

Dreams and Nightmares

Last night, I had a dream about a monster—a bear with yellow eyes gazing back at me as I lay on my back. The creature lurked in the distance, evoking a sense of wonder that has stayed with me into the morning. I find myself curious about this notion of the monster. Could the dream be telling me to *become* the monster? Or maybe it's a reminder that there are formidable forces beyond my control.

***"Seen my dreams unfold, nightmares come true
It was time to marry the game and I said, 'Yeah, I do.'
If you want it, you gotta see it with a clear-eyed view."
— Meek Mill***

Dreams as a Window into the Subconscious

When I wake up from a dream, I often write it down, preserving the details while they're still vivid. This dream stayed with me—the image of a massive bear, its yellow eyes watching from afar. But before the bear, there was a lion. In this dream, a lion attacked a village of native children. They had been playing peacefully, then shifted to hunting seagulls with bows and arrows. One boy succeeded in killing a seagull with a spear. But soon, a lion appeared and slaughtered everyone.

In my dream, I lay on my back, watching the bear approach. It charged, spilled my guts, and I died. The bear spoke, and then I woke up.

What Does This Mean?

Honestly, I'm not really sure. Maybe it's a nightmare, but there's a beauty in it too. Vivid dreams like this inspire me. Waking up from a dream, early in the morning, and recalling every detail feels like a gift. Perhaps this dream is telling me to *channel* the monster within. Dreaming, for me, is an exciting aspect of human experience—it's an act of our subconscious mind, sending signals to our conscious self.

This dream touches on the notion of the *monster* and the *shadow*, symbols that may have a purpose in my daily life. Perhaps it's telling me to remain playful, child-like, but to also embody the strength of the monster, to stand firm and not let anyone mess with me.

This is my interpretation. I hope that, when I sleep, I can tame the monster within my dreams.