

## In Dreams

*By Marilyn Reeves*

When I am troubled by the limitations of my day-to-day world, I find the most effective cure is sleep. And every night – whether or not I can recall them – I escape into the world of dreams.

In dreams, my inner being is free to come out and play. There are no limitations, no restrictions. No laws of logic, age, or even gravity confine me. I can go wherever my mind takes me, be with whomever I wish to be. Loved ones I thought were lost to me are alive again. In dreams, having them with me comes as no surprise, for they are a part of me. In dreams, I can spread my wings and fly up to the stars, hang from the ceiling, leap across oceans. Solve any problems that may come my way with grace and ease. They simply dissolve away into nothing.

And so, when my spirits are low and my body is weary, I take to my bed to seek the restorative powers of sleep. Perchance to dream. For it is in dreams that I am made well again. I am made whole again. I am restored to myself and ready to face another day.