

# WEEK 3

## RESTORING OUR DREAMS

### » RESTORING OUR DREAMS «

Our dreams and aspirations are as much a part of who we are as our hands and feet, our loves and our losses. When we lose touch with them, we lose touch with an essential part of ourselves. Surely, not every dream comes true, and sometimes our aspirations may appear to fall short, but that is no reason to not continue to nurture and uplift our dreams and aspirations, especially in times of change and uncertainty.

### » KEY POINTS OF THE WEEK «

- Challenging times are not times to put our dreams to the side, but to take larger steps to achieve them.
- Dreams and Aspirations don't always come true, but that does not mean they are not often powerful guides to something even greater.

### » QUOTES FOR THE JOURNEY? «



*I'm sick of following my dreams. I'm just going to ask them where they're goin', and hook up with them later.*  
~ Mitch Hedberg



*Dreams come true; without that possibility, nature would not incite us to have them.*  
~ John Updike



*When your heart is in your dream, no request is too extreme.*  
~ Jiminy Cricket



*Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.*  
~ Louis May Alcott



## DISCUSSION QUESTIONS

1. What were some of your dreams and aspirations you had as a child? Are there any you still hold today?
2. Did you ever have a dream come true?
3. How do you interpret the statement by John Updike, "Dreams come true; without that possibility, nature would not incite us to have them."



## » OPTIONAL PROCESS «

### OPTION 1

#### Experiential Process:

#### Restoring Our Dreams

You are invited to remember a time when you did something for someone else (or maybe for yourself) that was special and was received with deep Appreciation. Or you can remember being present when this happened for someone else. It could be an actual gift that was purchased with Care; or made with Love and took time and creativity; a special meal; a trip or vacation; a party or event where someone was recognized. Consider that prayers are just like that. We create something that is Special and we 'gift it' to Spirit which Loves it into existence. The following process creates our gift of Prayer. It is adapted from the work of Robert Dilts and Dr. Robert D. MacDonald. It started as Logical Levels which was for creating goals in businesses and then expanded into MacDonald's spiritually-focused work on modeling prayer.

Think of a goal or request you would put into prayer. When the prayer is answered:

1. What is the **environment** you are in? (out doors, in an office, at home) Be specific about what you see, hear, feel and maybe fragrances or tastes. What colors, who or what is there. What physical resources are there — your own office, an auditorium, writing or design supplies, hiking gear, computer, candles, music, book reviews. Be sure you have all the resources you need.
2. What are you or others **Doing**? 'just the facts ma'am'. E.g., On the phone, standing in front of an audience, in a quiet space at a computer, working with art supplies, speaking with another, sitting in meditation.
3. As distinct from doing, what are your **skills and talents** and what skills and talents would you want from others if they are involved? E.g., Creativity, organization, diplomacy, leadership, persistence, accountability, etc.
4. What are your **Qualities**? What is Important to you and those of others involved. E.g., compassion, commitment, Integrity.

Now imagine that all of this is like a stage play or a diorama. It is something that fully represents what it is like for you when you already have the goal or prayer manifested. See it, hear it, really feel what it is like. Breathe the Breath of Life into the image. Infuse it with Gratitude for the outcome. As you do that, be willing to take this representation and fully give it over to Spirit. For some there may be an intermediate step of giving it over to Jesus, Mother Mary, Buddha or even having it go into an Energetic Medium of creation that might be called the Law. Whatever is true for you, Let it go fully and completely, filled with Gratitude that your Gift has been received and carried into manifestation with Love.

And So it Is.

## OPTION 2

### Visioning Process:

#### Envisioning

Invite participants to write down their dreams with as little self-censoring as possible, as if there were no limits.

- ◆ What is the grandest dream for your life?
- ◆ What is the grandest dream for your country?
- ◆ What is the grandest dream for humanity?
- ◆ Now, look back at your answer. Ask not, is this possible, but ask “Am I willing to accept this dream as possible?”



We should strive for a perfect vision, a perfect conception. We should expand our thought until it realizes all good, and then cut right through all that appears to be, and use this almighty power for definite purposes. We should daily feel a deeper union with life, a greater sense of that indwelling God—the God of the seen and of the unseen—within us. When we speak into this mind, we have sown a seed of thought in the absolute and we may rest in peace. We need not make haste, for it is done unto us as we believe.

~ Ernest Homes



## » PRAYER FOR THE WEEK «

*My dream is calling with an invitation to a brand new experience of life. It invites me to rise up, to claim my place and to absolutely own with certainty my gifts, my talents and my truth. I surrender my fears and uncertainty and allow them to be embraced and restored by the power, the presence and the truth that is God. I am one with this Creative Intelligence; it lives and moves and breathes as me. I know that each and every single part of me that I give and offer up as my contribution to the collective—is not only powerful, it is necessary. I accept with great humility my Divine assignment and I say Yes. I choose this day to make my dreams a reality.*

*And So It Is.*

## » NEXT WEEK «

Out topic next week is "Remembering What is Mine to Do" It is one thing to point out what we think leaders, communities, or humanity should do, but it is another to ask the question, "What is mine to do?"