

SPIRIT, MIND & BODY

Dare to Dream!

Ok, fess up. How many of you out there are sitting on a dream? How long have you been dreaming this illustrious dream? Do you plan on ever making it real or do you simply wish to dangle a carrot in front of yourself without ever knowing how it tastes?

Dreams are powerful. They are seductive. Sometimes when a dream gets a hold of you it will encompass your every breath and occupy each waking thought. You will begin to feel that nothing in the whole world will ever be right unless or until you realize your dream. Then one day, finally, you surrender your resistance. You raise a white flag and you let the dream take you entirely without reason. You begin to act on this dream. You begin to move toward it just as it is moving toward you. You begin talking about the dream, believing in the dream, eating, breathing and sleeping the dream. Before you know it, you can no longer recognize the person that was you because you and the dream are one entity,

as difficult to separate as salt from the sea. The dream has become real and you realize you were right all along. The world would never have been right unless or until you breathed life into this dream.

Who have been some of the big dreamers of our day? How far fetched did their ideas seem to others at the time? Look at the Wright brothers and their flying machine? Most people thought they and their idea, were whacked. Man flying in the sky like a bird? I mean really!

What about Henry Ford? Who would ever have imagined automobiles would become indigenous to our culture? Well, Henry did. And who ever imagined in their wildest dreams that bottled water would become a billion-dollar industry? Who invented it anyway? Imagine that -- in almost every corner of the earth, no matter how far or remote -- there sits waiting for you a plastic bottle of fresh drinking water. How did this water get to these remote corners of the earth anyway? What about space flight and men walking on the moon?

What about cell phones that take photos and computers and the internet? And what about . . . ? Well, you fill in the blank.



All of these developments were once somebody's dream, and all have one thing in common: they began as ideas. Each began as an idea that, at first, was a ridiculous thought, then a fanciful trick

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of the mind, and then finally, a roaring scream. Each was ultimately an idea that got ahold of somebody so tight that NOT acting on it was not an option. Hence each dream was realized.

I had an idea once not too long ago. Not a big idea, like space flight or computers. But it became a game for me to toy with when my mind was allowed to wander. And it grew more demanding until it became a scream. I began, without reason, to move toward this dream just as it was moving toward me. I began to talk about the dream, believe in the dream, eat, breathe and sleep the dream. And finally I surrendered. Now the dream is here, and I sit surrounded and engulfed by it. My world will never again be the same.

Come visit me at my new place of dreams and let your own dreams take flight. I have

recently opened Desert Moon Rising, a "Life Design" company featuring hypnotherapy, coaching and wellness. I work with people to discover, create and honor their dreams. I help people to identify their purposes, to believe in absurd ideas, and to jump without knowing when or where they will land. I work with people in unmasking themselves and believing in who they see. I work with people to heal and to grow and to love the freedom that can become their daily life.

It's a crazy idea I know - a store for the mind, a shop for the spirit, a studio for the soul. But hey, it's a dream. Right?

What are you doing with your dreams?

"Courage is the hearts blossom."-- Mark Nepo

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