



Hold Fast to Your Dreams

The greatest achievement was at first and for a time a dream....
Dreams are the seedlings of realities.
—James Lane Allen

*Dreamers are the architects of greatness.
Their brains have wrought all human miracles...
Your homes are set upon land a dreamer found.
The pictures on its walls are visions from a dreamer's soul...
they are the chosen few-
the blazers of the way-
who never wear doubt's bandage on their eyes.*
—Herbert Kaufman

Dreams. Hmm...How many times growing up were you told to “get your head out of the clouds” or to “stop day dreaming”? It also goes beyond just setting dreams and goals, it is about residing in the energy and emotions of your dreams several times throughout your day. I remember how I used to sit in front of my phonograph (OK, I date myself here) but I would listen to certain albums, certain songs and dream, imagine where I would be when I grew up.

The amazing part of that experience is that my life is not too far off from my John Denver songs and dreaming about my farm. I lost sight of that dream for a while, in part because I was discouraged by so many that I would never have those things. My dreams did not make sense to my mother, my father, nor to others as I continued through my education and adult life. But something tugged at me when I heard those songs and

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dreamed those dreams, and I knew that “something” was my “Happy”, and I know that we are all here to find our “Happy”.

We just lose our dreams along the way...you must be careful who you share your dreams with. I know this sounds selfish, but it is important that your dreams are reinforced and nurtured. So often they are extinguished by a parent, a friend, a spouse and we just get to a point where we feel we are too old, too tired, too “outnumbered” to persevere. Well, it is a new year, and time to either resurrect your shelved dreams OR create new ones that suit your purpose and create your “Happy”.

Day-dreaming goes beyond just imagination and formulation of a life you may or may not feel you can achieve. Day-dreaming is manifesting, it is the first step in shifting your energy and putting reality into motion, and it is perhaps some of the most fun you can have without spending a dime! I have talked about manifesting and the “Magic Refrigerator” before, but not necessarily emphasized the day-dreaming component.

When you can be still, create a scenario that you desire and then imagine yourself experiencing it, with all the wonderful emotions that come with it, you shift your current energy. When that energy is raised and you have shifted your vibrations, through your “day-dreaming” you then set into motion situations and opportunities that will facilitate the fruition of those dreams!

The beauty of this is also about energy management from two different standpoints. First, raising your vibrations brings in higher, more beneficial circumstances as well as putting your dream into motion. The second benefit is to realize that you cannot solve a problem in the same energy that created it. So, if your ex, or your boss, or your sister is “pushing your buttons” and you are giving them your energy (no one can ever take it, but they can sure goad you into giving it!) shift from angst and anger to your day-dreams!

You shift your energy and only higher vibrations (higher energy people bringing higher energy opportunities) can reside with you in that space. That is what it means to be invisible to those who do not serve your highest good.

What are your dreams? Do you have any theme songs to coincide with them? I have songs that match my day-dreams and I listen to them in the morning when I wake up. I just lay there in bed and listen, play out scenarios in my head, and feel wonderful about what I visualize because I know it is closer and closer to becoming a reality. My

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daydreams have been adjusted as they come into fruition, they actually become clearer and more detailed as to what, whom, and other peripheral details that I add as I continue on my journey and meet wonderful people with wonderful opportunities.

Situations and opportunities arise that I could not even begin to predict or understand, but it brings two other important points: "pray to God, but keep hammering" is one, and the other is to not worry about HOW you will get to your dreams fruition, just keep visualizing you are there. Giving yourself stipulations or conditions is about getting in your own way, just take the opportunities that feel good, feel right and usually they are the one's that fall into place.

That is where the "keep hammering" comes in. So many do not work toward the goals, they just wait and twiddle their thumbs. I can see where it can get confusing.

What is the difference between "getting in your own way" and working towards your goal?

The difference more than anything is about progress and continuing your journey, and that journey will hopefully be the one that carries your passion with it.

I work hard, and I love what I do. I know that every week, entering a blog, filming a video, seeing my clients, and doing at least five things to market myself every day is part of what I can do as I continue to achieve my dreams. I was getting in my own way when I tried to over-extend myself with workshops, free talks to so many local groups, I set all my intentions on clients thinking that was the only way to generate money. I got in my own way by putting conditions on happy and conditions on abundance rather than letting the universe deliver to me what I requested, visualized, and put my emotional stamp on...once I figured that out miracles occurred on a daily basis (and still do).

Now, to add a little more to the "Magic Refrigerator" and your day-dreaming process, it is important for you to find images, phrases, and words that represent your daydreams. I take time out of my day or evening and "update" my fridge as my dreams come into fruition. I put myself into my daydreams and scenarios while I search for images, phrases, cut them out and post them. This magnetizes them even more,

Thursday's Kick! Hold Fast to your Dreams particularly if you "program" your joy and emotions into the images and phrases. As you see them on the fridge, or wherever you post them, you can "go there" immediately so many times a day by just looking at them.

If you are currently in a challenging situation, no matter how small or how HUGE, dream yourself healthy, dream yourself wealthy, most importantly, dream yourself HAPPY and watch the magic of manifesting begin. Success, happy, abundance is only a dream away!