

## The Secrets of Dream

Probably there is no any person in the world who does not dream at all. Everybody has a personal dream which is quietly identical from each other. Achieving personal dream is not so easy to achieve. For getting it you should have a good planning, hard work, patient, perseverance, blessings of any kind, .etc. in your life. Our own dream will be achieved if we help other to make their dream into reality. Sometimes we see that a man cannot achieve his dream in his life time and his trying is carried forward to his incoming rebirth. Sometimes man achieves his dream in his lifetime and others need a couple of rebirths to achieve it.

There are two types of dreams. These are hard dream and soft dream. Hard dream is the dream which is achieved for long term benefit and where soft dream is the dream which is achieved for short term benefit. Hard dream generally takes long time and very much stressful whereas soft dream takes short time and less stressful. Hard dream is generally targeted for career oriented and soft dream is targeted for family oriented. Both dreams need nourishment by caring and love of dreamer itself as if you are brought up your child.

You should treat your dream as your potential and it should never your burden. Always keep watch on your dream that it cannot ride on you so that you can achieve it with minimum effort. If we look at history of the world, we will see that so many lives were lost due to achieve their dreams. If you achieve your dream in very early age, then your later stage of your life will be very much stressful and harmful. The reason is that man is actually got fully mature at age of around 40 years. If someone start to get his dream at the age of 20 years and it will take another 20 years to fulfill it. It is the right time frame which is applicable to all general people (except high achiever) in the world. Hopefully we think that average lifespan of human being today is 80 years. One thing always remembers that achievement of dream is directly proportional to the average lifespan of today's man. I hope that you understand this equation.

How much you can achieve in pursuit for your dream which is depend on your physical and mental setup. The stronger you are and more you will achieve. For achieving your dream, you have to be always fit in body and mind. To keep healthy and fresh, do

regular check up under a doctor and if necessary take dietary supplement intake which will help to get your dream.

Sometimes we see that a lot of people push everybody in the way of achieving their dream and get some solace in it. But at long run they get tired and the people who are pushed by them catch up them ultimately.

So keep seeing your dream and try to achieve it with zest. Enjoy it and long live your dream !

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