

Chapter 3. Dreaming Up A Better Life



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DREAMING UP A BETTER LIFE

IF MY LIFE WERE PERFECT, WHAT WOULD IT FEEL LIKE?

*“Imagination is everything. It is the preview of
life’s coming attractions.”* Albert Einstein

Imagine Your Ultimate Destiny

“We are never deceived; we deceive ourselves.”
Goethe

As we grow and change throughout life, one of the most under-used tools we have is our imagination. The older we get, the less we use it. Do you remember how rich your life was when you were a child and didn't have to worry about the mortgage, the groceries, the kids, the bills, your job, and your health? By the time most of us reach adulthood, the reality of having to be responsible for making our way in the world seems to take up most of our time and energy.

As a child, it seemed our job was to play. We spent more time in the rich realms of our imagination as children than at any other time of our lives. This step of setting aside time to imagine what we would love to do or be allows us to drift back in time and discover the incredible power and benefits of using our creative imagination.

Ultimate Destiny provides wonderful tools such as *My Ideal Image*, *Tapping Into the Power of Imagination*, and the *Success Map* exercises to provide a solid

foundation for you to reconnect with that part of the child within you that knew no limits, overcame all obstacles, and had no fears. That part of your imagination is now focused on the most creative way to help you move toward fulfilling your Ultimate Destiny.

“You k'n hide de fire,
but what you gwine
do wid de smoke.”

—Simeon Strunsky

Creating Your Dream

*“Heaven never helps the man who will not act.”
Socrates, (fragment)*

For this entire process—discovering and realizing your incredible potential, your Ultimate Destiny—you *have to be both willing and able to dream*. Everybody is able: it’s hardwired into our systems. But our willingness to dream is hijacked by the details of everyday living.

Dreaming has gotten a lot of bad press. We say, “She’s just daydreaming” or “he’s such a dreamer” as if the whole process were a waste of time. Yet everything that exists began as a thought in someone’s head—a dream. *Every new thing begins with a dream in someone’s imagination.*

While you don’t want to spend your whole life escaping into dreamland instead of DOING things in your life, don’t shut off your capacity to imagine a better life. Remember, you must be willing to believe in your heart that you deserve a life filled with love, success, and job fulfillment. To dream is to begin the process of creating this life. Creating reality, beginning with a dreamed-up fantasy, can seem like a magical process, or silly one, depending on where you’re starting from. But in fact, the process is one of the universal laws.

Thoughts become things. So let yourself have the best thoughts you can think. And if the reality that unfolds seems like magic is happening, just enjoy the fun of it! Don’t diminish it by thinking it’s just luck.

Self-Assessment #3: The 'I Am' Expression

We invite you to be a bit experimental with the following exercise. Complete these statements as if they were already true. You'll notice, they begin with "I am," not "I wish." So if you've always wanted to own a boat, we don't want you to say, "I wish I had a boat." We want you to say, "I am the captain of a beautiful boat."

Write these statements as if that were true for you and see where they take you.

I am ...

I am ...

I am ...

I am ...

I am...

Why You Need To Dream Freely

*“Dream lofty dreams, and as you dream,
so shall you become.” James Allen*

It would be very helpful when doing the next Self-Assessment #4, for you to take on a playful, experimental attitude. Remember, you are not creating a document to be read by others, or one that will lock you into some course of action.

Rather, you are trying to stimulate your imagination and connect with a sense of your destiny (or at least a direction) that you may have lost years ago. Or maybe you never had a dream for your life or a sense of where you wanted to go, and will begin building it now. Be aware that your answers may be, at this point, primarily musings and starting points for further exploration and refinement.

In whatever format you do this exercise, (from a printed sheet, on the computer, on blank paper, etc.) give yourself room to write as much as you want in each area. If nothing comes to mind in a given area, even by throwing it open to your wildest dreams, just move on for now. You can come back later and it is likely things will have come to mind. We highly recommend you literally *type or write* your thoughts out here. Don't just “think” them.

You could also use journaling, create sketches or songs, or use other creative methods to convey your dreams. Any of these physical activities engage more of the brain to stimulate greater integration and creativity.

Expressing your ideas with physical symbols also is a helpful process. You might create a small altar, paint a room a particular color or buy a new hat as a symbol of your dream.

It is very important to realize at this stage that you realize you may have no idea how you will go about attaining the things in your picture of your Ultimate Destiny. This is good because if you did, you would probably be selling yourself seriously short—imagining something far below your full potential. So be encouraged if you are coming up with things that seem well beyond reach at this point.

It is the job of the part of your mind that “works while you sleep,” sometimes literally, to come up with the methods to get you where you want to go. Within you is an infinite storehouse of information to draw from.

The part of the mind that is above or beyond the conscious level is called the subconscious mind. It is not really a separate “part” or function of the mind; however, it is used to store things that were once conscious to us. Some things are suppressed to partial or complete unawareness because they are unpleasant, disappointing, or painful. Other things end up in the subconscious merely because they have been dimmed by the passage of time or are not useful at the current stage of our life.

Inventors and creative people will often mull over a problem continuously, trying to find an answer or create their desired result—only to have a brilliant solution or insight “pop” out of the

subconscious and into their conscious mind when they least expect it! This happened regularly to Thomas Edison, and probably is the reason we commonly see cartoons with a lit light bulb over the head of a person who has just gotten an idea.

Depending on what is stored in it, the subconscious can affect us positively or negatively. It can be the source of confidence when we draw supportive comments and experiences from it. But a lack of confidence may result when we draw critical or limiting material.

Most of us have a good supply of both and it seems natural for most of us to allow the negative to undermine us more than we allow the positive to propel us. Yet each of us must learn to draw out the positive and reinforce it, for instance, with affirmations. So unleash your wildest dreams and try your hand at:

Self-Assessment #4: What Is My Ultimate Destiny?

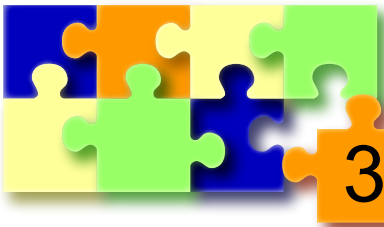
Answer these quickly, and briefly, with the first things that come to mind. You will have a chance later to reflect more on them and expand your answers.

1. What are your heart's greatest desires?

2. What is your ultimate purpose in life?

3. What are the most magnificent dreams you have?

4. Who could help you achieve your Ultimate Destiny?



Chapter Summary

3 Dreaming Up a Better Life

Ultimate Destiny Success Puzzle

Be Willing to Create Your Dream Dream Freely

"Heaven never helps the man who will not act."
Socrates

Tool Tips:

My Ideal Image
Tapping Into the Power of Imagination
Success Map Exercises

"We are never deceived; we deceive ourselves."
Goethe

"Dream lofty dreams, and as you dream, so shall you become."
James Allen

*Go confidently in the direction of your dreams.
Live the life you have imagined.
Henry David Thoreau*



1. Discover the incredible power and benefits of using your creative imagination.
2. Ultimate Destiny provides wonderful tools such as My Ideal Image, Tapping Into the Power of Imagination, and the Success Map Exercises to provide a solid foundation and to overcome your perceived limits.
3. Create Your Dream - discover and realize your incredible potential, your Ultimate Destiny - you have to be willing and able to dream.
4. Believe in your heart that you deserve a life filled with Love, Success, and Fulfillment.
5. Express the I AM by beginning with "I am...".
6. Journal, make sketches, create songs, and many other creative endeavors to engage more of the brain to stimulate greater integration and creativity.
7. The subconscious can be the source of confidence when we draw from supportive comments and experiences.
8. Unleash your wildest dreams.
9. What are your heart's greatest desires?
10. What is your ultimate purpose in life?
11. What are your most magnificent dreams?
12. Who could help to achieve your Ultimate Destiny?

*Find the courage
to make your dream a reality*

dream

Realize More of Your Potential, Fulfill Your Life Purpose and Co-create Your Ultimate Destiny!