

THE *Dream Movement* SERIES

Accessing Your Power



By Marcia Wieder
America's Dream Coach®

Number Four



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

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Accessing Your Power





Introduction

In the past, we have been told we can have it all” (whatever “it” is). I’m not sure that “having it all” is necessarily a good thing. But I do know one thing: Whether your dream is to have it all, or just a satisfying small part of it, you’re going to have to use it all to get there. The title of this book, “Accessing Your Power,” encourages you to use all of the tools you already have at your disposal to make your dream come true. What tools? Self-awareness. Thought. Focus. Desire. Fear (yes, absolutely). And many others. Trust that everything you need is already inside you. Keep the big picture uppermost in your mind and use every single tool you have to move your dream forward.

—Marcia Wieder



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“ I merely took the
energy it takes to
pout and wrote
some blues. ”

— *Duke Ellington, American jazz
composer and musician*

Our lives are filled with choices. Every day we have the opportunity to choose so many things, and this book is about using it all and learning to replace the “this or that” choice with “this and that.”

There is a powerful energy that becomes available to us as we learn how to hold two things at once. And then there is integration, which is the art of bringing things together in order to have more. Sometimes integration combines many things and can help make something stronger or a little easier.

My friend Gary uses integration to create more balance in his life. He practices bringing his daily personal and spiritual practices into alignment with the business portion of his life. He doesn't want to choose this or that. He practices being centered. He works at being a whole and balanced person, producing in the real world.

Balance is an interesting concept, for we each have a different and unique balance point. Working 10- or 12-hour days may be in balance for some, where others go completely out of balance if they have to go to an office every day. It's empowering to know what works for you and where your balance point is, both personally and professionally. When is “it” too much and when is “it” not enough? Balance is about knowing and noticing what you need at any moment and, most important, about shifting from where you are to where you need to be.

I spent more than 10 years as what I would call a serious businesswoman. That was my life. I had no time to play, to cook, to socialize, and most important no time to take care of me. I didn't even take the time to know myself. Integration and balance were missing. I was very one-dimensional.

I moved out West with the intention of changing my lifestyle, and I did. Every aspect of my life slowed down, deepened and became richer. I learned to breathe and to actually smell the roses. For more than a year, I did what I needed to do professionally to get by, but mostly I healed myself. I met myself for the first time and took the necessary time to begin to know myself and my needs. I said “no” a lot and kept to

myself. And soon the phone stopped ringing. It was a little scary, but I knew it was what I needed.

OLD HABITS

Finally, it felt like the time to resurface, so I started saying “yes,” and of course the phone started ringing again. Then a new fear set in. I was afraid that I would revert back to my old ways and stop taking care of myself. I had evidence of this.

I was preparing to go back to New York for a high school reunion. I knew “they” would all have baby pictures, so I brought my “baby,” a copy of my first book. I realized that I was about to fly 3,000 miles just for the reunion and had nothing else scheduled. This thought was reminiscent of the old me. In my new life, if I had a few business appointments in a week, it was fine. For the old me, somehow it never felt like enough.

I recognized my ego and old identity as thoughts came up such as, “Am I accomplished enough?” In order to show myself and “them” that I was, I flipped back into “Super Business-woman” mode. I booked five appointments for one day in New York City.

And of course they were big important appointments: my publisher, *Working Woman* magazine, *Success* magazine, Ogilvy & Mather, the National Association of Female Executives and a lunch in between. It was exciting to get the response I received, but at what price?

I squeezed in a quick shopping trip to my favorite discount outlet. I was out of control. I spent \$200 in about 10 minutes and proceeded to leave my shopping bag in an overheated taxi (never to be seen again) where the driver refused to turn on the air-conditioning. Overheated and out of air—doesn’t life give us the most literal metaphors?

I totally overdid it (in 100-degree heat). That day I promised myself I would learn to integrate my new life practices of being calm and centered with my old productive side. This is something I continue to work at. It takes serious awareness and practice.

My phone rings a lot. I am grateful, yet sometimes I let my answering service pick it up. Sometimes I play music in the office. Some days I don't work. I notice the more I take care of me, the better my service and the quality of my work are. I practice not being fragmented, but rather using all of me. I don't want to be "still" so I can do more, but rather bring my stillness to my work. This is not a small point. I don't want to leave play to go to work. I want to play and have fun at work.

Sometimes we separate aspects of ourselves that would serve us better to weave together. With a little awareness and effort, we can become more integrated and have much more of ourselves.

“One thing we can count on is that life will provide distractions. How you react is the key.”

CIRCUMSTANCES

It's too easy to let our "stuff" get in the way and believe or decide that we can't have it all or that there's always a price to pay for having what we want. One thing we can pretty much count on is that life will provide distractions. There are so many wonderful or annoying things happening all the time. The question becomes how are you going to interact with them, or how will they impact you? In other words, how are you going to do your life?

How we behold and interact with our daily occurrences determines how we live and feel about our life. A successful speaker friend told me that when her phone rings and she is "in demand" for speaking, she feels good. She feels needed and important and liked. On quiet days she often feels lousy. She

noticed how easily her circumstances were dictating how she felt. This did not feel like a powerful way to live life, and in recognizing this behavior she began to change it.

Christine was in a car accident and had to have part of her leg and foot amputated. Remarkably, her attitude on life was unchanged by this incident. As a professional photographer, she is still completely full of energy, bouncing around taking action photos and portraits. Until she had her prosthesis made, she used the handle on her crutch to support and balance her body during photo shoots.

I told her what an inspiration she was to me, how I admired her courage and strength. Her response was, “Things happen. What can you do?”

Keep Christine in mind next time you’re having a “bad hair day” and think it is somehow significant. Recognizing how we react to daily life is the first step towards not being so impacted by it.

Life comes and goes, and we don’t have to be fully at its mercy. Some days the phone rings like crazy and some days it doesn’t. Some days you might be filled with energy or you might be exhausted. Some days you have a date and some days you’re all alone. Some days you feel happy and some days sad. It does not change who you are.

More important, it no longer needs to affect how you feel about yourself or your life. When we realize that life is not initially or primarily about having or doing, but much more about being, we begin to know peace in simply being who we are.

GOOD OR BAD?

Consider that “good and bad” is not “black and white.” When something happens to us, we can label it good or we can label it bad, but since we are unable to see it all, we are just making up the label. Something that looks bad could ultimately wind up being good, and vice versa. It’s all just life doing life.

The author and Jungian psychiatrist Jean Shinoda Bolen talks about how, during the San Francisco earthquake, it seemed as though the entire community responded from the

heart. In the face of adversity, so much kindness emerged. “People commented on how wonderful this was, how what really matters to us became clear, and why did we have to have a disaster for us to realize this?” The camaraderie from this catastrophe was a good thing.

Here’s a story about a woman who was struggling to pay her corporate taxes so she decided to pull equity out of her home. Many banks declined her request because the real estate market was so soft. She was tenacious and kept looking, until finally one bank gave her the cash she needed. She was able to pay her taxes, which we all know is a good thing.

“ A softer focus
allows for a wider
perspective. ”

A few years later, she needed to move. With the two mortgages on her house, she was unable to sell the property. The house went into foreclosure, which caused the second mortgage to come due, forcing her into bankruptcy. We definitely would consider this a bad thing. In hindsight, she wished that she had listened to the banks that were refusing her financing and had found another alternative to the second mortgage, such as setting up a payment plan with the IRS. Sometimes when we are dealing with an apparent crisis and our options seem limited, we may make unwise choices that are, as they say, “penny-wise and pound-foolish.”

One reason for this is that as human beings we see life through human eyes, and we tend to only see fragments or pieces at a time. Most of us don’t see the big picture and really don’t know exactly how anything is going to turn out. Interestingly, Chinese people are taught to see things differently than Americans. They see the world with a softer vision or focus that allows for a wider perspective. Of course the ability to focus is an important skill, but it can also be limiting.

Americans are taught to read a letter at a time, a word at a time, leading up to a sentence or a thought at a time and always from left to right. When a Chinese person sees a Chinese character, he sees an entire picture and a world filled with emotions and feelings. Reading, our most fundamental skill, has taught us to be fragmented and to perceive the world in a limited way. We can begin to really appreciate the Chinese proverb “A picture is worth a thousand words.”

Consider softening your eyes and broadening your perspective. Notice what you can see from this point of view. Although we may have a sense or feeling about how something is or how it might turn out, can we also trust the mystery of life that really is about not knowing and just allowing life to unfold?

The next time something happens to you that you might label good or bad, recognize that perhaps it just “is.” Notice what’s actually happening without labeling and judging, and you will have access to a whole new perspective and new ideas.

This can be a huge stress reducer. You will be less “in reaction” to things and more at ease and available to any situation. You can tap into your creativity and actually start to develop a prowess for problem-solving from a whole new place.

It’s empowering and exciting. It’s also quite simple to practice this. Just manage your mind. I know that doesn’t sound easy, but consider the alternative. If we don’t manage our mind, it will surely try to manage us. When we’re not clear and focused, our mind usually will default to our negative thoughts and limiting beliefs. Then it’s hard to do anything.

WHAT DO YOU BELIEVE?

Be aware that every day, actually every moment of every day, you have the opportunity to choose what you think, how you label life and what you believe. You can choose to label something good or bad, or not at all. You can choose to believe something will empower you and move you forward, or limit you and hold you back.

I don’t know about you, but on a bad day, I have buckets of

doubt. This becomes the critical moment to choose. Always in this moment choose a belief or a thought that will move you forward. Choose to believe that anything is possible.

And the most essential time to believe this is when we don't believe or when we feel that "it" won't work. This becomes the critical moment to find the courage and the willingness to believe it anyway. This often requires nothing less than a leap of faith.

When you start out on your dream, especially your big dream,

“Energy follows thought. If there's no thought or believing in your dream, there will be no juice, no energy and no action.”

or you hit a crossroad or a wall, there may not be any hard evidence that your dream is a good idea. After all, it's just a dream. It lives and breathes as an entity because you believe in it. Energy follows thought. If there's no thought or believing in your dream, there will be no juice, no energy and no action.

If you can grasp this concept, you'll have access to one of the most powerful tools for creating. It is your believing and taking action on your beliefs that will make your dreams come true again and again.

A woman named Dana wanted desperately to have a baby, but very early on she was told that there was no chance that she would ever have a child. She and her husband refused to believe this. They were vigilant about their intention to have a baby. They prayed and they kept believing it was possible. As it turned out, they were right and the doctor was wrong!

Practice believing your powerful beliefs. Patricia Sun teaches creative communications at Berkeley and asks that we "live

our beliefs,” or “be-live.” She says, “There’s only one thing stopping us from having heaven on earth: that we can’t believe it can be.” Change your mind and you change your world. No matter what you see or what others might be saying, or what the evidence appears to be, do not abandon your core beliefs. They are power.

WHEN IN DOUBT

A successful stockbroker friend, Michael, used to say and believe “right or wrong, choose.” That meant when it was time to make a decision, if he felt unsure about which way to go, he would pick a direction and live with his choice. This masculine-based energy can be very useful and teaches us to take action and forge ahead. He believed that whatever he chose, whichever way he decided to go, he could and would learn something and make the best of it.

Although indecision can stall or kill your dreams, when we don’t know what to do, which way to go or what step we should take, how can we boldly move forward?

Learning to relax, hang out and wait until you know which way will honor you and your dream is a skill to be honed, developed and mastered.

Nothing will give a stronger sense of trust and confidence in yourself and assist you in banishing any doubt than developing your “inner knowing. It is about patience and trust. “Just trust” is my favorite affirmation and the phrase I use to calm myself down when I feel confused or torn between two choices. This does not mean to turn your back on the situation or create a distraction. It means take a closer look and assume there’s more information available. Begin to notice what’s missing and look for new ways of viewing what’s happening, what you’re thinking and, absolutely, what you’re feeling. Look for what you know and understand and what you don’t know and don’t understand. Visualize how either of these different outcomes might look, or perhaps a third unknown outcome.

If you feel agitated or concerned about a potential situa-

tion, work to get to the root of what you're feeling. Stop and take a deeper look. Ask yourself, "Is this a fear, and, if so, a fear of what? Could it be of success, failure or something else?"

Are you suffering over this choice because you are uncomfortable about some unknown factor, or is it the people or project itself? Are you compromising on some value or belief that you have, or is it something else? Just what is it that is bugging you?

Are you stopped on your dream because of how you think it might turn out, or some aspect that you don't want? Shakespeare said, "Our doubts are our traitors." Whenever you feel immobilized by an important decision in your life, I recommend you take the time to reconnect to your core values. What is it that matters most to you at this point in your life?

Where are you unwilling to compromise or sell out on your dream and the quality of your life? Close your eyes and feel this desire in your heart, feel where you are and who you are. Remember what's real and important to you.

For example, what matters most right now to one of my col-

“Change your mind and
you change your world.”

leagues is his freedom. He has worked long and hard to design a life where he can freely schedule his time, and how he spends his time is of utmost importance to him.

When the opportunity comes forward to write more books, which will lead to more seminars, which means more time on the road, he has learned to stop and ask, "How do I really want my life to be and what do I believe is possible?" From here he can begin to design the strategies that support him in what he wants and needs.

It is essential that we identify where the "stop" or the indecision is coming from. Are there unanswered questions? Do you have doubts and concerns based on reality or based on "what ifs?" What if I become really successful? What if I fail?

What if I make the wrong choice? Don't give up on your dream today because of some unclear or uncertain beliefs about tomorrow. Know that wherever there is an obstacle including fear, it is possible to design a strategy to handle it, once you recognize what you are afraid of. That may be the exact function of what you are feeling. Fear or doubt can be the very thing that inspires you to come up with a creative idea or a whole new approach.

“Know that wherever there is an obstacle, including fear, it is possible to design a strategy to handle it.”

You can play out a great scenario or a horror film. In your mind, you are making it up. I invite you to try it on many different ways. Play out the good and bad endings, but mostly notice how you feel and where you are actually creating an unrealistic ending out of fear versus what might actually be possible.

Carol Murray, a successful career counselor, told me, “It seems that in the short run we tend to overestimate what we can actually accomplish, while in the long run we usually underestimate what we can achieve.” See if you can slow the whole process down while you honestly take a good look. Then practice using both your feminine energy to feel, explore and allow your intuition to come forward and your masculine energy to guide, decide and take action. Use it all.

THINKING CAN BE A BORE

Sometimes we lean too far towards our masculine side and “overdo” the need to get ourselves figured out, labeled and

packaged. Reality overshadows our dreams. Theodore Roosevelt said, “A mind too active is no mind at all.”

The ancient Chinese philosopher Chuang Tzu wrote:

*The centipede was happy, quite,
Until a toad in fun said,
“Pray, which leg goes after which?”
This worked his mind to such a pitch,
He lay distracted in a ditch,
Considering which leg was which.*

Too much thinking can immobilize you and be hazardous to your health. We can get so confused or bored with processing and turning things over and over again in our mind (this has a different feel to it than quiet time, meditation or contemplation) that we’ll do anything to escape. Usually what I recommend we do is dream.

We can spend hours which turn into days, weeks and a lifetime lost in a spiral of thinking and analyzing. Should I, shouldn’t I, I could, would, but don’t know, don’t care or do I? Does your mind ever sound like this? Can you tell it to *shhh*?

Thinking through something may be but is definitely not always the best way to gain clarity. If you consider that everything in our mind comes from our memories of the past or our desires for the future, it is difficult to gain clarity and insights about where we are now just from thinking. Thinking can be exhausting. Used properly, it can be liberating.

A friend of mine was teaching video production in Cairo, Egypt. He sat with a young Muslim woman during an editing session, showing her that she could make “this choice or that one.” She had a perplexed look on her face and said, “Growing up in this country, I was never given a choice. You are the first person who has taught me to think for myself.” I wonder what dinner with her husband was like that night.

I agree with the author Ayn Rand when she said, “To achieve you need thought. You have to know what you are doing, and that’s real power.” It is important to assess a situation, but sometimes reality is not what we think it is and answers often lie in other places—like not thinking. Going to the movies,

taking a nap or meditating, painting or talking to a friend may give you some space and allow for a new perspective on your present reality.

FEEL YOUR FEELINGS

Besides thinking, what other resources do we have for solving a problem or gaining new perspective on reality? Perhaps it is feeling. The writer Marilyn Ferguson said, “Only that which is deeply felt can change us.” As essential as this is, too much all at once can sometimes be detrimental. It’s easy for many of us to be swept away by our emotions or our feminine energy. Sometimes acting too quickly on a feeling winds up creating more of a negative reaction than a forward-moving action.

It can get quite confusing. We ricochet back and forth, thinking about our feelings, having feelings based on thoughts and justifying the entire process as worthy, necessary and somehow enlightened. I’m just not sure it gets us any further along on our dreams and sometimes it leaves us more lost, discouraged and full of doubt.

Round and round we go, feeling like life should be different, better, easier. Some of us expecting it to get worse. Round and around again, thinking about how it got this way, perhaps thinking how we can change this or wondering if it will always be this way. We feel the resentment, the futility, swirling into a bottomless pit of no answers. The reason? We are asking the wrong questions.

The questions we need to ask are about how we want our lives to be. What are our dreams and our deepest heart’s desires? What can we do right now to start to live this life? Shift your focus from what you don’t want to what you do want and you will shift your reality.

Your honest feelings can assist you in answering these questions. Sadness or fear can also be a great wake-up call. Learn to use these feelings as the key to what’s going on or to see where you are. Use them for guidance on your dreams or the reality of where you are at this point in your life.

“The more you feel, the more you will come to know yourself.”

Ever notice how your feelings sometimes seem to get in the way? If you are feeling sad or depressed, angry or fearful, how does this affect your daily life, much less your dreams? The playwright Jean Kerr said, “Hope is the feeling you have that the feeling you have isn’t permanent.”

Most of us find it difficult, if not impossible, to focus on our dreams or desires when we feel lousy. During these times we are typically feeling down, separate, alone, lonely, confused—in a word: shut down. How do you handle these times? There are at least two schools of thought, and I find myself often caught between them. We can either “feel our feelings” or “change our feelings.” Both begin the same way.

The first critical step during these times is to identify what you are feeling. This requires some quiet time, and often it really does require quality time. Close your eyes, take a few breaths and practice just feeling whatever you are feeling.

Once you identify what it is, or at least get a sense of it, then you have the freedom to choose how to interact with it. I spoke with a client who told me she used to hate feeling sad or down and once claimed she never felt depressed for more than three minutes at a time. She was uncomfortable feeling sad and disliked feeling that way.

Like many, she was well trained in changing her feelings. She had a strong will, knew the power of thought and understood the dynamic of shifting her thinking and therefore shifting her feelings.

Lately she is trying something new, something a bit more expansive and with a little more depth. She is exploring a more full range of all her feelings. She is learning what it really feels like to feel sad. Can you feel how rich this can be?

I have a dear friend named Sharon whom I would describe as a very sensitive and empathetic woman. She's quite proficient in creating intimacy and deep relationships. There is definitely a correlation between her ability to feel and express the full range of her emotions and her ability to cherish and have so much love in her life.

Sharon once told me in order to fully experience joy, understand sorrow and to really laugh, cry. I didn't want anything to do with that negative thinking, so I avoided "those" thoughts like the plague. I now know differently. Helen Keller said, "We could never learn to be brave and patient if there was only joy in the world."

Perhaps this notion will comfort you if you too have avoided feeling your feelings, especially the so-called negative ones. The secret is to feel the feeling but not to be swept away in it. This is often called "witnessing." When you can identify and recognize what you are feeling without "becoming" the sadness or "being" the anger, you are practicing a certain level of mastery in your life.

Imagine watching yourself like a third-party observer and seeing yourself losing your temper or feeling hurt. Can you see how you would be a student, studying and learning about you and your life? In *Quantum Reality*, Nick Herbert says, "Observation creates reality." As you witness yourself, including your feelings and actions, you will begin to have access to more of you. This is an awesome skill to acquire and not too hard to develop.

The process begins with a willingness to feel whatever you are feeling. Pause when you recognize a feeling. As it begins, tune in and feel it. Take a few slow breaths, watch yourself and feel yourself having these feelings. What can you learn? What do you notice? What insights are available? Be patient and continue to feel whatever you feel, until you no longer feel it.

This will happen. After a while, sometimes a short while, sometimes a long while, the feeling will change or dissipate. With a little space between you and your feelings, you can see what's really going on. You can learn about who you are and use this knowledge to grow and move your life forward with more

ease and freedom. The more you feel, the more you will come to know yourself, all of you. And you will come to know your heart, which is where your deepest, most heartfelt dreams live.

TALK TO YOURSELF

One powerful technique for using your feelings to help move you forward is to have a conversation with your own heart. In some circles this is called voice dialogue work. You actually give your heart a voice and sit down and have a chat, a real heart-to-heart with yourself. By honoring this voice within, you can balance, heal, know and love your true self.

The writer Sanaya Roman said, “All you need do to receive guidance is to ask for it and listen.” Ask yourself some simple, yet direct questions and listen for and begin to write whatever answers your heart gives you. Some questions might include: What is it you (my heart) need now, or what can I do for you, or what would honor you, right now?

I am grateful to a client who allowed me to share the following story with you. As this woman began to deepen her personal work, some real sadness came up for her. It was an emotion that she was not familiar with. She knew a great deal about joy and anger but not sadness. She was overwrought with grief and couldn't get over it.

After several days of being depressed, she felt like she had stopped living. She was uninterested in eating, exercising or talking to anyone. She was afraid that she was being swept away by her emotions. The weather was cold and rainy and she tried to blame her feelings on that, but her tears were real and all she felt was sad. When she did talk to friends and family, all she talked about was how sad she felt.

She took my suggestion and sat down to have a conversation with her heart. She literally asked it what was going on and what it needed. She got herself very quiet so she could hear the answer. It surprised her. Here is the dialogue that she wrote in her journal:

Woman: What do you need?

Heart: To be loved by you.

Woman: How?

Heart: Hear me, hear my real voice. I want to beat, by walking, moving, playing.

Woman: What can I do for you?

Heart: Wake up and live your life. Love yourself and me by dancing, laughing, expressing, living. Go out, dress up and DO THE THINGS YOU LOVE TO DO. I am sad because I'm bored and lonely and I want to be used and worked and beat real fast from excitement and passion. Live life by doing what you love.

This simple message was so profound that it literally woke her up. It showed her where she had misinterpreted reality. She thought she wasn't doing anything because she was sad. Her heart showed her that she was sad because she wasn't doing anything, just the opposite of what she thought. Subtle difference, and worlds apart. She now saw there was something that she could do about her sadness. She could nurture herself.

Get to know your heart. Talk your heart out. Feel what moves you and what touches you. Know your heart and know yourself. Let your heart guide you to develop a trusting relationship with yourself. Follow your heart to your treasure and to your truth.

RECOGNIZING AND USING INSIGHT

As we begin the process of looking at who we are and how we really want our life to be, many answers and perhaps even more questions will surface. The challenge is knowing what to listen to and what to ignore.

There are many wonderful skills to develop as we begin this journey. Some may be quite familiar and others not. Perhaps you could consider this time as a whole new way of learning and actually experiencing life. Experience will be your greatest teacher and you can design your own curriculum. Decide what you want to learn or what you would like to explore and actively seek out the resources, teachers and mechanisms for learning what you desire.

My guess is you will go looking for some of them and others

will find you. “When the student is ready, the teacher appears.” As you clarify what you want and what you would like to learn, all sorts of fabulous people and opportunities will show up. And since you asked for them, you will indeed recognize that they are there to help you.

Tremendous outside resources, especially at this time in the world, are available everywhere. Use them for your own good. Work with the people and at the places that feel right to you. But most important, learn to develop your own intuition so you will always know what’s best for you. The deepest guidance we can receive is from ourselves. Recognizing insights and acting on what we know makes life more fun and fulfilling.

“ The deepest guidance we can receive is from ourselves. ”

It also provides great inner peace, strength and joy.

The dictionary defines insight as the ability to see and understand clearly the inner nature of things, especially by intuition. Intuition is defined as the ability to know something without the use of reasoning. It’s when you know something just because you know. There’s no other logical explanation.

Having an insight is the process of having a true creative thought, happening right in the moment and gloriously uncolored by the past. Most thoughts are linear, come through our rational mind, and are limited. Having a flash of insight is more akin to the “aha” process, those ticklish bursts that seem to come from another source, inspiring and enlivening us.

CONNECTING TO YOUR INNER VOICE

It takes trust in yourself to practice believing something when you have no evidence for it. As you develop this part of yourself, you are tapping into a very wise place and

accessing a teacher that will always be there for you. That teacher is you. Wayne Dyer, in his book *Your Sacred Self*, says, “Inside of you there is a wise guide, a part of your true self that walks with you as you progress along the path of your sacred quest.”

Begin to recognize this part of yourself, the part that is very perceptive. Can you name something that you know, just because you know? Can you think of a time in your life when you did something or perhaps chose not to do something just because you felt a certain way? This wise part of yourself was working.

I invite you today, and for the next few days, to practice reconnecting with this profound part of yourself. I recommend that you slow down just a tiny bit, take a few extra breaths and listen for that quiet voice within yourself, your intuitive voice, that is definitely there and eager to be heard and trusted.

I agree with the singer Natalie Cole, who said, “It is my hope that you will listen with new ears, for there is something different here that you may notice.” The most powerful aspect of this comes when you actually do what that voice is saying. Take the advice it is offering. The more you hear this voice and the more you act on it, the more you will develop this part of yourself. This is not difficult to do. We just need practice. Barbara Walters said it most succinctly: “Trust your gut.”

Once you begin to follow your intuition, stop and acknowledge that’s what you did. Actually say to yourself, “I listened, I acted and it worked.” Then, do it again. In developing this part of yourself, you are pumping up your manifesting muscles.

This inner guidance and inner knowing will show you the way. It has many answers, provides wonderful insights and can add tremendous confidence and ease to your life. It’s a must for being a dreamer!

DREAM KEYS

Here are some of the realizations and insights I teach regarding the *Making Your Dreams Come True* process. Use them as the “dream keys” to open doors in your life. They may seem quite

10 Dream Keys

1. You have to have a dream to have a dream come true, and without dreams, all you have is reality.
2. Believing in your dream is an essential component and often the only foundation you have for supporting your dream.
3. You are never given a dream without the ability to make it come true. Your ability includes your willingness to do what it takes.
4. What you seek is seeking you and exists within you. Every resource you need is available to you.
5. There is often lag time between dreaming your dream and making it happen. This is a crucial time to stay more focused and committed to your dream than to your reality.
6. On the other side of your fears are great teachings. Learn to hang in there and take a closer look. Fear is a great teacher and often provides a wake-up call. Use what you learn as soon as possible.
7. There are signs everywhere showing you which way to go. Learn to read them and use your dreams for guidance.
8. When you really believe that something probably will happen, it probably will. Commitment is the key.
9. As you complete your dream, it's time for another one. Don't ever be afraid to reach the finish line. There's always another dream available, if that's what you want.
10. Be willing to trust your intuition and act on your insights.

simple at first glance, but don't be fooled. Because they are simple and usable in our everyday experiences, they carry a great deal of power.

Dream Key #1. You have to have a dream to have a dream come true. Without a dream, all we have is reality. Is that a scary thought or what? Even if your reality is fine, there has to be more to life. And how can you possibly figure out how to get something if you don't know what you want? Even worse, if you don't know what your dream is, you might already have it and not even know it.

Dream Key #2. Believing in your dream is the only foundation you have. When speaking about your dream, often there is no proof that it is a good idea, or that this is the “right” time or that it might ever happen. But if you don’t believe in it, who will? And if you don’t believe it’s possible, it’s difficult to keep going. Oprah Winfrey said to me during a commercial break when I was on her show, “You know what I know. It’s all about believing in your dreams.”

Dream Key #3. You are never given a dream without the ability to make the dream come true. You are not designed to be a tease to yourself. If you dream it, it is because you desire it, and if it is truly what you desire, there is a way to make it happen. The warm-hearted newscaster Belva Davis reminds us, “Don’t be afraid of the space between your dreams and reality. If you can dream it, you can make it so.”

It is in the area of “ability” that you might want to take a deeper look. It is one thing to be able and quite another to be willing. You need to believe in yourself and your ability to learn or know that you deserve to have this dream actually happen. Acting on your ability is one key to success. Are you “able” to at least believe? If not, practice believing and see what happens.

Sometimes what we desire shows up in front of us but the form may not be recognizable. Sometimes it shows up bigger or a surprise might happen. And sometimes we like the surprise and sometimes not. If your dream is for a new, better job or relationship, getting laid off or being dumped might be the perfect (painful as it may seem) step to help you along. Pay attention to what is happening all around you regarding your dreams. There are no mistakes in the universe.

Dream Key #4. What you seek is who you are. Another way to say this is “Be the one you seek.” Everything that you desire is available to you, and all the resources needed are there, too. Most of them, if not all of them, exist within you. This requires deep trust in yourself, your abilities and really trusting what you can’t see. This may take some work to see. It requires removing obstacles and blocks, such as limiting

beliefs. As you move forward and learn to deeply trust yourself, you will come to know this is true.

Dream Key #5. The difference between dreams and reality is time and space. On one level, this is as simple as realizing that there is often a lag in time before we get what we want.

On a deeper level, consider this. Time is man-made and so

“Can you even imagine not living by your clock and calendar? How would your life be?”

is the way we measure space. We have learned to efficiently use both as a distraction and logical reason for not having what we want. If you live by time, you will surely die by time. When you fully understand that there is another way to live, another truth, you begin to live by a different set of rules. Can you even imagine not living by your clock and calendar? How would your life be?

One of the most brilliant minds of modern time, Albert Einstein, said, “Imagination is more important than knowledge.” One of the ways we can heighten our imagination and deepen our intuition is by giving our rational mind the data it needs. Although we may believe on one level, often we need facts to really trust, at least in the beginning.

Dream Key #6. On the other side of fear is truth. Every time we are afraid of doing something, making the wrong choice or decision or taking some action, by using our intuition we can gain deep insight into how we live our life and where we hold ourselves back. By not using force or will to make ourselves do something that feels wrong, we can learn to see with different eyes the full experience of what is happening in the moment.

When we stay present and in tune with our feelings and the

actual experience, we can receive great understanding about ourselves and how the world around us works. Our deepest insights often seem to be right on the other side of our deepest fears. I think the fear is there to make sure we are fully awake and paying attention, so we can learn the lesson from our experience.

Knowing this, we can use fear as one of our most powerful teachers. The amazing outcome is not only that we may have less fear, but that we will definitely have a different relationship with it. Sometimes we are no longer afraid of fear, but recognize it as a deliverer of great gifts and important insights or as a messenger. The brilliant scientist Madame Curie said, “Nothing in life is to be feared. It is only to be understood.”

Dream Key #7. There are signs everywhere showing which way to go. Some people call them omens. There is proof and validation that you are on the right path, that you are moving forward and that this is the way to your dream. Learn to recognize the signs. Ask for a sign that what you are doing is right, and recognize it when it shows up.

Hasn't this happened to you? You were just wondering about something or considering some course you wanted to take in life, when suddenly you meet someone who can lead you to that very opportunity. Mark was on his way to Las Vegas for a big trade show in a new industry he dreamed about working in. He overheard two women seated next to him on the plane talking about the show. “Excuse me,” he said, “I couldn't help overhearing your conversation. I'm so eager to get involved in this industry and I've heard there's one woman who is the ‘person in the know.’ I'm wondering if either of you might know her?” With a smile and a slight blush one of the women replied, “I'm her. How can I help you?” Mark is now a major player in this new industry.

Learn to take a hint. This is known as synchronicity. It is a sign that you are in the right place at the right time and you are “in synch” with life. Good work! Learn to listen from a deeper place inside of yourself, the part of you that is tapped into your intuition. Practice asking for signs and saying thank you when you are given one. Recognize that you are deepen-

ing your trust and intuition by doing this, and acknowledge that it is working. The acknowledgement is essential.

Dream Key #8. Possibility as a possibility is great, but possibility as a reality is awesome. Do you believe that it really is possible for you to have your dreams come true, to fulfill your heart's desire? If you do, terrific. You're ahead of the crowd. But when you can believe that what you think is possible is real, is actually probable, you've entered another realm. Check it out.

Think of something that you want, that you believe is a possibility. Change the word possibility to reality. Now what you want is more than a possibility, it is a reality—at least your desire for it is. We could also say it's something you are deeply dedicated to. Commit to it, keep believing in it and you will see that you are right.

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Dream Key #9. As you complete the dream, it's time for the next dream. There are people who never let their dreams materialize because they are afraid that will be the end of their dream. The art of being a dreamer requires ongoing dreaming. Use one dream to fuel the next. Or start again in a whole new area of your life, or simply hang out dreamless for a while and relax.


Never let the completion of a dream mean the end of anything other than what it is. Recall the natural cycles that all things must go through. After the completion or death of your dream, the next cycle is rebirth or the beginning of a new dream. Notice the excitement and pride you feel or the mourning that might be required. Use your feelings as the

compelling force to create the next dream. Keep the juices flowing as you continue to design and create your dream-come-true life.

Dream Key #10. Trust your intuition and act on your insights. We can train ourselves to trust places inside that we didn't know existed and life can become much easier. The only way to develop this inside of you is by practice. And you can begin your practice right now. Explore your own memories, dreams and experiences. Learn from the teachings they provide. Daily life, nature, sports and hobbies, dialogue from movies—these also are all great places to spot insights about yourself. If you have a reaction to something, good or bad, by asking yourself what is going on you may have an epiphany, right there and then. Listen to what is being said and learn from it. What have you made your past mean and how can you use this knowledge now? Use everything you have to move your life forward, to know your own truth and to do what will honor you.

Learn to recognize insights and act upon them. This brings clarity that seldom comes from other places, allowing you to recognize the deepest values, beliefs, purposes and patterns that exist within you. Come to know yourself by looking at your life and seeing with really open eyes, an open mind and, most important, an open heart. Come to know yourself and embrace ease and joy.

Insights

- Integration is the art of bringing things together and can often help make life a little easier. Practice integrating your masculine/doing side with your feminine/feeling side.
- We each have our own balance point and need to determine and practice what works for us.
- Listen to your heart and include your mind on your decisions. Using both is essential, and aligning both will make your life easier.
- It is not necessary to be victimized by the circumstances of our lives; rather we can engage with life from a more effective place.
- Our perspective of whether something is good or bad is fragmented and limited to what we are able to see at any given moment.
- Don't give up on your dreams today because of uncertain beliefs or concerns about tomorrow.
- Wherever there is an obstacle in your way, including fear, you can design a strategy to handle it. Fear can be a powerful teacher.
- Most thoughts are either memories from the past or desires for the future. Thinking can be quite limiting and restricting.
- Feel what moves and touches you and act on what has heart, soul and meaning for you. Develop the ability to witness what's happening and why you are reacting and responding the way you are. 

Make a Daily Dream Visit

For immediate support on
Making Your Dreams Come True,
I invite you to...

- Join AmazingDreamers.com
- Attend a Dream Workshop
- Check Out My Dream Store
- Hire a Certified Dream Coach®

Marcia Wieder
America's Dream Coach®



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