



## **Daring to Dream**

**August 2005**

Most of us have dreams, or have held dreams, whilst many do realise those dreams, many don't, as life somehow seems to get in the way, or social conditioning seems to stop us, or we simply do not believe we can have our dreams come true.

Recently a group of friends and acquaintances sat together after a fund raising event and the conversation turned to dreams and we decided to share our own dreams or fantasies with each other. One friend's dream was to sing to a full audience at the Albert Hall in London. One friend, who makes beautiful jewellery said she wanted to see her jewellery designs being worn on the cat walks in Paris.

Two of my dearest friends have their dream of opening a Natural Healing Centre on a Mediterranean Island. This will mean giving up a successful corporate lifestyle and literally jumping off the cliff to do it, but their instincts are telling them 'go for it' and they are going to dare and live their dream, they have already started to put it into action. I promise I will give them all the help they need as they will inspire others to follow their dreams as well.

Another wants to obtain a private pilots licence and fly around the world at his own pace. Myself I want to stand in front of an audience of thousands and share the stories of Angels and Crystals and try to really make a difference in peoples spiritual lives and really get the message out there.

These were just some of the fantasies and dreams we talked about.

While sharing our dreams and fantasies, we also talked about the messages we received about having dreams while growing up. There were a mix of parents, adults without children, singles and teenagers at the table, we learned quite a lot from each other. Some things were very eye opening and thought provoking.

It would seem that if your parents never learned (or allowed themselves) to dream, there's a good chance that your ability to dream has been suppressed in some way. Many parents were raised during a time when dreams were considered a waste of time, a set-up for frustration and disappointment. As a result, the implied rules were "be happy with what you have," or "don't have high expectations." How many of you reading this letter can relate to that?

Some were brought up being told dreams are not for the 'likes of people like us' they are only for the rich.

I found one particular dream very sad, One lady said, it was her dream that one day she might be 'happy', she had always been told as a child that happiness was an illusion, she has no memory of ever being truly happy.

Myself, I was always being told to come back from the 'cloud cuckoo land', or to 'get real'. I have to say it did stop me dreaming or if I dreamt anything I would automatically think well it won't happen and stopped the dreaming. I am still paying the

consequences of those put me down, although I have to say I am slowly starting to really believe my dreams can come true and I am making them come true and yes they are coming true, but it has taken 45 years to get there!

During the conversation several teenagers asked 'Can dreams really come true' my answer was yes as long as you believe and keep believing. I wish I had been told that as a child.

Another person revealed that because he was taught that dreams very rarely come true, he shouldn't even bother to have them. How very sad.

I once read somewhere the following statement 'Make sure your dreams are inspired by your heart, not your history'. I only recently really understand what that meant when one friend said that early in her career she realized that she was pursuing her father's dream of building a business, not her own. She admitted that her work often felt frustrating and stifling and therefore she had to work hard to stay motivated.

It's important to be sure that your dreams reflect your true aspirations not those of someone else.

Finally, we learned a great lesson from a teenager in the group. When I asked her to share her advice on fulfilling dreams, she said: "You need to keep at it. If you don't do something every day to further your dream, you'll lose momentum and eventually it will wither away and die." Sounds like pretty good advice to me! and it's something I have remembered constantly.

While the idea of fulfilling a dream may seem impractical or silly to some, experience has taught me that our secret dreams often reflect the very thing we've come here to do. So, if that's true and I believe it is true, then the question is:

**What dream or fantasy do you need to start making a reality? so that you can say 'That was the perfect ending to a beautiful dream.'**

To help you figure it out, think about the following. Once you have an answer, don't get caught up in A to Z thinking. Just focus on the next step, the step you need to take next to make it real.

Stop and consider your own fantasy or dream day.

- What would you do?
- Who would you be with?
- What dream would you fulfill?

Once you have an idea, write it down.

**Then, answer the following questions:**

- What does this dream /fantasy say you about yourself?
- What parts of your dream / fantasy need to be incorporated into your present life?
- How do you feel when you consider pursuing it?
- Does it feel impossible or achievable?
- Is it your dream or does it belong to someone else?

Use your answers to hone your dream into something which really belongs to you, something you feel compelled to pursue – then get out and chase it!

Good Luck

Angel Blessings

## *Julie and Steve*

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### From the Angels:

Your angels are standing by waiting for you to ask for their assistance Don't worry that any request is too large or too small If we can help, we will do so immediately and you will soon see results of our assistance."

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**Julie and Steve's Meditation CD's and Angel Essences can be bought from:**

**Bahrain** - Julie and Steve, and Book Case (other outlets to be announced soon).

**Dubai** - Jack Montgomery, Tel - 00971504585860 **Or**  
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Julie is a Usui Reiki Ryoho Master / Teacher, Angel Therapist, Crystal Healing Therapist, Physic Reader, Past Life Regressionist

Julie holds a Bachelor of Arts Degree in Education and is the founder member and Managing Director of Conscious Connections.

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She has been conducting regular International workshops and seminars on Reiki, Angel Therapy, Crystals, stress and relaxation in the Middle East Gulf Countries, USA, Greece, Europe, and UK for 12 years.

Her life focus is now to bring spiritual healing into the mainstream business world and helping people from all sectors of the world community to empower themselves.

Julie also writes for several magazines and publications

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Steve is a Usui Reiki Ryoho Master / Teacher /Practitioner, Angel Therapist and Crystal Therapist (in professional training). Steve holds an MBA in General Management and is Managing Director of Conscious Connections.

Steve spent over 25 years in international corporate business. His life focus now is on bringing spiritual healing into the mainstream business world, addressing area's such as personal confidence, leadership and stress management, through the use of meditation, chakra breathing, Reiki, Angelic Therapy and Crystal Healing.

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