

# *My Imaginary Reality*

A Personal Journal  
of Nightly Dreams



Leon Cowan

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*A Personal Journal of Nightly Dreams*

**By Leon Cowan**

*Special thanks to my daughter, Michelle, for her feedback during the writing of this book!*

*The events, places, people and conversations in this book  
have been set down to the best of the author's limited ability, although some  
names and details have been changed to protect the privacy of individuals.*

*All of the dream descriptions are from the author's dream imaginations.*

*The advice and suggestions in this book do not replace  
the advice of medical or mental professionals.*

*Consult your physician, therapist, psychoanalyst or other expert  
before making any changes to your sleeping routine or regular health plan.*

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**Thank you, Beth,  
for being my loving  
and faithful companion  
in my dreams and throughout  
this journey called *Life*.  
With you by my side,  
my dreams have no  
boundaries.**

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# PREFACE

Recently I have spent some time focusing on my nightly dreams. It is not that I have totally ignored my dreams in the past, but perhaps I have a renewed interest and perspective of those dreams. Also, I have some available time for this endeavor since I recently retired.

In sharing these writings with you, I have no intentions of interpreting dreams or teaching you how to do so. Neither do I regard this effort as scientific or as a deep dive into the psyche behind dreams. My only objective is to capture my personal dreams in written form so that I might better reflect upon those dreams and share my experiences with you. Also, if you are a stickler for proper grammar, sentence structure and punctuation, you might have a field day proofreading this compilation. As my maiden voyage in authoring a book or journal, my only desire is to convey the essence of my dreams in a descriptive fashion. I certainly hope that you will not allow my limited writing skills to prevent you from enjoying these fleeting moments of delightful strangeness.

Dreams are precious gifts that arrive while we are not consumed or distracted by the world around us. The frequency of our dreams, at least the ones we recall, probably varies for each of us. For me, I am not guaranteed to experience or remember dreams every time I sleep, so I have learned to cherish these moments of visual and seemingly audible enjoyment! I am also intrigued by the variety and randomness of my dreams which span the spectrum of pleasurable to uncomfortable to comical to frightening to forgetful to memorable. It is much more fun than surfing countless television programs, lists of movies or online videos because there is no pre-revelation of title or genre or brief description or even a list of actors. We are not allowed to view a trailer or consult fan ratings or read any critic reviews before the show begins. Each night it is as though I have purchased a ticket to view a movie or several movies without having a clue what will be showing. That is exciting to me!

Now at age 64, I suddenly have the crazy idea that I should capture some of my dreams for my own enjoyment and perhaps for others to experience. As I begin this effort of recording the general stories and some specific scenes, I already regret that I never thought to do this earlier in life. Who knows how many interesting tales I might have accumulated? Dream memories are usually fleeting. Some dreams I cannot recall the following morning or even immediately after waking from a dream. Other dreams, especially those exuding extreme emotion, I remember with much detail upon waking. I shared only a few dreams with other people throughout my life and it appears the simple act of verbally repeating the stories triggered a longer memory of those dreams. Now, by recording some in writing, these dreams will have a longer life. So here I go... on this new adventure! Time will tell if it is worthwhile. If nothing else, perhaps this might encourage others to occasionally spend time documenting their own journey into the dream world. I hope you enjoy a glimpse into my imaginary reality!

Leon Cowan