

## Chapter 2 Types of dreams

TheSage's English Dictionary and Thesaurus defines the word 'dream' as:

- 1) A fantastic but vain hope
- 2) A state of mind characterized by abstraction and release from reality
- 3) A series of mental images and emotions occurring during sleep
- 4) Imaginative thoughts indulged in while awake
- 5) A cherished desire

But why do we dream and why is dreaming so important?

According to Charles W. Bryant (in his article called '[Why do we dream?](#)') he stated

*“One is that dreams work hand in hand with sleep to help the brain sort through everything it collects during the waking hours. Your brain is met with hundreds of thousands, if not millions of inputs each day. Some are minor sensory details like the color of a passing car, while others are far more complex, like the big presentation you're putting together for your job. During sleep, the brain works to plow through all of this information to decide what to hang on to and what to forget. Some researchers feel like dreams play a role in this process”*

One of the keywords Mr Bryant used was the word 'information' and this is probably the key to understanding all dreams, plans and experience.

What is important to note is that we hardly ever remember what the dream was about. The stages of sleep can vary between the waking stage (reverie or day dreaming) to deep sleep. The most interesting thing about a dream is that if the content of the dream is not documented immediately after experiencing it, the dream may be lost forever.

In order to experience a dream it is vital that the 'deliverables' (the inputs and outputs) from the 5 aforementioned definitions be fully understood, irrespective of the planning method.

So how many types of dreams are there?  
The answer is 5.

What are they?

- 1) Daydreams/Fantasies
- 2) Nightmares
- 3) Lucid Dreams
- 4) Recurring Dreams
- 5) Prophetic Dreams

So what are each of these types of dreams?

To answer this question I found it necessary to use dictionary and found the following definitions:

Daydreams: “Absentminded dreaming while awake”

Fantasy: “Fiction with a large amount of imagination in it”

Nightmare: “A terrifying or deeply upsetting dream”

Lucid dream: One that is “Transparently clear; easily understandable”

Recurring Dream: One that will “Happen or occur again”

Prophetic Dream: One “Foretelling events as if by supernatural intervention”

The next problem facing the intrepid dreamer is, to identify whether the dream held significance to assist form a ‘strategy’ or develop a ‘project’.

Take for example dream type 5, the Prophetic one. Prophecies are very long term desires and can therefore be related more to strategies than to projects. Whereas the other 4 types of dreams can all be related to both.

The important thing is how long it takes to realise that the dream will be either of benefit to the dreamer (and their immediate associates), or turn out to be a total disillusionment (in other words a fantasy or a nightmare).

To answer this question you will need to understand the processes that the dreamer has to undertake in order to realise the dream. These processes form the basis of a plan, which is the subject of the next chapter.

As Benjamin Franklin was once purported to have stated "If you fail to plan then plan to fail", but everyone plans! So why do most plans fail to deliver?