



TEEN TALK

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Does The Torah In Any Way Tell Us To Follow Our Dreams? *How?*

The most well known dreams in the Torah are the dreams of Yosef's jail mates, the baker and winemaker and Paroah himself. These three people dream elaborate dreams and Yosef - claiming to have Hashem's help - used the stories of their dreams to predict what the future would bring. In the case of the baker and winemaker, Yosef was correct. In Paroah's case he was mostly correct. When Yaaakov came down to Egypt, the famine stopped on his account and only lasted two years, not the seven Yosef predicted.

What's interesting is that Yosef attributes his ability to explain dreams and predict the future based on wisdom he received from Hashem, but we don't see Hashem telling Yosef what the dreams meant.

A person experiences many thoughts throughout their day. Psychiatrists tell us that thoughts that scare us are pushed deep down and come out at night in our dreams. The Gemara in Berachot quotes Rabbi Yonatan's teaching that "A man is only shown his heart's reflections." A person generally dreams about their repressed thoughts. Yosef understood this and when the baker and winemaker and Paroah told Yosef their dreams, Yosef tried to understand what thoughts they were too scared to face and reveal them to each person.

When a person has a particularly scary dream our Sages told us to fast and use the fast to fuel repentance. We deal with dreams by analyzing what they tell us about what we're worried about and channel our worries into self-improvement. The Torah doesn't tell us that dreams predict the future and we should plan our future around them. ■

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