



Dream Book

This is a beautiful way for a student to establish a sense of purpose and start planting the seeds of what they want to grow in the garden of their mind (Please also read "Garden of the Mind").

Ideally, a dream book will be a special and leather-bound book so it will last, even and especially when its owner falls asleep with it in bed.

The Dream Book's user should be instructed as follows:

- 1.) On each page, as you think of one, write a dream you have for yourself.
- 2.) Go to Google Images, or other source of images, such as your own photos, or even better you can create your own symbol or drawing to represent each of the dreams written in your dreambook and tape or paste it into the page with your written description.
- 3.) At night right before you go to sleep, review your dreams, and try to take a few moments as you arise in the morning to see yourself living the dreams you want.

Rationale:

- 1.) Writing your goals and focusing on a specific image of the goal helps you be clear and specific about your vision and intention,
- 2.) Regular dream review helps you stay focused and encourages accountability, in addition to replacing negative and discouraging thoughts that can be obstacles

Focusing your conscious attention on what you want to create rather than your fears and what you are afraid might happen helps you harness that 95% of mental activity that we are not aware of and put it to work for us. We remember best what we studied right before we went to sleep and as we walk through daily life we can prime ourselves to notice opportunities to realize our dreams and evidence that they are already true or are in the process of becoming true.

Try this yourself for a week and send me an email to tell me what you notice. I think you will be amazed at how quickly your experience and perspective can change.

My Dreambook has all kinds of dreams in it- from materialism and vanity to goals of lofty nobility. For example, the first image and dream I put in my book was a 2014 Mustang that was lowered and had staggered wheels. That image is on the left, and within a few months, the one on the right is mine, and it's way cooler than the one I imagined! I also have goals to be a great and loving husband, and

"I am

successful helping thousands heal."

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