



Living Dreams

The Spirit of Winter creates an opening for us to slow down, to go deep within and illuminate the new dreams we are being called to create for ourselves, our families, our communities, and our planet. At the full circle completion of each New Year, we have a powerful opportunity to align in collective unity as we choose to embody gratitude, reflect on our previous year of growth, and clear the space within to nourish our coming dreams.

You are invited to create sacred time and space to honour your living dreams and explore the guiding questions below, responding in your favourite journal. Perhaps you are called to sit in solitude by the warmth of a fire with a delicious cup of tea, or perhaps you are called to invite a group of friends or family to explore these questions together and share.

Gratitude

Imagine being in your heart, activate all of your heart's senses, and ask your heart to help you remember all the gifts of learning and growth you received in the past year.

- List each gift.
- What are you grateful for in these gifts?

Clearing

In preparation of new dreams and projects we are calling to create in our lives, it is life-supporting to clear room for their rooting and growth.

Enter your heart, activate all of your heart's senses, and ask your heart:

- Is there anything I need to let go of that no longer serves my highest growth?
- What old ways are no longer serving me that I can transmute/compost and utilize for my new growth?
- What is a simple ceremony I can do to release and compost these old ways, making room for the new?

Dreaming

The Universe supports us as we create time to be clear with our intentions, values and beliefs that make up our living foundation within.

Imagine being in your heart, activate all of your heart's senses, and ask your heart:

- What do I want to happen in my life this year?
- What do I want to do - things I want to accomplish?
- What areas of growth do I want to focus on?
- What beliefs, attitudes, or imprints do I want to transform?
- In what areas or relationships do I want to experience peace and resolution in?
- What decisions do I want clarity in making?
- Where and how can I deepen my life of service?
- What do I want to experience in a new way?
- What nourishes my soul that I would like to continue?

Creating

Imagine being in your heart, activate all of your heart's senses, and ask your heart to guide you to the Dream Tree of Life within. Ask the Dream Tree of Life to illuminate 3 big dreams (in it's roots, in it's trunk, and in it's branches) that will support the highest growth for you and our world.

Write them, activated in the present tense; for we create as we speak....abra q ad habra!

1. First Big Dream in the roots:

What is the first step I am taking to create this dream?

2. Second Big Dream in the trunk:

What is the first step I am taking to create this dream?

3. Third Big Dream in the branches:

What is the first step I am taking to create this dream?

May this year be all that you dream it to be!

