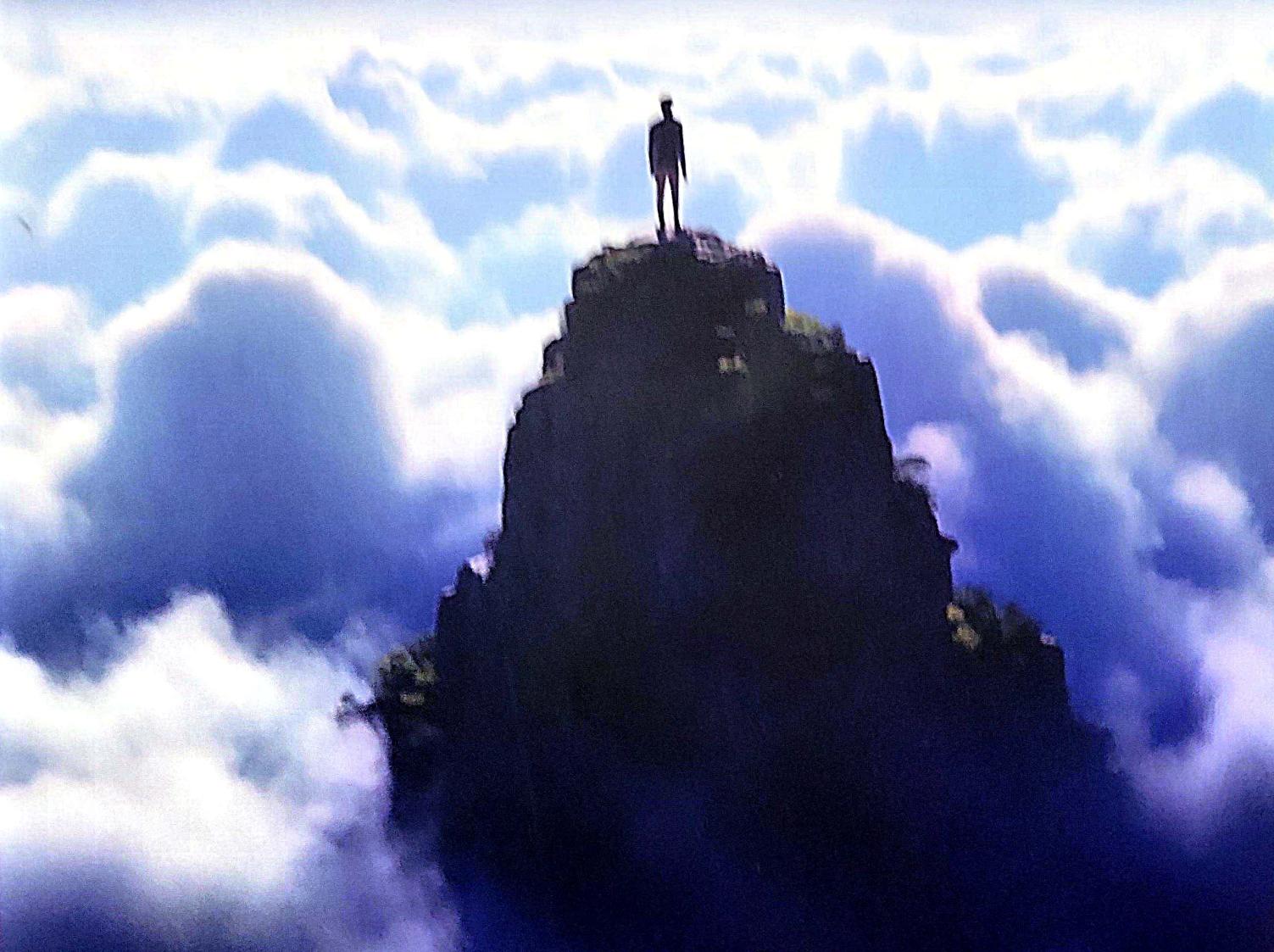




# Khwaab



Compiled By

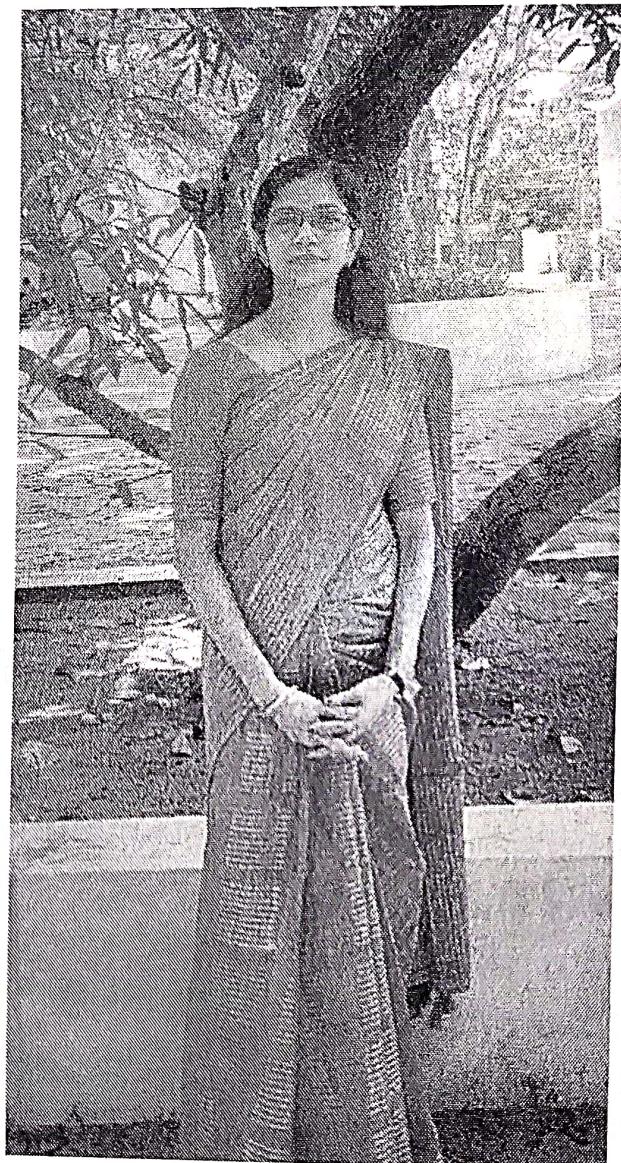
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## Dreams

Dreams are fleeting whispers of the subconscious mind which are made up of bits of emotion, imagination, and memory. Their quality varies greatly, at times being hazy and elusive and at other times bright and thrilling.

When dreams come true, they're like windows into worlds that exist outside our conscious awareness. These dreams frequently reflect our deepest aspirations, anxieties, and unsolved issues. They can be quite powerfully felt, taking us to extremes of happiness or sadness. In addition, dreams can serve as creative archives, where concepts germinate like seeds in rich soil and are ready to be plucked upon awakening.

Whatever be their form, in general we can say that dreams are a window into our subconscious minds, a bundle of feelings, ideas, and symbols waiting to be deciphered. They extend an invitation to us to solve their riddles and look for deeper significance in their storylines.

My nature is that if I sleep during the day time I would get a shallow sleep at night and would definitely have dreams either: a nightmare in connection with a movie that was watched recently or book that was read or a recurring dream, a prophetic one, or sometimes even a healing dream. At times I imagine, if at all I had a choice in deciding which dream to have, definitely I would enjoy those dreams.

When I was a child I used to have a recurring dream, with similar themes, settings and narrative. I can't say for sure how often I got it. It was not exactly the same each time I saw, but had some differences. It might have indicated certain unresolved conflicts, persistent anxieties, or important issues that needed solution.



The general nature of the dream was that I had a creature living in my ears that would have some demands at times that should be fulfilled. At many times it was a friendly being, as I was able to share my anxieties, beliefs and wishes. But sometimes it turned out to be a scary being. It seems that the quality of the dream was also influenced by my state of mind and the events of daily lives. Stress, illness, and medications can make our dreams with shades of confusion. Conversely, those mysterious journeys are moments of serenity and contentment that gift with peace and fulfilment. The same happened in those days; sometimes that dream gave a healing effect and sometimes a negative impact.

As time went on each time the dream started giving a message or even a precognition of an upcoming incident. Later the creature's face also became evident, it had a human face that was very cute and pretty. Eventually, that face got imprinted in my mind also. One fine morning when I found myself captivated by the recurring dream, as I got a solution to a problem through an indirect suggestion. It was an issue that disturbed my mind for a few days. That day I got news from my mother that we got new neighbours. Surprisingly, the girl in the family had the face of the creature in my dream. That was a moment of ecstasy as obtaining an extra-terrestrial being as friend. Within a few days I got attached to her, she was sometimes cordial, at other times mischievous.

It seems that the quality of our dreams ultimately depends on our individual perceptions and experiences. They are transient guests of the night, providing a window into the vast interior landscapes of our minds. And even if we might not always understand what they imply, their beauty comes from their capacity to arouse our curiosity and shed light on the dark recesses of our minds. Every kind of dream offers a different view into our inner selves, demanding investigation and analysis.

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# CERTIFICATE

## OF PUBLICATION

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