyone was laughing. They told me that those snakes were fake and it was a prank, set up by Mr. Park, who was, as I just noticed, standing right beside my dad. I was embarrassed for getting tricked so easily, but also happily surprised at the same time, since Mr. Park visiting our home was an unexpected event. Later, we had supper together, and then Mr. Park left. I was waving to him as he sat in his car, and suddenly I woke up.

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Actually Mr. Park is a popular actor and a very nice person. He played the only negative role of his career, as a psychopath killer, in the drama I recently watched. Therefore, this dream, in my opinion, was my mind's response to that character, who was completely opposite person in comparison with Mr. Park, but had the same face. The prank was a sign to show that the evilness of that character was also fake, and Mr. Park is actually a good person, who gives people happiness, like he gave me with his visit.

**Dream Story 5:** **Cats and Secrets Part-1**

I was in a mall, shopping with my mom.  I was appreciating the cute jewelry at some stall, when I heard my mom, who was calling me to come with her as she found a nice dress for me, in a shop upstairs. I turned back to look at where she was going, but suddenly, my mom disappeared in the crowd. I was confused about what just happened, I felt really scared and started running to look for her.

As I was running through the corridors, blind to everything except my mom's face, I bumped into someone. When I looked at the person's face, it was my best friend from school whom I had not seen ever since I joined university. Tears filled my eyes, since I was so happy to see her after such a long time. Full of excitement, we held each other’s hand and like little kids, we started to roam around the mall, in a half walking-half jumping manner. After some time, we went to the food courts to get something to eat. It was getting dark, so we decided to go back home.

My friend lives near the mall so I offered to walk with her to her home first before going on my own way. As we were walking towards her home, I realized my mom is not with me. Usually I would get in panic if such a thing happens, but to my own surprise, I was really calm and thought that I would just call her after sending my friend home.[[4]](#footnote-4)

Finally, we arrived at my friend's home, but this was not where she actually lives. From outside, this place looked like the backyard of a restaurant or wedding hall. I asked my friend where we were, and she told me that it was a wedding hall owned by her brother in law, and right beside the hall was her sister's home.

Suddenly, someone opened the old, rusted gate of the hall and a cat came out, screaming in pain, its tail and ears were gone and all I could see was blood. The gate was wide open in front of my eyes and inside, I saw a lot of cat ears and tails, scattered on the floor.

I was shocked and angry, thinking how any normal human could possibly do such a horrible thing, to any living being. Then a man appeared, he was a cleaning staff at the wedding hall. He told us that some bad kids from the neighborhood abused all the cats in the area, cut their ears and tails cruelly, and then dumped them in the hall.

I was extremely terrified and shocked, so I refused when my friend asked me to come inside for some tea. We said goodbyes, I started crying again because I had missed her every day, for the past two years. I knew that I would not be meeting her again in near future, unless there is another similar coincidence, which is impossible considering that it was our first time, experiencing such a lucky encounter, in our over six years of friendship.

**Dream Story 6:** **Cats and Secrets Part-2**

I was outside my college, and there was fire everywhere. All the buildings in the surrounding were blasting, one by one, but my college stood unharmed. I ran towards the college, in order to go inside the building and save myself from the fire. Suddenly, a cat appeared right behind me, and it started chasing me.

Running on the fiery road, while the fear of both the cat and fire killing me already, I finally made it to the college gate, but the gate transformed into the sliding door of my old home's living room. I entered the room, and quickly slid the door close behind me. Right before the door closed, the cat jumped in and it got stuck between the sliding door and its frame.

I could not let the cat keep hurting just because it was scary, but I could not choose to die myself either. I was trembling with fear, but fortunately, I managed to slide the door wide open in one go and ran out once again.

The burning fire was gone, and all I could see were ashes and demolished buildings. Some people were standing in a corner, and as the faces became clear, I saw my best friend among them. I wanted to go and meet her, so I started walking towards the group. Before I could reach my friend, I heard the sound of cat behind me. I fell down, the scary cat came running towards me, jumped over my motionless body, into my friend's arms. I could not understand what just happened and suddenly, I woke up.

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This dream was very strange and scary. I do not know about the buildings burning, but it was the second cat dream I saw in a week, and my best friend was also there, in both of the dreams. To understand the relationship between cats and my friend, I asked her, right after waking up, if she likes cats. She told me that she does, and she always had a cat, whom she had recently lost. All these years, she kept it a secret from me since she knows my cat fear better than anyone, and she did not want me to get scared of her.

Also, my friend losing her cat recently might be the reason I saw the injured cat and cat body parts in my first cat dream.

**Dream Story 7: From Ship to School**

I was on a wooden ship with a few other people. We were commandeering the ship from where it was docked in a city. The city was dark and we were surrounded by skyscrapers. We took the ship to an old shipyard near the port. There were many abandoned and partially destroyed warehouses around us.

After we had gotten rid of everyone on the ship, we were talking amongst ourselves. There was a ghost with us, whom I distrusted for some reason. There was a flashback, but all I remember is that I didn't trust the ghost then either.

The scenario changed, and now, my mom, sisters, and I were walking through a city (the same city where I went with the ship and other commanders) looking for a building to set up a school. We found a building that looked like an old theater and went inside.

Inside, the building was bright, the floors were tiled in the same large marbles that my high school had, and the walls were wall-papered with weird designs. We looked through a few rooms, then we were attacked by strange monsters. I fought the monsters with a large hammer. We all got separated.

The building was suddenly populated, not just with the monsters, but also with small children. I looked through the rooms in the building for my family while I continued fighting with the monsters. Each of the rooms I looked in, was full of children.

I kept searching and eventually found my family in an elevator. I boarded and the doors shut. The elevator was definitely ascending, but it felt like it was falling. After a few seconds it began tilting and then started to tumble.

Suddenly, the elevator was back to normal and it stopped. The elevator doors opened, light from the outside hit my eyes, and I woke up.

**Dream Story 8: The Friends in Dream**

In this dream, I knew that I was dreaming.

In the dream, I was a boy named Chris, sitting with two other people, who claimed that they were also dreaming. Apparently, they were both friends and both very excited about knowing they were in a dream, together.

One of the friends, Alex, ended up wandering off, so the other friend, Alan, asked me for help to find him. I told him to not try to look around for Alex in the dream setting, and instead, calm down and feel where Alex was within himself. Then I followed my own advice and found Alex by scanning for his identity in myself. I grabbed Alan by the arm and we kind of did a fast blink or teleported to Alex’s location.

Reunited, I told them that it is better to hold on to an arm or hand just to keep stable and not get lost in the dream. We stood on some yard overlooking a city, there were beautiful trees, houses, nicely kept lawns. The sky was blue and the air was fresh.

Alex turned to me, with tears in his eyes. He thanked me for helping him and told me that this was the most incredible experience of his life. He could not believe this was real, and that people can actually experience lucid dreams. He was very grateful and that made me feel good.

As I was leaving, both the friends just stood there in awe of the dream. I could not stay longer with them because I knew it was time to wake up and finish my assignments.

**Dream Story 9: YouTube Leads My Dreams**

I felt something on face, under my right eye. I thought I got a new pimple, so I went to look at in the mirror.

I was standing in front of the mirror, looking at a blister appearing on my cheek. The blister was getting bigger and bigger, and after few minutes, it became like a small balloon. I could not understand what was happening, but since I was not feeling any pain, I decided to just watch without doing anything.

The blister was getting filled with blood, still growing bigger alongside, and eventually, it turned into a heavy bag full of blood, hanging on my face. But I still did not feel any pain.

I was watching my face, the right side of which looked horrible. Suddenly, the blister popped and there was blood, everywhere in my room. My eyes got splashed with blood as well, and all I could see was red color.

The scene changed, I was still standing in front of the mirror, but this time, my face looked flawless. There were no signs of the blister on my face, but the blood was still there, all over my room.

Suddenly, I heard a cracking sound and, in the mirror, I saw a crack on my right cheek, the exact same place where the blister first appeared. This time too, there is no feeling on my face.

I got terrified. I wanted to scream, so my parents could come and help me. When I tried to open my mouth, the crack started to spread. As soon as my mouth was open enough so I could speak, my face shattered into small pieces like a fragile glass wall.

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When I woke up and recalled the dream, I knew exactly why I experienced this kind of a weird dream. Actually, that night, I watched some disturbing YouTube videos about trypophobia and some other phobias, and those videos definitely effected my thoughts. I have observed that usually, my dreams are related to whatever I think about, before sleeping.

**Conclusion:**

This exercise of keeping a dream diary, that we did as a part of our Dream Interpretations course, turned out to be a really good experience. I started remembering my dreams. Also, to be able to dream, I had to sleep first, so I slept properly, at least once a week, which played a big part in my survival through the semester.

Our dreams are amazing, they make us aware of our own thoughts, which we usually ignore. Paying attention to our dreams also shows us a pattern of our thoughts and desires, in relation with our dreams. We can also compare our sleeping and waking lives and analyze their relationships with each other as well.

1. I had to name the people, with a random set of three alphabets, in order to explain the story. [↑](#footnote-ref-1)
2. Since normally, I have the philosophy class in the afternoon. [↑](#footnote-ref-2)
3. my dad is a doctor. [↑](#footnote-ref-3)
4. I do not know why I did not think of calling mom on her phone, when I was desperately searching for her in the mall. [↑](#footnote-ref-4)