

Rewind and reflect

THE
**OTHER
SIDE**

Episode 4



Summary

Dreams in Islam are more than subconscious echoes—they are a royal entry into the unseen, reflecting what fills our hearts, minds, and souls. The purest hearts see the truest dreams, but not all dreams are the same. The Prophet Muhammad ﷺ taught us that dreams come in three types: true dreams, glimpses of divine truth; distressful dreams, whispers from shaytan; and recycled thoughts, the mind's own echoes. Some warn, some comfort, and some reveal glimpses of the next life. But no matter how powerful or real they seem, we don't live in our dreams—we live in our choices.

Discussion questions

- 1 In this episode, Ameer, the young man from Gaza, experienced a beautiful dream even in the middle of such hardship. How do you think dreams could help you when you are going through difficult times?
- 2 The Prophet ﷺ linked truthfulness in speech to truthfulness in dreams—because speaking honestly conditions the soul to be honest. It shapes how we think, act, and even what we see in the night. What fills the heart spills into the dream. Have you ever noticed how your honesty (or lack of it) shaped a situation or even what you dreamed?

Application

Apply what you watched in a concrete way to help deepen your understanding.

How do the dreams in this story—true visions, reminders of the afterlife, and the call to stay awake in your heart—guide the choices you make today? What do they reveal about what truly matters?

INSTRUCTIONS

1. Gather family and friends.
2. Watch **The Other Side, Episode 4**.
3. Read through this guide and discuss the questions provided.
4. Reflect, and grow together in faith.
5. Repeat for **all 30 episodes**.

Ru'yaa saliha

A righteous dream.

Hadithul nafs

Dreams that are simply discussions of one's own thoughts.

References

The Prophet ﷺ said: "When the time draws near (when the Resurrection is near) a believer's dream can hardly be false. And the truest vision will be of one who is himself the most truthful in speech, for the vision of a Muslim is the forty-fifth part of Prophecy, and dreams are of three types: one good dream which is a sort of good tidings from Allah; the evil dream which causes pain is from the satan; and the third one is a suggestion of one's own mind; so if any one of you sees a dream which he does not like he should stand up and offer prayer and he should not relate it to people..." [Muslim 2263]

God takes the souls of the dead and the souls of the living while they sleep—He keeps hold of those whose death He has ordained and sends the others back until their appointed time—there truly are signs in this for those who reflect. [Qu'ran, 39:42]

Activity

Dream journal:

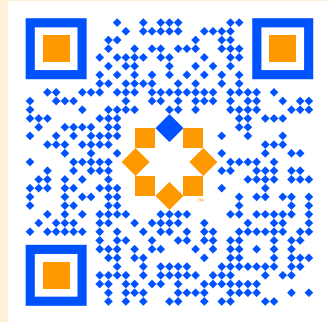
- 1 Keep a “dream journal” for one week.
- 2 Write down any good dream you have, how they make you feel, and what reflections you can draw from them.
- 3 After one week, see if you notice any patterns. Reflect upon how your dreams might connect to your daily life and actions.

Parent tip

When discussing this topic with children, focus on the idea that meeting Allah is a beautiful and joyous reunion, like finally seeing a loved one after a long time apart. Explain that this life is a journey where we try our best to be kind, do good deeds, and prepare for that special day. Reassure them that Allah is the Most Loving and the Most Merciful, and He wants us to live in a way that brings us happiness in this world and the next.

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