

# DREAMS

Marilyn's 37-year-old son Randy and 16-year-old granddaughter Sara died in a car accident in 2006

BY MARILYN ROLLINS, adapted from the book, *Grief Diaries: Poetry and Prose & More*  
ISBN: 978-1-944328-55-9

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## Self care articles for the bereaved

From the award-winning  
Grief Diaries book series



An iCare Aftercare resource  
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It isn't often that I dream about my son. Until last week, it had been over a year.

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I don't think of these as dreams,  
but as "visits."

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They are so much more than a dream. There are vivid colors, clear sounds and even smells. When I wake from them, it feels more like a memory. That is what happened to me the other night.

My son was thirty-seven years old when he died, a grown man with a family of his own, yet he chose to come to me the other night as a toddler.

I have no doubt it was him, we all remember what our children looked like, sounded like and yes, even smelled like when they were babies. I can describe this visit down to the pajamas he was wearing.

I was laying down on my back and he was on my stomach. We were in the living room of the very first house we had owned. We were cuddling, I was tickling him and he was laughing.

I could see and feel his fuzzy blond head as he buried it in my neck. I could feel the softness of his skin, the plumpness of his chubby legs. I could feel his warmth and smell the baby that he was. I laughed at his babyish giggle as we wrestled. I could feel his wet baby kisses. Then I woke up . . .

I tried desperately to get back to sleep, to get back to my baby boy, but the visit was over.

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The absolute pleasure I had felt  
turned to gut-wrenching pain,  
almost as if I had lost him again.

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I cried like I haven't cried in some time. Then, as I thought back to the memories of that visit, I could almost feel him again. It wasn't as vivid, but I knew he was there.

I wondered why he had chosen this form for his visit. He must know the bond we had and how much I treasured the time I spent with him and his brother when they were babies. An innocent, carefree time for all of us.

I smiled and whispered, "Thank you, Randy, for the visit. See you next time."