



SPIRITED FREE SAMPLE

Thought is energy. Dreams are energy. You create your life with every thought, every dream and every intention.

This is powerful stuff.

When you set an intention for more loving, authentic relationships, dazzling opportunities, greater abundance or complete and utter fulfillment, you open yourself up to a brand new perception of how your life can be... and what happens then, is that your highest self kicks off a soul-led, heart-driven mission to bring that dream to fruition.

Pretty magical, huh?

You know that tugging on your consciousness, that whisper in your ear, that flutter in your belly? **That's a dream trying to get your attention.**

BUT... WHAT IF I DON'T HAVE A DREAM?

Something can happen when you're bogged down in the every day to-do-ness of life. Your dreams can grind to a halt – and most

LESSON ONE

DREAMS, VISIONS + CRYSTAL- CLEAR INTENTIONS



of the time, you don't even consciously realise it.

Where once, as a child or teen, over-sized aspirations were the norm and everything seemed possible, when the years start zooming by, the stuff in front of you begs for your full attention and FEAR shows up... before you know it, you've completely closed the door on your self and don't even know what you want anymore.

Does this sound familiar?

Have your dreams become watered-down, humdrum versions of the ones that used to make your chest puff out to contain the bigness of your heart?

Are your dreams... wait for it... non-existent right now? (*Dreams? What dreams?*)

If you were to get really honest, where in your life are you playing safe, drawing inside the lines?

...and why?

Take a moment to think about these prompts. Whatever pops into your mind first, before your internal editor kicks in, is an expression of your soul. Acknowledge it. Document it. Let it guide you through the next step.





VISUALISATION + INTENTION-SETTING (THAT WORKS)

Want to know the speediest way back to the Land of the Lofty Dreamer?

Visualisation. And following that - using the power of intention to direct the mind to the right course of action to make that vision a reality.

Find a comfortable place with minimal distractions and close your eyes.

Think of the things you love doing. Retrace old memories. Dig to the bottom of your mental treasure chest, plucking out long-ago laughs, buried strengths and talents, the things that come naturally, the hopes and the highlights.

When your life is all-but-over, what do you want to look back on and say *'Yep. Did that?'*

What do you want to CREATE?

Who do you want to BE?

Where do you want to GO/ LIVE/ EXPLORE?



When you've spent some time in your creative right brain, firing those synapses and picturing all that you want to call forth in your life, it's time to set some crystal-clear intentions. If you're fuzzy about what you want, unfortunately, you may find yourself with some fuzzy-funky results. **Clarity is electric.**

When writing your intentions, frame them in the positive present tense. They might sound something like:

I'm sitting on my deck overlooking the beach in Southern California and I'm happier than I've ever been.

My business is now consistently generating _____ dollars, every week.

I am blissfully happy, and married (!), to the man of my dreams.

Give it a go here:

I am _____

My _____



A FRESH PERSPECTIVE

In her groundbreaking piece of work, *The Desire Map*, Danielle LaPorte gives all of humanity the Hall Pass we've subconsciously been aching for – an invitation to forecast a dream life for ourselves based solely on **how we want to feel** on the inside.

When someone asks you, 'So, what's your dream? What are your goals?' instead of mustering up what you feel you should want, or what you used to want that kinda doesn't light you up anymore, you can instead – steadfastly – respond with: *I want to feel generous (or brave, or abundant, or free-as-a-bird – whatever YOUR brand of desire is), so I'll keep doing the things that make me feel that way.*

Let's repeat that. **Do the things that make you feel the way you desire to feel.** Does that flip conventional goal-setting on its head, or what? It's so simple it almost seems comical, but there's no denying we've been approaching our dreams from the wrong side of the fence for so long now.

Instead of 'I want/ need XYZ to be happy,' leading with how we want to feel means getting happy, first, or calling in the happy, then doing more of what makes us happy. It's a process of realignment. It's also a checklist-cum-manifestation-memorandum: *'Will this job make me feel expansive, creative, abundant? Yes? Ok, we have a winner – bring it on Universe. No? Might be time to reassess that dream, sista.'*

A FEW (MORE) IMPORTANT NOTES ON DREAMING

YOUR DREAM IS YOURS ALONE

And it can be as unique as your fingerprint.

It's easy to be swayed by your bestie who wants to sell all her stuff and run away to an Ashram, or the lodged-in-your-grey-matter memory of a relative telling you that you'd make a really awesome teacher. However enticing those thoughts may seem in a moment of dream doubt, if you're more a house-on-



the-beach-with-an-Internet-connection kinda girl and the thought of teaching makes your skin crawl, know that it's okay to want what YOU want. No-one can define what's meaningful for you. *Different strokes for different folks.*

Know that you don't need to alter/ squash/ discard/ tuck away or measure your dream against anyone else's vision for **their** life (or, for that matter, their vision for yours). Universal support has a fancy way of showing up when you're aligned to *your own* true nature – the life that's meant for you.

AMPLIFY YOUR DREAM BY SHARING IT

Talk about it! Shout it from the rooftops! Tell people about your big dream, because when you do, not only do you breathe life into your vision, but you create an environment of accountability that'll support your growth and keep you on your toes. *Double win.*

BABY STEPS = QUANTUM LEAPS

The magic is in the momentum. Small, brave steps forward create a ripple effect out into the world that, once returned backed to you, will blow your mind.

It's the mash up of being energetically aligned to your dream and both determined and consistent in your actions that ultimately creates change. We know first-hand how insanely effective this can be.

Remember: **think BIG and move FORWARD.**

ONE SMALL STEP A DAY

If you really want to pull that dream in from Out Yonder like an iron clipping to a jumbo magnet, challenge yourself to take **just one small step** towards it every day.

Will you write that email, or even – the draft of the email? Publish the post that has you breaking out in a sweat? Will you take the opportunity to speak up, to find a mentor, to let curiosity override



fear, to enrol in the course, to ask your boss for a reduction in hours so you can love-up your passion project?

Will you focus all your energy on building the new, rather than lamenting the (not-so-glittering) present?

Without too much pondering, quickly list five things you could do this week to move closer to your dream:

1. _____

2. _____

3. _____

4. _____

5. _____

Pledge to us - but more importantly, to yourself - that you'll act on every one of these small, right actions.

Baby steps. Quantum leaps.



5 WAYS TO SHOW THE UNIVERSE THAT YOU AND YOUR DREAMS MEAN BUSINESS

- Vision board 'em. Your most audacious (and bodacious!) dreams in technicolour, baby.
- Set daily reminders in your phone. '11am. I am bringing to life {your dream here}.' *Hell yeah, you are.*
- Cover your computer/ fridge/ bathroom mirror/ corkboard with neon Post It's with positive affirmations scrawled over them (between us, we're certain we keep Post It in business!)
- Declare your goals to your online community... and watch them take form. Encourage them to 'buy in' – start a dream accountability group, a secret forum or a regular feature on your site.
- Seek help. Who do you need to reach out to? Stay in your zone of inspiration, and outsource the rest. Yes, that's possible. Give it a shot.

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