

**Significance of
Dreams & Visions
In Islam**



LILLAH TRUST
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Preface

We have gathered, compiled, and selected those specific hadiths and mentioned a few points from those true scholars of Islam and their understanding related to the topic of this book.

May Allah accept it from us,
Ameen.



Types of dreams and instructions in Islam

Three categories of dreams:

Ru'yaa (Good Visions):

These are true dreams from Allah and are considered glad tidings or guidance.

Instruction: If you experience a good dream, you should praise Allah and may share it with a trusted, wise, and sincere person or scholar, but not with everyone.

Hulum (Bad Dreams/Nightmares):

These distressing dreams come from Shaytan (Satan), who seeks to cause grief and fear.

Instruction: If you have a bad dream, you should immediately upon waking:

1. Seek refuge with Allah from Satan and the dream's evil (e.g., by saying A'udhu billahi minash shaytanir rajeem).
2. Spit (dryly, without actual spitting) to your left three times.
3. Turn over and sleep on your other side.
4. Do not mention the dream to anyone, as it will not harm you if you follow these steps.
5. You may also choose to get up and perform two units (rak'ahs) of optional prayer (nafl Salah).

Meaningless Dreams:

These are reflections of a person's own thoughts, emotions, daily experiences, or physical state (e.g., overeating, sickness). They carry no significant spiritual meaning.

Instruction: These dreams should simply be disregarded and do not require interpretation.



What you should do to have true dreams

It was narrated from Abu Hurayrah (may Allah be pleased with him) that the Prophet (peace and blessings of Allah be upon him) said: "Towards the end of time, hardly any dream of a Muslim will be false. The ones who have the truest dreams will be those who are truest in speech. The dream of a Muslim is one of the forty-six parts of Prophethood. Dreams are of three types: a good dream which is glad tidings from Allah, a dream from the devil which causes distress, and a dream that comes from what a man is thinking of to himself..."(Jami at-Tirmidhi 2270)

Shaykh Ibn `Uthaymin (may Allah have mercy on him) said:

"The meaning of the words of the Prophet (peace and blessings of Allah be upon him), 'The dreams of the believer are one of the forty-six parts of Prophethood' is that the dreams of the believer come true, because they are like parables that the angel gives to the one who sees them. They may tell of something that is happening or that is going to happen, so it happens in accordance with the dream, so these dreams are like the way of Prophethood in that they come true, yet they are different from it. Hence they are one of the forty-six parts of Prophethood." (End quote from Majmu` Fatawa Ash-Shaykh Ibn `Uthaymin, 1/327)

The dreams of the believer are described in the Hadiths as "true" and "good" and "from Allah". What is meant by "true" is explained in the words of Ibn `Uthaymin quoted above as meaning that they come true. What is meant by "good" is that they bring good news or draw attention to some mistakes that one is not aware of. What is meant by their being "from Allah" is that they happen by His grace and mercy, or as a warning or glad tidings from Him, or as guidance from Him.

Narrated Abu Huraira: I heard the Prophet (peace and blessings of Allah be upon him) saying, "Whoever sees me in a dream will see me in his wakefulness, and Satan cannot imitate me in shape." Abu 'Abdullah said, "Ibn Sirin said, 'Only if he sees the Prophet in his (real) shape.'"

Sahih al-Bukhari: Volume 9, Book 87,
Number 122



Narrated Abu Huraira: Allah's Apostle (peace and blessings of Allah be upon him) said, "The (good) dream of a faithful believer is a part of the forty-six parts of prophetism."

Sahih al-Bukhari: Volume 9, Book 87, Number 117

Narrated Abu Huraira: I heard Allah's Apostle (peace and blessings of Allah be upon him) saying, "Nothing is left of the prophetism except Al-Mubashshirat." They asked, "What are Al-Mubashshirat?" He replied, "The true good dreams (that conveys glad tidings)."

Sahih al-Bukhari: Volume 9, Book 87, Number 119

Wathilah ibn al-Asqa' reported: The Messenger of Allah (peace and blessings be upon him) said, "Verily, the worst of lies are for a man to claim lineage from someone other than his father, or that he saw a dream he did not see, or to say the Messenger of Allah said what he did not say."

Source: Sahih al-Bukhari 3509

Grade: Sahih (authentic)
according to Al-Bukhari



What you should do if you experience good dreams

Good dreams in Islam

Good dreams are those in which the sleeper sees good things; they come from Allah. They may be meant as good news, or warning against evil, or helping and guiding. It is Sunnah to praise Allah for them and to tell one's loved ones, but not others, about them.

Anas reported: The Messenger of Allah (peace and blessings be upon him) said, "Verily, a dream will come to pass in the manner it is interpreted. The parable of this is a man who raises his foot until he places it down. Thus, if one of you sees a dream, let him not speak about it unless with one who wishes him well or with a scholar."

Source: al-Mustadrak ala al-Sahihayn 8177

Grade: Sahih (authentic) according to Al-Albani

It was narrated from Abu Razin that he heard the Prophet (peace and blessings of Allah be upon him) say: "Dreams are attached to the foot of a bird* until they are interpreted, then when they are interpreted they come to pass." He said: "And dreams are one of the forty-six parts of prophecy." He (the narrator) said: "And I think he said: '(A person) should not tell them except to one whom he loves or one who is wise.'"

Sunan Ibn Majah 3914



What you should do if you experience bad dreams (nightmare)

Abdullah ibn Amr reported: The Messenger of Allah (peace and blessings of Allah be upon him) said, "If one of you is frightened by a dream during sleep, let him say:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ وَشَرِّ عِبَادِهِ وَمِنْ هَمْزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ

A'uzhubi kalimatillahi-taammati min ghadabihi wa-iqabihi wa-sharri ibadihi wa-min hamazatish-shayatini wa'an yahdurun

I seek refuge in the perfect words of Allah from His anger, His punishment, and the evil of His servants, from the insinuations of devils and their presence. Verily, they will never harm him."

Source: Sunan al-Tirmidhi 3528

Grade: Hasan
(fair) according to Al-Tirmidhi



Abu Salama replied: I used to see (such horrible dreams) that I fell ill. I saw Abu Qatada who also said: I used to see dreams which made me sick until I heard Allah's Messenger (may peace be upon him) as saying: Good dreams are from Allah, so if any one of you sees which he likes he should not disclose it to one but whow he loves, but if he sees something which he does not like he should spit on his left side thrice (recite)

عَوْذٌ بِاللَّهِ مِنْ شَرِّ الشَّيْطَانِ وَشَرِّهَا،

A'uzhu billahi min sharri shaytani wa-sharriha

and seek refuge with Allah from the mischief of the satan and its mischief (i.e. of the dream),

and he should not relate it to anyone, then it would not harm him.

Sahih Muslim: Book 29, Number 5619



Narrated Abu Qatada: The Prophet (peace and blessings of Allah be upon him) said, "A good dream that comes true is from Allah, and a bad dream is from Satan, so if anyone of you sees a bad dream, he should seek refuge with Allah from Satan and should spit on the left, for the bad dream will not harm him."

Sahih al-Bukhari: Volume 9, Book 87, Number 115

Abu Huraira reported: The Messenger of Allah (peace and blessings of Allah be upon him) said, "The most truthful of you are those with the truest dreams. There are three kinds of vision: a righteous vision, which is good news from Allah, a distressful vision from Satan, and a vision arising from oneself. If one of you sees something he dislikes, let him stand to pray and not speak to people about it."

Source: Sahih Muslim 2263

Grade: Sahih (authentic) according to Muslim

Jabir reported: The Messenger of Allah (peace and blessings of Allah be upon him) said, "If one of you sees a dream he dislikes, let him blow on his left side three times and seek refuge in Allah from Satan three times. Let him turn to the other side from which he was sleeping."

Source: Sahih Muslim 2262

Grade: Sahih (authentic) according to Muslim

It was narrated from Abu Hurairah that the Prophet (peace and blessings of Allah be upon him) said: "Dreams are of three types: Glad tidings from Allah, what is on a person's mind, and frightening dreams from Satan. If any of you sees a dream that he likes, let him tell others of it if he wishes, but if he sees something that he dislikes, he should not tell anyone about it, and he should get up and perform prayer."

Sunan Ibn Majah 3906



Bad dreams are described as “causing grief” or being “from the devil.” What is meant by “causing grief” is that they make one sad and cause distress. What is meant by them being “from the devil” is that they are instilled by him in an effort to cause fear or because of his toying with the sleeper.

Shaykh Ibn `Uthaymin (may Allah have mercy on him) said:

“Alarm comes from the devil. The devil depicts to a person in his sleep things that alarm him with regard to himself, his wealth or his family, or in his community, because the devil loves to make the believers sad, as Allah says (interpretation of the meaning):

{Secret counsels (conspiracies) are only from the devil, in order that he may cause grief to the believers. But he cannot harm them in the least, except as Allah permits.} [Al-Mujadilah 58:10]

Everything that causes distress to people and upsets them, the devil is eager for it, whether it is when they are awake or asleep, because the devil is an enemy as Allah says (interpretation of the meaning):

{Surely, the devil is an enemy to you, so take (treat) him as an enemy.” [Fatir 35:6]” (End quote from Majmu` Fatawa Ash-Shaykh Ibn `Uthaymin, 1/329)

The Prophet (peace and blessings of Allah be upon him) taught us what we should do if a person sees something in his dream that he dislikes and wakes up as a result. It is: spitting dryly to the left, seeking refuge with Allah from the devil, turning over, praying if one wants, and not telling people about it.

We should point out an important matter, which is that if a person is righteous and strives to obey Allah always, he will not be harmed if he sees or is seen (in a dream) in a situation that causes distress, but if he is an evildoer and sinner in his real life, then he will not benefit from seeing himself or being seen in the best state.

Ibn Muflih (may Allah have mercy on him) said:

“Hisham ibn Hassan said: Ibn Sirin was asked about one hundred dreams and he did not give any answer except to say: Fear Allah and do good whilst you are awake, and whatever you see in your sleep will not harm you.” (End quote from Al-Adab Ash-Shar`iyyah, 3/451)

And he (may Allah have mercy on him) said:

“Al-Marwadhi said: I brought Ibrahim Al-Humaydi with me to meet Abu `Abdullah, and he was a righteous man. He said: My mother saw [in a dream] that such and such happened to you, and she mentioned Paradise. He said: O my brother, the people used to say such things to Sahl ibn Salamah, and Sahl rebelled and shed blood, and he said: Dreams may bring joy to the believer but they cannot deceive him.” (End quote from Al-Adab Ash-Shar`iyyah, 3/453)



What you should do if you experience confused or meaningless dreams

Confused dreams in Islam

It may be that what one sees is not a dream of either of these two types, rather it stems from what one is thinking about. This is called confused dreams and it stems from events and fears stored in the memory and subconscious, which are replayed during sleep. For example, a man who works in a certain profession and spends all day working in that field, and before he goes to sleep he thinks about it, so he may see things having to do with it in his dream; or one who thinks about someone whom he loves and sees things that have to do with that person. There is no interpretation for these things.

Jabir reported Allah's Messenger (peace and blessings of Allah be upon him) as saying:

There came to him (the Prophet) a desert Arab and said: I saw in a dream that I had been beheaded and I had been following it (the severed head). Allah's Apostle (peace and blessings of Allah be upon him) reprimanded him saying: Do not inform about the vain sporting of devil with you during the night.

Sahih Muslim 2268 (C)



What you should do if you experience warning dreams from Allah

Are there warning dreams from Allah?

There may be warnings in a dream to the person or to others, of some mistake that they are negligent about, or some sin that they are committing, or of a bad end if they continue as they are, following deviation or misguidance. These cannot be the bad dreams which come from the devil's plots and efforts to cause grief, rather they come from Allah by His grace and mercy. So if a person sees something in his dream which indicates that he should alert and warn others, he should do so. The same applies if he sees something that warns and alerts him (i.e., he should pay heed).

You can warn your relative about a possible plot or evil that is expected, without mentioning who may be behind this plot. If you are worried that something bad may happen, then you should take precautions, and nothing will harm you in sha Allah, even if what you fear happens. But if what you feared did not happen, and the dream did not come true, no harm will befall you because you did not speak badly of anyone and did not transgress against anyone.

And Allah knows best.



Significance of dreams and dream interpretations Islam

1. Not all dreams have meaning or are meant to be interpreted.
2. True dreams are a minor part of prophethood (one of forty-six parts), but they do not create new religious rulings or obligations for ordinary believers.
3. Interpretation is a serious matter and should ideally be sought from a qualified, knowledgeable scholar or a person with wisdom and a deep understanding of the Quran and Sunnah, not from strangers, apps, or general sources.
4. Lying about a dream is considered a serious sin.
5. Ultimately, guidance in Islam is found in the Quran and the Sunnah while awake, and dreams should never supersede these primary sources of faith and practice.
6. Interpretation of dreams in Islam falls into various categories: Dreams may be interpreted in light of the Quran, or in light of the Sunnah, or by means of the proverbs, or by names and metaphors, or in terms of opposites.



Conclusion

In Islam, dreams are considered a potential source of divine communication and insight, categorized into three types, each with specific instructions on how to respond based on the teachings of the Quran and the Sunnah. With regard to what the sleeper sees in his sleep, it falls into three categories:

1. Good dreams, which come from Allah;
2. Bad dreams, which come from the devil;
3. Confused dreams, which are from what a person stores in their mind while thinking.

Narrated Abu Qatada: The Prophet said, "A true good dream is from Allah, and a bad dream is from Satan."

Sahih al-Bukhari: Volume 9, Book 87, Number 113

Source: Islam Q&A

<https://islamqa.info/en/answers/67624/types-of-dreams-in-islam>

