

There are many who believe that human beings are the only animals that dream. I can't say for sure if this is true or not. I know that my dog often reacts to something while she is sleeping, and it must come from within because there is nothing coming from without. So I have to assume she is dreaming. But my dog's dreams, as much as I'd like to think of her as a person, will never become her goals. For dogs it is basically eat, sleep and play. Except for the occasional super heroic moment, most dogs spend their entire lives being motivated by their owners or trainers.

So as humans, we at least differ from animals by providing our own motivation. That's why our dreams become so important. Our dreams are our goals. And, our goals provide us with the motivation to try more, do more, and become more. As Mark Twain said, "Don't part with your illusions. When they are gone you may still exist, but you will have ceased to live." As usual, Mr. Twain is right on the mark. Without our illusions, our dreams, we will cease to live. Not that we will actually die, but that our spirit will die. The engine of our daily drive will grind to a halt.

Your dreams are the oil that lubricates this engine, providing it with a frictionless environment capable of accomplishing fantastic feats. In your dreams you run faster, leap higher, swim deeper, climb higher, look thinner, say wittier things and can fly. (I know I do, don't you?) When I dream, I do it nonjudgementally, the same way I brain storm or problem solve. In a dream state, during the depths of unconsciousness, you are truly free of the limits of reality. It is here where the mind imposes the limitlessness of possibility on your memory. From my dreams I get inspiration. Sometimes I'm even able to remember enough of what took place to actually develop a strategy based on my unencumbered thoughts.

Dreams and Goals

In your waking reality you are affected by a myriad of complex stimuli and judgmental parameters that limit your ability, not so much to achieve as to attempt. Your dreams are your subconscious programming mechanism. It is not easy entrusting your fate to your dreams. It takes a lot of faith. After all, what proof do you have that it will work out?

Okay, that's already a negative way to begin. Now, a much more positive way to approach the process is "What proof do you have that it *will not* work out?"

Wherever your dreams come from, whether in the night, the middle of the day, asleep or awake, listen to them. They are the beating of your heart. They are the calling of your passions. Within your dreams are the realities of your tomorrow. If you have a dream cherish it, protect it, and whenever possible *live it*. Not just today or tomorrow – but every day of your life. You may not realize your dream in the beginning, but you will get closer to your destination every day. And the journey... ah the journey! That is truly what your dreams are all about. May you continue to enjoy your dreams as I continually to enjoy mine.

And, that's The Don E. Smith Experience.