

Are You a Dreamer?

When we read about human history we find it presented from a variety of perspectives. We hear about humans as explorers, politicians, warriors, inventors, artists, and so on, but we seldom hear about humans as dreamers. Yet so many of the significant advances of civilisation have been inspired by individuals who had a dream. They are the ones who lift their heads up high to perceive the heights of dignity, inspiration and creative fulfilment that truly define what it means to be a human being.

A dream, or passion, comes directly from the soul and represents the best that we can bring to life in this world of ours. To have a dream is to be inspired and to be guided by clear intention. We come to this earth on purpose and that purpose is usually contained within a dream. It is a movement out from the soul of who you are into the world of form, and when you give birth to your dream you give birth to Spirit. Every effort you make towards realising your dream represents the action of grounding Spirit into your life and from there into the life of the world.

Joan of Arc, Abraham Lincoln, Copernicus, Florence Nightingale, Ernest Rutherford, Nelson Mandela, Mother Teresa, Madame Curie – all these people were inspired by a dream, and the world we live in is a better place because they had the courage and the vision to bring that dream to life. One of the most significant speeches of the 20th Century was delivered by Martin Luther King, and it was called, *“I have a dream.”* This impassioned speech helped to galvanise a whole race of people and led to profound changes in the United States and the world at large.

Quite often, when in the presence of someone who is giving birth to a dream, there is a sense of upliftment and inspiration. You feel as if you are being invited into a larger sphere of life that gives you a glimpse of greater potentials. It raises your consciousness and releases a stream of energy that is beyond the norm of getting and spending that consumes the lives of so many.

When you are committed to living your dream you are in effect saying, *“My life counts for something. I am the living expression of something great and holy. It is important that I do the very best I can.”*

What does it take to bring your dream to life?

It will first take commitment to unfolding your dream in clarity and power from the depths of your soul. Sometimes individuals have a strong dream very early in their lives and they hardly ever swerve from this. It can often be centered on a special talent or ability they are born with. For example, you may be born with a strong athletic ability and from an early age have a dream of winning an Olympic gold medal.

This is an example of a personal dream; i.e. it exists mainly to serve the personal ambitions and goals of the individual. But then there is a trans-personal dream where the individual is inspired to create something that is for the world. In other words he or she longs to bring some clear upliftment or improvement to others or to the environment. The founders of Greenpeace had a dream to save and preserve the planet from destruction.

Sometimes such a dream will be awakened by a traumatic or intense experience that profoundly moves the individual and leads to a questioning of the whole attitude of business as usual. Bob Geldof tells of how he was simply living his life as a singer when he saw film footage of Africans starving and dying from famine. That awakened a dream that had been lying dormant in his soul and he has dedicated all his time and effort since then to not only relieving that suffering but also seeking to raise our collective awareness of our shared responsibility to care for each other and the planet.

If you feel the call to live a life that has more meaning and purpose then maybe a dream is seeking to awaken within you.

As well as commitment to uncovering it you will also need to believe in it and in your ability to bring it forth. You need strong self-belief to give birth to a dream. And this is not an ego thing where you parade your dream to get kudos or praise from others. It is a humble awareness that for whatever reason Spirit has chosen you to be the agent for this dream.

It takes perseverance because it is often not easy to give birth to a dream. If you are bringing a dream into form you will be aware that you get tested. There are many times when it may seem the whole world is conspiring against you. You may feel frustrated; you may get disillusioned and be tempted to throw it all away. At those times you need to remember that this testing can be Life's way of purifying your own awareness of the dream. You are being invited to access higher levels of vision, commitment, trust and inspiration.

With that comes honest self inquiry. The frustrations and apparent obstacles we encounter are often the energetic results of our own actions or thinking processes that are limiting or even sabotaging us. Rather than blaming and complaining we are being invited to look at ourselves with humility, courage and honesty and find our own responsibility in what we experience.

A true dream of the soul will take you beyond judgement, victim thinking, separation and limitation. It will expand your awareness, invigorate your body and uplift your soul. And if you are ready it can open you to expanded realms of wisdom, compassion and loving service to all of life.

So as we enter into 2009 with all its challenges and its possibilities do you have a dream that you wish to give birth to? A dream that can take you beyond your normal limits and frustrations and enable you to enter a larger world of commitment and achievement. A dream that can fill you with a sense of purpose and bring meaning into all your activities.

Here are a few ideas.

- 1.** Spend time in silence and contemplation and look deep into your heart and soul. What is in there yearning to be born into the world of form? Get clear about the dream and the intention that inspires it.
- 2.** Examine and renovate the beliefs you have about dreams. There are many universal core beliefs that would convince you that it will not work. For example, the belief that you have to live in the real world, or that dreams won't pay the bills, or that dreams are for children. Such beliefs will sabotage you so you may want to explore other beliefs that will serve you better
- 3.** Nurture and cultivate it every day. Read books about it; study the lives of those who have done something similar; start a journal to record your daily thoughts and feelings about it.
- 4.** Visualise your dream being fulfilled. Feel the energy it releases and step into that energy every day.

5. Look at your life and decide what interests and patterns support the dream and what ones will sabotage or block it. Get real about your life and look at what changes may be required to create the space where your dream can be born.
6. When you are ready, and only when you are ready, share it with those you trust to believe in it and support you in it. Don't share it with those who will knock it
7. Make a plan of action that has clearly defined goals and steps, and then act on it.
8. Get support from others rather than trying to do it all your self
9. Use every experience as an opportunity to grow in honest self-awareness

The world needs practical dreamers, and if you have a dream that throbs in your veins then the world needs that. And by bringing it to life you will fulfil your purpose and live your own extraordinary life of creative achievement.

So dream big and then find a way to make it happen.

Wishing you abundant blessings always

Clem McGrath