

DAYDREAMS AND NIGHTDREAMS

... My interpretation "Fantasies and Nightmares"

by Mike Harris

Fantasies. A long time ago my grandchild asked me, "Grandpa how do you ever know if you are a success?" My answer at the time to an eleven-year old was, "It all depends on where you start," and then I proceeded to try to explain. If one comes from extreme poverty and manages to get an advanced education, that is a measure of great success. Then when they get into the real working world and achieve a better life than that from which they came, and are able to provide better opportunities for those they care about, I would say they have achieved even greater success. Not necessarily lots of money, but a more comfortable environment for themselves and their loved ones. But the above was not quite good enough for my granddaughter. "That's it?", said the eleven year-old ... that's not enough for me. I want to be rich and famous." I sighed, and said a little prayer to myself, "may she'll get wisdom in time, so she does not encounter heartbreak." So much for fantasies.

How about Nightmares? Worry and stress induce nightmares. Health can be a real creator of nightmares. Not being able to care for oneself can really keep one awake at night. When one finally falls asleep to wake up not rested and still worried only exacerbates the condition. Money or lack of same with no way of finding an appropriate solution also leads to nightmares. These lay in your subconscious and lead to restless nights and haggard mornings. Then there is also the reliving of hazardous and almost fatal instances or occurrences. Almost anything unpleasant can ruin a night's sleep.

The ultimate nightmare in my opinion at this time in my life would be to lose my independence and to need someone to care for me. That thought keeps me active and going to the gym, and reading and writing for the writers group.

Thank you for indulging me and helping me to stave off the nightmares.

THANK YOU

MIKE HARRIS