

# WHAT ARE DREAMS?

Dreams include ambitions, hopes and aspirations. Today, many chase blindly after transitory pleasures and material objects, believing that wealth, power, fame, friends, and family will bring lasting happiness.

## A TYPICAL SINGAPOREAN

spends most of his life pursuing the **5Cs** (credit card, condo, car, country club membership & cash).



## IMPERMANENCE

# DREAMS



## DREAMS ARE IMPERMANENT

Nothing remains unchanged from moment to moment, including our dreams. This transiency is the reason we are prone to suffering, since everything we desire eventually breaks down.



Nothing can delay time and the turning of the wheel of life.



A woman might slather on creams and rely on cosmetics but **SHE WILL STILL AGE IN THE END.**

The **WEALTHY CAN BECOME BANKRUPT;** the poor and powerless can turn into millionaires.

## COPING WITH IMPERMANENCE

Since our problems are by nature impermanent, we should not be overly worried.

Impermanence also reminds us that success and happiness are transient, hence we should not grieve too hard when they fade.

The Buddha showed Rupananda images of a woman ageing, dying and decaying. Rupananda realised that her body would undergo a continuous process of change and decay; this diminished her attachment for her body (The Dhammapada).



The **DANGER LIES IN BECOMING TOO**

**ATTACHED** to one's dreams and hopes.

However, if you understand the transiency of dreams, then you can still strive for success, though not because you want to (1) stroke your self-importance, or (2) run away from something.

