

free soul



Gathering your Dream

There are potentially several steps in working with the power of your Bright Future.

- When you are in a transition or at a crossroads, and you are not sure what you want to create in some key areas of your life, you start here, with Gathering your Dream.
- If you are already pretty clear about what you envision your life to be like, then you can go directly to the second worksheet: “Create you Brightest Future” and begin to flesh out your bright future in writing.
- Once you have written down your bright future, I recommend to book a guided FutureVisioning meditation so I can help you to experience your vision more viscerally and begin to create a tangible connection with your bright future self.

A dream has a different quality than a vision.

A dream can still be diffuse, incomplete or non-connected, perhaps neither coherent, nor fully mapped out. It may just contain some dream bits that you are drawn to or long for.

A vision typically is much more concrete, and it has something in it that energizes you, that feels magnetic and alive. It often contains one or more clear intentions, connecting it to your sense of purpose or your truer self.

Your Dream Puzzle:

How do you find your vision?

You start to gather your dream.

You start write down your dream bits and collect them like puzzle pieces. Then you deliberately look for more puzzle pieces until a clearer picture starts to form. So, if at this moment you are not yet be able to see the shape of your dream very clearly, don't worry. You have everything you need.

As you begin to write, the more you pay attention to how you want to feel, the more you connect to the emotions in all of these puzzle pieces, the more you will be able to feel a bright future you beginning to emerge.

One more thing about dreams before you start: please know that there is never only one single dream that is “right” for you, that you have to chisel into stone and turn into a vision. There are always many dreams and all dreams are always changing.

Let your Soul participate:

Can you dream too big, or too small? Can your dream be driven by your ego or your wounded self? Yes, of course. And in the end that doesn't matter so much. In the end you can't fail, because your soul and your soul agreements will always win out. But of course it is also most healing and rewarding to find the dream that is in alignment with our soul.

To let your soul participate, you can do two things before you begin to write:

- Create a special moment in your imagination when your heart is fully open and your soul feels present.
- Use the little ritual below that brings you into resonance with your soul through the emotions.

After you create the resonance:

- Begin imagining - and write down in short sentences - without any particular order, all the little dream bits that make your heart sing.
- Write in the present tense, as if it is already happening right now.
- Collect as many puzzle pieces as you can find.

(You can use the separate rtf writing file here to write everything down, or a journal, if you prefer handwriting)

When you are ready to start, slowly read the blue lines below, and as you do,
breathe into and savor each emotion:
(You can read them more than once if you like)

I enter into this sacred resonance by feeling a beautiful sadness or sorrow,
and then also a feeling of tenderness,
as well as a sense of deep compassion and caring.
I let myself be fully aware of my own goodness and truth,
and feel the breadth of my own courage and bravery,
strongly rooted in my trust and confidence.
I am willing to take the chance to be wrong and to learn, held in a soft gentleness.
Culminating is a sense of joy, shining and sparkling.

Take another deep breath. And start writing:

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At some later point you can use the prompts below to see if they bring up a few more pieces of your unique Dream Puzzle:

Advice:

Don't feel you have to work hard! Only pick the prompts that spark your imagination, hold meaning for you and genuinely fill you with joy.

1. things you can now do
2. how you feel when you wake up,
3. how you feel when you go to sleep,
4. new daily rhythms,
5. recurring experiences that used to be rare,
6. moments of success,
7. activities that are fun,
8. exciting things you do,
9. what you see in your future,
10. moments when you feel good about yourself,
11. how other people see you,
12. how you see yourself,
13. how your body feels,
14. how you exercise,
15. any improvement in your health,
16. the amount of rest you give yourself,
17. how you renew,
18. how you grow,
19. what keeps you sharp,
20. how you master challenges,
21. something that nourishes your spiritual practice,
22. your ability to ask for and receive guidance,
23. your connection to your higher self,
24. a change in your relationship,
25. more intimacy,
26. a change in your family dynamic,
27. a new quality in your friendships,
28. moments when you can say "no"
29. moments when you can say "yes"
30. different things you eat,
31. a change in your financial reality,
32. something new that you own,
33. something that you can now afford to do,
34. something that is changed in your home,
35. a new place you can travel to,
36. a new kind of person you meet,
37. experiences that make you feel respected,

38. experiences that make you feel valuable,
39. experiences that make you feel loved,
40. a moment when you feel blissed out,
41. something you celebrate,
42. how often there are things to celebrate,
43. the amount of gratitude you feel,
44. something you can give generously,
45. how you contribute your talents,
46. why you love your life,