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Sadhguru

Founder, Isha Foundation

Posted: March 10, 2011 03:29 AM



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What Is the Significance of Dreams?



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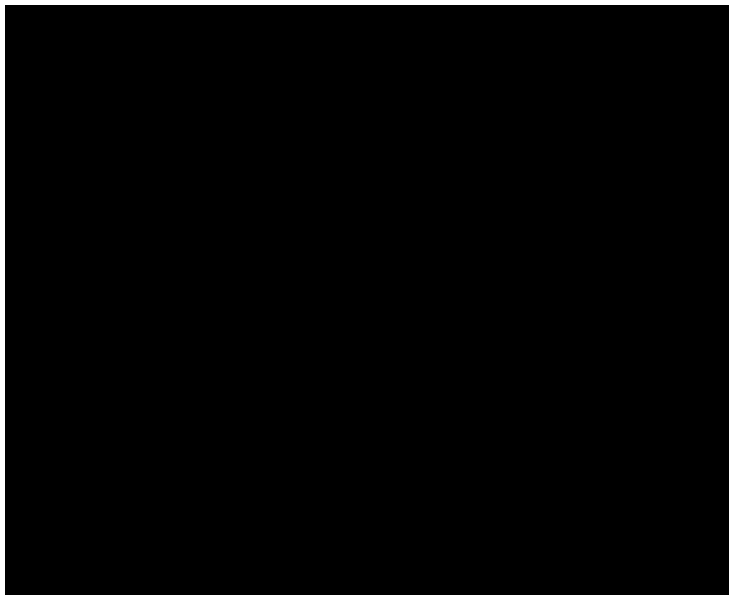
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Transcript:

What is a dream? Most dreams, over 90 percent of them, are just unfulfilled desire. Because you have no control over this [desire], you are not playing the desire, the desires are playing you. Anything that you see, you desire, isn't it? Anything that you see, your mind just runs after it. You may not pursue it really, but at that moment you might think, "Oh, I wish I had that." If everything that you desired for up until now was waiting for you at home, you are finished. All the things and people that you desired for in your life, if all of it is waiting for you at home, can you live there? No. So, isn't it a fortune that your desires have not come true?

So, because you are desiring in an unbridled way, it is not in your control. All of your desires can never be fulfilled in life, but it needs to be worked out because once you desire something, you are investing a certain amount of energy in that direction. You need to understand this. Now, if I say, "Oh! I want these lights," immediately, a certain amount of my energy is invested in that direction. Now, I forget about the lights and say, "Oh, I want the camera!" I am investing a certain amount here [with the camera], but this [desiring the lights] is still going on. I may not be conscious, but this is still going on. In a day you do this with a hundred different things; you become all scattered. You are so scattered now, endlessly. The mind is just going on with meaningless thought because constantly your energy is being thrown in different directions. It is not going in one direction.

Have you noticed at a certain time in your life, when you had a deep longing for something in particular, when you created a big longing towards something, all of these things disappeared? Have you noticed this? Yes? You invested in one direction. Suddenly, all these thoughts just disappeared from your mind. So a dream is happening simply because your mind is just being constantly scattered around with the desiring process.

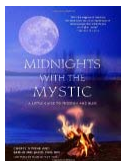
And all of it can never be fulfilled in reality, so you are working overtime in the night, fulfilling them in fantasy ways. Yes, there are other dimensions to desire, but they are very small. If such things happen to some individuals, we will handle it. We don't have to disturb everybody with such dreams. Desire is just free cinema. Enjoy it. Whether it is a horror movie or a love story, or a suspense thriller, just enjoy it. What is your problem? Free cinema, they are showing you.

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