

Dreams and Blocks Activity - Part 2

Module 3

Now that you understand that your dreams come from the heart and not the mind, it's time to re-visit your list of dreams with a new perspective. Are the items on your list a true dream or more like 'to-do'? And are there any true dreams that you have left off your list? If so, it's time to bring them out of the closet.

This activity will help you develop a relationship with your dreams. As you move through this activity you will find that your dreams are more than just an idea or concept. They are an active part of who you are and the energy around them wants to grow.

To get the most out of this exercise, take your time to really reflect and pause as you need. Go through the questions below one-by-one. If any blocks begin to surface, I invite you to revisit module one to assist you. This exercise should take about one hour of focused time and can be done all at once or in stages. Remember that as you move through the questions of this exercise, you are creating a strong foundation for the coming modules. So get out a piece of paper and pen to make notes and jot down your answers.



Prompting Questions

- Understanding that our dreams will NEVER leave us, what dreams have you forgotten about? Do you have some that have been with you from childhood that you were judging as silly or out dated? How do you feel about them now? Is it time to put them back on your list?
- What dreams did you leave off your list because you didn't believe they could come true for you? Are you still willing to honor those dreams even though you may not know how they can come true?
- Are your dreams for YOU or for someone else? Often parents will identify dreams for their children and neglect their own dreams. Or entrepreneurs will see dreams for their business but not themselves. Be an example for others by reaching for your dreams and bringing them to life.
- Are multiple areas of your life being fed by your dreams? Are you putting equal amounts of energy into manifesting abundance in your relationships, family, health, wellness, career, adventure, travel, creativity, and so on? The more you can awaken all aspects of your life the more joy-filled your life will become.
- Does reviewing your list of dreams spark excitement for you or do you feel regret, sadness, anger or overwhelm? It is important to honour and recognize these feelings so that you can move through them in later modules. For now, just write down if you have any uncomfortable feelings.

- Are you noticing if you have previously limited your dreams because you got trapped by the ‘shoulds’ in life? Those things that you think you ‘have to’ do, either for yourself or others.
- Are you 100% committed to seeing your dreams through to the end? Are you willing to hold the space and nurture your dreams for as long as it takes? Remember, if we are wishy-washy we will get wishy-washy results.



Understanding what is at the heart of a dream helps us set a specific intention, and clarifies what we truly desire versus what we just think we want for ourselves. It is a higher form of knowing that comes from our inner selves and is guided by source. Stay grounded in this wisdom once you have found it, as it is this that helps us to hold space for them while the Universe does its magic.

The more that you are able to access the feeling of what it will be like when your dream has manifested and practice it **as if it existed in that very moment**, the quicker you will see it come to life. So, I encourage you to try right now and pick one of the dreams on your list – imagine it has already manifested for you! Pay close attention to how you feel emotionally and

physically. What do you hear people saying about you now that this dream is in your life? Hold on to this feeling as it is this which will breathe life into your intentions and help you turn them into reality.

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