

THE *Dream Movement* SERIES

# Believing in Your Dreams



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America's Dream Coach®

Number Five



In selected anecdotes in this book, names and identifying characteristics have been changed to protect the privacy of the individuals.

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# **Believing in Your Dreams**



# Introduction

*To make your dream reality, you need two things: belief that you can do it, and the power to do it. That's what this book is about. A dream that you don't truly believe in is a dream unrealized. That's the key message of the first part of this book, "Believing in Your Dreams." A strong belief system is what underlies your thoughts, feelings, attitudes and judgments, which in turn determine whether or not you will take the necessary action to make your dream happen. In the second part of this book, "Tapping Your Inner Wisdom," I discuss strategies for tapping into the magic inside you: the inner wisdom, energy and creativity that will open you up to the possibility of your dream becoming real and help you learn from and share your unique gifts with others.*

*—Marcia Wieder*



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“ Believe in the power  
of your dreams,  
hopes and desires,  
and that you deserve  
to have what  
you want. ”



# PART I: BELIEVING IN YOUR DREAMS

In the early stages of creating a dream, there isn't always evidence that your idea is a good one, or that this is the right time to launch it. The same is true about a big dream, like doing less and having more.

During this time, what is essential is that you believe in your vision. At the very least, you'll need to have a belief that will support you in moving from where you are to where you want to be. Ninety-nine percent of more than 250 family physicians surveyed from across the country said they thought a patient's beliefs can even aid in healing. In other words, having a strong belief system is much more than just a nice idea. A strong belief is essential.

Your beliefs become the necessary foundation to support you in moving forward in your new life. Since our attitudes and beliefs determine the choices and decisions we make, your beliefs will either empower you or impede you.

## NEVER NEUTRAL

Your beliefs are never neutral. They either move you forward or hold you back. If you dream of a life of ease but you don't believe it's possible, watch how quickly you'll prove yourself right. But if you take the same dream—to have a life of ease—and act as though you believe in it, you will take different actions. If we don't believe in our dreams, we either abandon or sabotage them. If we do believe in our dreams, we'll at least begin the process of seeing where the dream will take us.

Often we kill off our dreams before we ever explore their possibilities. Perhaps our past defeats or disappointments rear their ugly heads. We may think, "I failed at this before, why should I try it now?" Do you use your past failures to deny

your dreams? Or worse, do you use past memories as the justification for not dreaming at all? If we are not aware of our limiting beliefs, they can be deadly. They kill our dreams.

Our attitudes and beliefs determine our thoughts and feelings. These shape our choices and decisions. So if my dream is to change careers, but my belief is that this will be very hard, if not impossible, here's what happens. If my belief tells me this will be difficult, my thoughts and feelings follow suit. I might think this is going to be way too trying and I'll feel overwhelmed. My choices and decisions will be to forget the whole idea.

Here's the same dream, with a new belief. Believing that the dream can happen leads to a thought like, "I believe I can handle this." My choices and decisions are to go for it, or at least to move the process forward.

When you imagine your dream life, what beliefs come up? Do you believe your dream is possible? Do you believe it will be easy or difficult? Do you believe you can make it happen or that it will never materialize? What do you believe the people in your life will think? Whether you realize it or not, these beliefs are influencing us all the time.

Being aware of your beliefs is the first step toward changing them. When we can hear the subtle conversations in our head, we have some power over them. It's the unconscious limiting beliefs that often sabotage us or catch us off guard. If we don't manage our minds, through a process of awareness, we are often at the mercy of an unconscious process that undermines us.

## THE BIG THREE

At a most basic level, there are at least three core beliefs that you need to be aware of. I call these "the human being beliefs," since most of us seem to be born with them or acquire them at a very early age.

If you recognize that one of these human being beliefs is playing a big part in your life, don't despair. Recognition is the first step. Later in this book, when I show you how to change a belief, you can use my simple technique to even change one

of these big categories. For now, just notice if any or all of these might be running your life and impacting the choices that you are making (or not making).

**Human Being Belief #1: Inadequacy.** I'm not (blank) enough. You can fill in the blank. I'm not good enough, smart enough, fast enough, rich enough, thin enough, young enough, old enough, etc.

At a workshop I gave in Baltimore, one young woman had written out more than three pages of limiting beliefs that she recognized herself as having. After a discussion, she saw that the majority of them fit into one category called inadequacy. By noticing this theme, she was able to make a huge attitude shift, with a little bit of work.

**Human Being Belief #2: Scarcity.** There's not enough (blank) to go around. This could be money, time, resources, love, energy, support or you.

In the movie *Out of Africa*, Karen, played by Meryl Streep,

“Do you believe your dream is possible?”

finally has her best coffee crop on the farm when a raging fire burns it away. She has exhausted herself, her beloved has died in a plane crash, and now she has even lost the farm. She shares with us how she believes that her life in this exotic country is not right, and that there was never “enough” to make it right.

**Human Being Belief #3: Trust.** I don't trust you, me, the weather, the timing, the process or God. I just don't trust anything or, for that matter, anyone. Can you imagine how challenging it must be to have dreams, much less to act on them, if you don't trust? Let's look at this one in detail.

Many people live in an evidence-based reality. “I'll believe it when I see it,” is a comment I often hear. But what if the opposite is true? What if you won't see it until you believe it?

Marie asked if she could use my car while I was out of the

country for a few weeks. “Yes, as long as you are there to pick me up at the airport when I return,” I said. She promised she would be, but she’s so unreliable, I didn’t trust her.

I returned exhausted from my long trip. I looked around and wasn’t one bit surprised that there was no sign of Marie. In a huff, I jumped in a cab and headed home. Once there I found four messages on my answering machine from Marie. She had arrived at the airport one hour early to make sure she didn’t miss me. The truth was, I was so sure she wouldn’t be around that I had hardly looked for her. She had been there, but I still couldn’t see her because of my limiting belief.

If we don’t trust, life can hand us ease and opportunities and we will miss them.

## THE ‘BUT’ THEORY

How often do you hear yourself or others say, “Yeah but...?” “But” is one of those words that can alert us to our negative beliefs. Or it can be used to sabotage our hopes and dreams.

We can change the way we use this word. Rather than have it be a reason for stopping, we can use it as a tool for accessing greater ease. Consider my acronym for the word BUT: Believe, Understand, Trust.

Believe that your dream is worthwhile, that it matters to you and that you deserve to manifest greater ease. Believe in the power of your dreams, hopes and desires, and that you deserve to have what you want.

Understand that there are greater forces than you involved in life, and that if you clearly maintain your dream and take action on it, you will see results. Also, understand that we don’t always see immediate results. Sometimes there are lags, yet everything happens for a reason, whether we understand it or not.

Trust that it is happening, that your dream will come true. Demonstrate that you trust yourself and your ability to create what you want by continually moving forward. Take action.

This process of reframing how you deal with objections can change your outlook on life and support you in taking risks. If

“ If we don’t trust,  
life can hand us  
opportunities and  
we will miss them. ”

we believe in our dreams, we tend to move forward; if we don’t, we tend to be stagnant or complacent. Use the BUT theory to keep your beliefs optimistic and your dreams alive and well.

Carol said she wanted to attend my Dream Retreat in Hawaii, BUT she had no idea where the money would come from. Rather than kill this dream, she tried a new tack. She declared that she was committed to attending, and trusted that the money would show up. She created a Dream Board, a visual tool where she could post her dream in plain sight. In big letters she wrote “I will easily attend Dream University.” She tacked up the flyer for additional motivation.

That evening, before she had a chance to share her dream with her husband, he told her that they had an investment that wasn’t doing well, and he thought they should sell it. He suggested she take the profits and pay off her credit card debt.

Carol called me the next day. “I paid off all my debt and have exactly enough money to fully pay for my tuition and airfare to Hawaii. This experience changed the way I look at life. I will no longer kill off my dreams just because I don’t see how they can happen. I’ll commit to what I want and find a way to make it happen.” She believed in her dream, understood that it could happen and trusted that the resources would become available. Practicing this will not only give you ease, but great rewards as well.

## DEALING WITH DOUBT

Where are your beliefs getting in the way and stopping you? In what ways do you not trust yourself? Trust is a skill that can be

developed. Here's how. When you say you are going to do something, do it. Acknowledge when you do what you said you would do. Then do it again. Start small and build on this. Confidence means to confide in yourself. Can you trust yourself enough to confide in yourself? For most of us, the honest answer is "sometimes." Self-trust comes from practice. It is a skill that can be honed and it is essential for creating greater ease.

You can begin to take bigger risks. Trust yourself to try new things and notice when you don't follow through or feel like you just can't. Next time you think you can't do something, change it to you won't. "I won't" puts the power back in your hands and is usually more honest than "I can't." You can now move from "I won't" to "I will," by using will power. Small steps here are best. Practice moving from "I can't," to "I won't," to "I will."

If you want more love or passion in your life, check the position of your hands. Are you open and willing? Can life touch you, much less impact you? What is your body language saying? Are you an open invitation for relationships, experiences and ease?

Awareness of your posture toward life is important if you truly want greater luxury in your life. Are you making life hard by being unwilling or resistant to what life has to offer? Take a minute here and do a body scan. Are you opened or closed? Are you guarded and defended or accessible and available? What you send out is what you get back. If you want to have more, open yourself up and let life in.

## IT'S A CHOICE

Remember this old tale? A husband and wife were recently married. He walks into the kitchen to see his wife cutting the tips off the roast and throwing them away.

"Honey, meat is expensive. Why are you doing that?"

She stopped for a moment, thought about it and said, "Because this is how my mother did it." So they went off to ask Mom why.

"Mom, why do you cut the tips off the roast before you cook it?"

She answered quickly, "Because this is how my mother did it."

They went off to see their wise grandma. “Grandma,” asked the new bride, “why do you cut the tips off the roast and throw them away before you cook it?”

Grandma looked at them all-knowingly and said, “Because I don’t have a pot big enough for the roast.”

For the most part, we inherit our beliefs. Our parents’ beliefs become ours. Sometimes they are outdated, outmoded and no longer the truth. When my grandparents moved here from Hungary, scarcity was not just a belief, it was a reality. They relished their one or two light bulbs. In my home, with our energy-saving devices, it takes more electricity to turn the lights off and on than simply to leave them on. I just bought a hundred-year light bulb that is supposed to provide up to 135,000 hours of light. This solid-state diode converts AC voltage into DC, so the coiled tungsten filament burns cooler, significantly increasing its life span. I think this concept works for humans, too. Burn cooler and more efficiently, live longer.

Don’t burn out before changing your beliefs. You do not need to wait for the right moment to change a limiting belief.

“ Practice moving from  
‘I can’t’ to ‘I won’t’  
to ‘I will.’ ”

Although most of us are in agreement that many of our beliefs don’t serve us, we have forgotten one extremely essential point: We choose what we believe, every moment of every day.

Our beliefs are our own opinions and judgments, but for some strange reason we seem to forget that we can choose them. In any given moment and in any given circumstance, we choose what we believe. Just keep in mind, if you choose a positive belief, you will move forward on your dreams. If you choose a limiting belief, you won’t. You’ll probably get stuck or sabotage your goals.

“ We choose what we believe, every moment of every day. ”

When you are not consciously choosing to believe an empowering belief, what you get by default is your old limiting beliefs. We are deeply programmed. If you are not thinking “yes,” some part of you is already acting on “no.” Learn to manage your mind by noticing the choices that you are and are not making. Ask yourself, “Why am I doing this? What do I believe?” The answers may astound you.

What does it take to change a limiting belief to a positive belief? It takes willingness, choice and practice. Be willing to choose a new belief and practice believing it by acting on it. Of course, the most essential time to practice believing your new belief is when you don’t believe it. It always comes down to a self-motivated choice. What will you choose to believe today?

By having the courage to choose a belief that will empower you and to act on this new belief, you are claiming a powerful new level of ease and confidence.

## OVERCOMING FEAR

Why would we ever choose a limiting belief if we know it will hold us back? The number-one reason is fear. We fear the risks, the potential disappointment and loss. Last year my company surveyed more than 1,000 people. We asked what the biggest obstacles were to having the life you want. Although you might think the top answers would be not enough time and not enough money, one answer won hands-down. The most common killer of dreams is lack of confidence or fear.

Years ago, Zig Ziglar coined the perfect acronym for fear: False Evidence Appearing Real. We fear that we might fail or be disappointed, so we don’t take any action. Then we get to

be “right” about our letdown or failed dreams.

Initially, people often tell me they can’t make a dream happen because they don’t have enough money.

“How much do you need?” I always ask.

The answer, nine out of 10 times, is, “I don’t know. But I know I don’t have enough.”

The same thing is true about time. We often complain that we don’t have the time to get what we want, but we rarely even schedule an hour of planning or dream time. During this one single hour, we could break our dream into a series of smaller projects and take action on it.

At the bottom of all our excuses, the fear of failing keeps us immobilized. Our fear is natural and understandable. But if we don’t learn to use it or interface with it, it will keep us stuck.

After I downsized my company, the next phase of creating my new life was evident. It was time to move to California. I was no dummy. I knew I needed to have a chunk of change, big-time cash in my pocket, to start my new life. As someone who often seeks the easiest route, I knew what I had to do. By selling my condominium, I would have the necessary money to start my new life. Although this was a logical idea, it wasn’t that easy to accomplish. I put my home on the market. Three months went by and it didn’t sell.

In the fourth month on the market, no one was even looking at units in my building. By the sixth month, units were selling for \$20,000 less than I had paid for mine. Everyone was telling me to forget my dream of living a life of ease. They said I was asking for too much and that I should be more realistic.

When there is something I really want and nothing is hap-

### Don’t Let Fear Stop You

Fear is simply an obstacle. My theory about obstacles is this: Wherever there is an obstacle, including fear, design a strategy to manage it.

- **Step 1:** Identify what you are afraid of
- **Step 2:** Get into relationship with the specifics by taking action
- **Step 3:** Get help or support wherever needed

Be more committed to your dream than you are to your fear, and your dream will naturally come true.

pening to move it forward, I have learned to become suspicious of me. What was I doing or not doing, what was I thinking or believing, that was standing in my way? I took some time to reflect.

My reality was that I lived in a nice city, in a furnished home, where I had clients who wanted to pay me money for a service I provided. My world existed within a five-block radius, where I could walk to work, to the health club, to several restaurants and to see many friends.

My dream was to live near the water and to slow down. It included being paid great money for work that I loved, to

“Fear doesn’t have to stop us—it can actually motivate us.”

inspire people to dream and express their passion. And I wanted to wear whatever I wanted, including my red cowboy boots, to business meetings.

I was terrified, full of “buts.” But what if my dream didn’t work? But what if no one hired me? But what if I failed? But, but, but. How would I eat? Where would I live? How would I survive? You get the picture.

Once I got crystal clear that what was stopping me was my fear—not the lack of money—my situation became very black and white. I asked myself, “Marcia, what are you more committed to, your dream or your reality?” Another way to say this is, what matters more: your dream or your fear? I was definitely more committed to my dream, and I took one bold step forward to prove it. A new strategy had become instantly available when I saw it was my fear stopping me, not the money: Rent the condo. Can you see how this was not an option when I thought I had to have a big amount of money to start my new life? I was holding on to the very thing I needed to release in order to have my dream.

Within one week, I rented my home. During that year I trusted myself and followed my heart. I created a completely new life of ease and joy. My fear did not stop me. I had a new experience that challenged my beliefs about inadequacy, scarcity and trust, and now I have new beliefs to replace those old limiting thoughts. There's nothing like taking a risk and experiencing a win (of any size) to build self-confidence.

In case you are wondering how I financed my trip West, I'll tell you. I sold all my business clothes. I invited all my petite women friends over, and they had a field day. Once I relocated, I did whatever it took to make my new career take off. I had to. I had no clothes or home to go back to. I closed that door behind me. I was relentless about making my dream come true.

I hope this demonstrates that even fear can serve a purpose. We do not need to be stopped by it. In fact, we can even be motivated by it. I was not going to go hungry or turn around and go back.

To begin the process of working with your fear, get clear about it. Exactly what are you afraid of? Saying "I'm just afraid" is too general. There is little you can do with that.

## THE CHALLENGE OF CHANGE

Our ego and identity have a lot at stake when we start talking about transformation. The very job of your ego is to keep things status quo. Fear is our ego's way of doing this. Every time you start to move toward your dream, you will also move toward your fears. If this dream includes your fears and I ask, "Are you more committed to the dream or to reality?" you'll probably say, "I'm more committed to my reality, because at least it's safe." But fear is simply an obstacle, and once again, my theory about obstacles is this: Wherever there is an obstacle, including fear, design a strategy to manage it. Step one: identify what you are afraid of. Step two: get into relationship with the specifics, by taking action. Step three: get help or support wherever needed. Be more committed to your dream than you are to your fear.

# “Coffee Shop Wisdom: A small note on a tip jar says, ‘If you fear change, leave it here.’”

In my dream of moving out West, imagine that I am driving my car from D.C. Let’s call this my reality. Headed west for my dream city, along the way I get a flat tire. What do I do? If I am more committed to my dream than to my reality (the flat tire), I will fix my car and continue on my way. However, if I am more committed to my fear or my reality, I’ll use this flat as a sign from God, turn around and head home. When you are more committed to your reality than to your dreams, everything becomes a sign for giving up on them.

Don’t do your dream in. Don’t let your ego sabotage your goals with doubts, fears and concerns. When these come up, ask yourself this ever-empowering question: “What am I more committed to, my dream or my reality?” The evidence will be in the action you are or are not taking. It’s very simple. If you are not acting on your dream, you are acting on your fears and beliefs. Although change always brings up all sorts of doubts and concerns, it’s how you deal with them that matters. When all else fails, remember this bit of coffee-shop wisdom. A small note on a tip jar said, “If you fear change, leave it here.”

## THE IMPOSSIBLE DREAM

I was giving a lecture at a church in Oregon when I met Wilson. A bright-eyed 18-year-old, he told me this was the first Sunday of his life that he was outside his country; actually, it was the first time he had been away even from his tribe. Wilson was a Masai warrior from Africa and was a very long way from his home and family.

When Wilson was four, his mother took him to a medical

clinic near his home. Ever since that day, he knew he wanted to become a doctor. However, it was impossible because there was no training available and no one had ever left the tribal village.

Years went by, and he kept his desire alive in his heart and believed it would happen someday. He spoke about it to anyone who would listen, and eventually he had the chance to verbalize his wish to a visiting American. It turned out this visitor was a writer for *The Washington Post*. Upon returning home, the reporter wrote a story about Wilson's dream.

While visiting friends in D.C., a couple read Wilson's touching anecdote and were inspired to help. They called people they knew in their hometown who worked for the University of Oregon. Within three weeks, Wilson applied for undergraduate work, and a few weeks later he was accepted.

But where would he live and how would he survive so far from his home? This is where the magic really kicked in. Four families stepped forward, each extending their hands and their homes. Each agreed to house, feed and even help buy books for this young man. The logistics were easily handled. What had seemed like an impossible feat was now a done deal, and within a very short period of time.

Wilson said to me, "Interesting that my first Sunday in America would be spent listening to you speak so passionately about dreams. I now realize what I must do. I must become a doctor and then return to my village. When they see I have become a doctor, they will believe in their own dreams. I can inspire others to dream, even when it seems impossible."

“ It’s one thing to say  
you believe in your  
dream; it’s another to  
actually do something  
about it. ”

## CREATING A NEW BELIEF

When there's no proof that your dream might materialize, or no support from the people around you, what do you do? What dream are you thinking or saying is impossible? If what matters to you is having a joyful, rich and fulfilling life, create an awesome belief that will provide the foundation for this to manifest.

In any given moment, you can choose. Choose a belief that will empower your dreams for having greater ease, for doing less and having more. Then act on your belief. This sends a powerful message to your brain and being that you are serious about your dreams. It's one thing to say you believe; it's another to actually do something about it.

Here is the simplest process I know for creating a positive belief. Write down one negative and limiting belief that you have. Go for a big one, one that gets in your way. Consider: What is stopping you from having a life of ease and living the way you want? All you need to do is write one short, concise statement.

Now write the opposite of this statement. What is a positive and empowering phrase that, if you believed it, would make your life easier? For example, change "I'm not good enough" to "I am good enough." Notice if you are judging your new belief as "not being good enough." Don't get caught in a loop. To shift from a limiting belief to an empowering belief requires practice. Act as though you believe it. Fake it until you make it. Choose your new belief, and practice believing it by acting on it.

This essential tool will carry you far. Use it daily and on a regular basis. You will feel a new surge of power and confidence, as well as more support and ease. With this empowering belief, you are now ready to create the projects and tasks to move your dream forward.

## PART II: TAPPING YOUR INNER WISDOM

We have done the work on your beliefs. Believing is the key and the single most important element regarding your desires and getting what you want. If we believe anything is possible, let's explore where we can go. We could play "what if." What if you could do anything, have anything, be anything? How would you play?

Joan Brady asked herself these questions. Even though she was a full-time registered nurse, her dream was to write a mainstream novel. This answer to her "what if" question led her to an adult education class at The Learning Annex, where Nancy Taylor Rosenberg, a national best-selling author, generously offered support and good advice. After years of constant rejection by publishers, Joan suddenly felt confident that she could get her novel published. And the magic continued.

Joan followed Nancy's recommendations to the letter and is now tasting success. She was paid a handsome advance by Simon & Schuster and did a national book tour for her novel entitled *God On a Harley*. All this started with a \$24 investment in a great class and the magic associated with a very specific dream. By the way, if you live in or are visiting Washington, D.C., New York, Toronto, Los Angeles, San Francisco or San Diego, check out The Learning Annex. They're a great resource for jump-starting any dream.

Let's identify some of the basic inherent aspects for tapping into magic that are available to you right now. Here are practices for getting you to a new dimension, a world where anything really is possible.

### **BELIEVE ANYTHING IS POSSIBLE**

Do you? Do you know where in your life you don't believe anything or everything is possible? Is there some place you are

holding back? Is it in the career or the relationship of your dreams? Is it in living the life of your dreams?

Believing that anything is possible is a shift in perception. It is a different way of living than most of us live on a day-to-day basis. Although it may initially feel uncomfortable and your rational mind may be telling you not to “buy it,” it is indeed possible. “Believing” is a powerful way of living life and the best thing you can do to shift your reality.

Reality follows thought. With this core belief centered in your heart and being, reality will look differently. You will make choices that will further contribute to changing your world and you will soon come to see that you are right, that anything is possible.

This may be a good time to distinguish between dreams and fantasies. A dream is something you want that you can devise a plan or a strategy for accomplishing. Usually in a fantasy there’s no apparent strategy. For example, I would describe winning the lottery as a fantasy. What strategy can you design for this, short of buying lots of tickets and doing a great deal of hoping? Would you describe receiving a massage from your favorite movie star as a dream or a fantasy? It depends on you. If you can design a plan to make it happen, it’s a dream; if not, it’s a fantasy. This does not mean that fantasies don’t happen, for indeed sometimes they do. And we love when they do!

I suggest as you deepen this new core belief, that anything is possible, recognize where you are exploring fantasy and where you are pursuing your dreams. Notice the difference. Recognize how the energy around dreams and fantasies differs and learn from your insights.

## CONNECT TO YOUR INTUITION

Find a deep, quiet place within yourself. Insights and intuition connect us to a larger sphere of magic. This is the place in all of us that may be considered the source of Divine inspiration and knowledge.

This place exists inside every single one of us. I’m sure it’s

one of the things that makes us special as human beings. But often it is an unknown place, and sometimes we may fear that which we do not know or understand.

Look around at how many things in life or in nature we can't explain or don't fully understand. The steamy novelist Henry Miller said, "Until we accept the fact that life itself is founded in mystery, we shall learn nothing." Can you see the magic

“ If you can design a plan to make it happen, it's a dream; if not, it's a fantasy. ”

that exists in the unknown? Are you willing to tap into that unknown without fully understanding it? Willingness is surely the first step.

## ASK SIMPLE QUESTIONS

Learn to ask simple, yet profound questions that will lead you home to your heart. This can be done by using a journal or a tape recorder or by speaking out loud. It is a way for you to know this knowledge resides inside of you. It's a great confidence builder to hear that you know the questions to ask.

This will show you where you are at this point in your life. You will hear what's going on in your head, and you may start to see some patterns or insights just from the questioning process.

The reason I recommend simple questions is to avoid getting into over-processing or over-analyzing. The shrewd businesswoman Kate Halverson said, "If you are all wrapped up in yourself, you are overdressed." It can be exhausting to overthink anything. We are going for clarity and insights. Start with uncomplicated questions. This will help you get clear about what you really want to know. Start with the intention

of gaining clarity and the process of asking great questions will serve you well.

Some questions might include: What do I want now? What makes me happy? Why am I here? How I can be of service to others? What excites me or moves me? Whom do I admire and why? What would I like to learn or try? What would make my life easier and more fun?

Once you've asked the questions, listen for the answers, while awake, aware and asleep. Being quiet enough to hear the answers is the key here. It's so rich to discover what you do know, and as we ask and open ourselves to learning and understanding on a core level, we actually receive deeper insights into who we are and why we are here. It's a reward you get for doing the work.

As we ask for more specific guidance, such as whether to go here or there, to do this or that, we hear the answers we need. As you intimately get to know this wise part of yourself, you realize that you are never alone and that some of the most profound knowledge of the universe is just a thought away.

## EXPERIENCE NEW WAYS OF BEING

Ask yourself how you can see with new eyes, hear with new ears and experience whole new ways of thinking and living. Sometimes our reality seems so limited, so constricting and so small. Can you see the humor in this? Can you soften your focus and see beyond what you normally see? Can you see past the barriers and the limitations that your senses have?

The artist Gauguin said, "I shut my eyes in order to see." Can you close your eyes and see even more? Have you ever sensed there was "more than meets the eye?" Start to recognize or describe what else may be there. Bring in your imagination and imagine that you're not imagining. What if there really is more, perhaps another dimension filled with more magic and ease? Are you willing to tap into it, are you willing to use it and have it use you to make things happen?

A client and friend of mine named Van who works for Amer-

# 9 Ways to Tap Your Inner Wisdom

1. Believe anything is possible and look for evidence to support your belief.
2. Find a deep, quiet place within yourself. Practice getting still and silent and in relationship with this part of you.
3. Learn to ask simple, yet profound questions that will lead you home to your heart. Practice allowing the questions to surface.
4. Listen for the answers and trust that they are coming from a very wise place that you can completely trust.
5. Ask how you can see with new eyes, hear with new ears and experience whole new ways of thinking and living.
6. Feel the riches and abundance of you and your life by recognizing everything as a gift and feeling the value it has.
7. Every day, be of service to others.
8. Let your intuition guide you and act on what you know.
9. Use your nighttime dreams to learn and create and to stretch and grow.

ican Express was recently in Sedona, Arizona, one of the most stunningly beautiful and mystical sites in America. He was overwhelmed by the beauty. He couldn't take it all in. He turned this way and that way and literally had his breath taken away by the orange and red panoramic vistas.

Finally, he felt the only way to experience all of it was to close his eyes. He told me for one magical moment, he experienced himself as this beauty. He fully experienced Sedona as all it is, which included him.

## APPRECIATE YOUR ABUNDANCE

Feel the riches and abundance of you and your life. Basically, if you can come to believe and know yourself as a rich person based on who you are versus what you do or what you have, you will indeed be tapping into a whole new way of living life and experiencing your magic.

One way to do this is to learn to value everything. Notice the gifts that are in your life and available to you. Obvious ones include friends, family, your special talents and your heartfelt feelings. Not so obvious ones may include some of your current obstacles. Even feelings of fear and doubt are gifts if you can use them to see a fresh perspective about yourself, your life and the choices that may be at hand.

Start to recognize and label everything a gift and your relationship to things will change. If everything and everyone in your life was a gift, imagine how rich you would feel and actually be. Try this on. See if it doesn't lighten life up for you and the people around you. This is one way for you to be a bright light wherever you go.

This is not a Pollyana approach to life. It doesn't mean you won't be dealing with reality. It does mean that your relationship and the energy you use to interact with life will be more playful and more graceful. When we stop resisting things or fixing things and learn rather to accept everything, life gets easier.

## OPEN YOUR SPIRIT

Lighten up about life and the natural joy and sparkle of your being will shine through your eyes. Wait until you see the people you start to attract now. Be on the lookout for fellow magicians, people like you who are committed to living a more joyful and inspirational life with greater ease and fun.

Ask people what they are up to. Join hands with the ones who are playing in your arena and extend your hand as an invitation to others. This is the best way to create what I call your Dream Circle, a group of supportive people you bring into your projects and your life. Aren't these the kind of people you have always dreamed of partnering and playing with? And use your talent to help others wake up, too. Encourage the people around you to share their dreams and passions with you. Listen to them intently. Encourage them to go for it and watch them light up. This is one small and extremely powerful thing we all can do for each other.

## SHARE YOUR GIFTS WITH OTHERS

Every day be of service to others. Share your gifts wherever you go. Let your joy be seen and heard. Have a blast in life while you learn from your experiences. Let life contribute to you as you generously share who you are with others.

Find the places to express yourself that matter to you and offer your services and energy there. The greatest gift we have is the gift of ourselves, and absolutely the most fulfilling thing that we can do with our lives is share ourselves with others. There is no one else in the world like you. In the whole wide world there is no one that has your special gifts and talents. Where do you want to use them? Where do you choose to make an impact and to have your presence felt?

When I was younger and would hear people talk about volunteering and being of service, my reaction was quite cynical. I thought “they” must have an ulterior motive, or why would they want to help others? My ego couldn’t fath-

“ Have a blast in life while you learn from your experiences. ”

om why anyone would truly want to contribute their time and money and energy to strangers and needy causes. I thought it was all hype.

I’m grateful to say that as I have gotten my attention off of me and my goals, not only do I see why we would want to be of service, but I clearly understand and know that a life without meaningful service is shallow and empty. Eleanor Roosevelt said, “When you cease to make a contribution you begin to die.”

A few weeks ago I attended a fundraiser for the Points of Light Celebration. They were honoring 25 outstanding volun-

teers who give generously their time, talent and resources. One young woman really impressed me.

Twenty-one-year-old Sascha Bittner is a quadriplegic with a speech disability as a result of cerebral palsy. Besides being a full-time student majoring in social welfare, she devotes 80 hours a month to organizations such as Kids Project, United

“ The greatest gift we have is the gift of ourselves. ”

Cerebral Palsy, HIV support services and an AIDS dementia unit and is the editor of *YES!*, a magazine produced by youth with disabilities. This woman is fully engaged in life and is one of the most joyous and alive people I have ever met.

Finding your place is awesome. There is nothing more fulfilling than knowing and experiencing that you are living on purpose and making a difference with your life. You can feel this by playing in the arenas that turn you on. Don't worry about finding THE one. You'll probably move around as you evolve. For now, just find an outlet that empowers you by allowing you to express your passion and your intention to be of service, and watch the sparks fly!

## LET YOUR INTUITION GUIDE YOU

Emerson said, “What lies behind us and what lies before us are tiny matters compared to what lies within us.” Really tap into your personal power by doing all of the above. Get out there and do it. To embrace this fully it is essential to act on what you believe.

Please hear these words. This is the point of breakthrough. All the thinking and feeling in the world will not have you know yourself as powerful until you take action. We are wired

this way. As you have your experience and feel how this works, you'll believe it in your bones. And then at some point, some point soon, if you are truly following your guidance and your own intuition, you will move from believing it to actually knowing that you are capable of things beyond even your wildest dreams.

## TRUST YOURSELF

Above all, TRUST YOURSELF. There are no two more powerful words for you to use at this time. You will come to know that you can trust yourself completely. Commit to this as the result that you are going for and practice believing this until you get there.

Imagine this: If you could trust yourself completely, what would you do? Another way of saying this is, if you were unstoppable by fear, what would you do?

This is what we are going for. I will support you as you reconnect with this powerful and limitless place within yourself. This is where you trust yourself implicitly and know in your heart and soul that anything is possible and that you can and will live the life you have always dreamed of.

Keep in mind what the noted author and speaker Marianne Williamson said: "Our insecurity is inevitable in the absence of personal meaning." This is why you must come to remember and know yourself as a magical being, capable of extraordinary things and committed to using your talents and magic to create the kind of world you have always dreamed of.

## *Insights*

- In the early stages of creating a dream, there isn't always evidence that your idea is a good one, or that this is the right time to launch it.
- Your beliefs become the necessary foundation to support you in moving forward in your new life. Since our attitudes and beliefs determine the choices and decisions we make, your beliefs will either empower you or impede you.
- Your beliefs are never neutral. They either move you forward or hold you back. Our attitudes and beliefs determine our thoughts and feelings. These shape our choices and decisions.
- Being aware of your beliefs is the first step toward changing them. When we can hear the subtle conversations in our head, we have some power over them.
- Consider my acronym for the word BUT: Believe, Understand, Trust. Use the BUT theory to keep your beliefs optimistic and your dreams alive and well.
- This process of reframing how you deal with objections can change your outlook on life and support you in taking risks. If we believe in our dreams, we tend to move forward; if we don't, we tend to be stagnant or complacent.
- You have plenty of opportunities to practice accessing your new belief, shifting the downward spiral of doubt and putting you back in touch with what you want.
- Confidence means to confide in yourself. Self-trust comes from practice. It is a skill that can be honed and it is essential for creating greater ease.
- Our beliefs are our own opinions and judgments, but for some strange reason we seem to forget that we can choose them. In any given moment and in any given circumstance, we choose what we believe.
- When you are not consciously choosing to believe an empowering belief, what you get by default is your old limiting beliefs. Choose a belief that will empower your dreams for having greater ease, for doing less and having more.

- What does it take to change a limiting belief to a positive belief? It takes willingness, choice and practice. Be willing to choose a new belief and practice believing it by acting on it.
- At the bottom of all our excuses, the fear of failing keeps us immobilized. Our fear is natural and understandable. But if we don't learn to use it or interface with it, it will keep us stuck.
- Even fear can serve a purpose. We do not need to be stopped by it. In fact, we can even be motivated by it.
- Don't do your dream in. Don't let your ego sabotage your goals with doubts, fears and concerns. When these come up, ask yourself this ever-empowering question: "What am I more committed to, my dream or my reality?"
- If you are not acting on your dream, perhaps you are acting on your fears and beliefs. Although change always brings up all sorts of doubts and concerns, it's how you deal with them that matters. 🌀

# Make a Daily Dream Visit

For immediate support on  
Making Your Dreams Come True,  
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