

## **Worksheet 20 – The Significance of our Dreams**

1. Briefly describe a dream that you have had, which has been of immense importance to you and answer the following questions:
  - Did you learn anything from your dream?
  - Did your dream highlight your fear/ aspirations/ fantasies?
2. What are the different theories for why people dream?
3. Would it be sinful to lead a true life in reality but have dreams of living a sinful life?
4. What is the ideal duration of time for which we should sleep every day?
5. What is the effect of too little or too much sleep on our emotions, our body and our mind?
6. What are the four states of consciousness and what exactly is Chau Paad?