

Both “A Dream Is A Wish Your Heart Makes,” a song composed by Lily James, and Lecture III of Sigmund Freud’s “Five Lectures on Psycho-Analysis,” (1910) discuss the reasons why humans dream from a psychoanalytical perspective, and claim that our dreams are a direct representation of the desires we repress while awake. “A Dream Is A Wish Your Heart Makes,” is a song whose lyrics discuss what James believes to be the true meaning behind dreams. James sings that she believes dreams are wishes we make without realizing, because we are in a state of rest. “A dream is a wish your heart makes when you’re fast asleep.” (Verses 1-2) This is strikingly similar to what Sigmund Freud, the father of psychoanalysis, claims in Lecture III of his book “Five Lectures on Psycho-Analysis,” where he states that when we repress our desires while awake, they often reappear in the form of a dream.

Freud’s third lecture discusses how our unsatisfied desires have great influence over what we dream, and how each dream represents something different for each individual, no matter how similar a dream two or more people may experience. Additionally, Freud also states that our dreams have personal meaning, because they are a manifestation of our unsatisfied longings, worries, and other events that have had great impact on our lives while awake. Freud draws a parallel to James’ claim, as they both state that our dreams are a manifestation of our repressed desires, and they both make the assertion that our dreams are messages sent from our subconscious. “The manifest dream, which we remember after waking, may then be described as a disguised fulfillment of repressed wishes.” (Freud 2222). Repressed desires are those wishes that for whatever reason, we are not able to satisfy in our waking lives, and for this reason, they attempt to be fulfilled in our state of sleep. Moreover, it is abundantly evident that Freud and James are in agreement when it comes to the origin of our dreams, and the meaning behind them.