

Kabbalah of Dreams

Where they come from and what they mean

1. "Things one sees in a dream have no effect, (they don't influence us negatively or positively)."

-Talmud

2. Meaningful dreams emanate from a very high spiritual level; a level that completely transcends this physical world and can therefore feature supernatural events that completely defy logic.

- Rabbi Shneur Zalman of Liadi

3. "Master of the Universe, I am Yours and my dreams are Yours. I have dreamt a dream and I do not know what it is. Whether I have dreamt about myself, or my companions have dreamt about me, or I have dreamt about others, if they are good dreams, confirm them and reinforce them like the dreams of Joseph, and if they require a remedy, heal them, as the waters of Marah were healed by Moses, our teacher, and as Miriam was healed of her leprosy and Hezekiah of his sickness, and the waters of Jericho by Elisha. As you have changed the curse of the wicked Balaam into a blessing, so too, change all my dreams into something good for me."

He should conclude his prayer along with the priests, so that the congregation may answer, "Amen!"

If he cannot manage this, he should say: "Mighty One on high, abiding in power, You are peace and Your name is Peace. May it be Your will to bestow peace on us.

-Prayer for dreams recited during the Priestly Blessing (Talmud, Berachot 55b)

4. "Rav Huna son of Ammi said in the name of Rav Pedas who had it from R. Yochanan: If one has a dream which makes him sad he should go and have it interpreted in the presence of three. He should have it interpreted!? Has not R. Chisda said: A dream which is not interpreted is like a letter which is not read? — Say rather then, he should have a good turn given to it in the presence of three. Let him bring three and say to them: **I have seen a good dream**; and they should say to him, **Good it is and good may it be**. May the All-Merciful turn it to good..."

-Talmud, Berachot 55b