



NORTHERN  
**EDGE**  
ALGONQUIN

# Living Our Dreams



Winter presents a wonderful opportunity for us to slow down and dream. This is the time of year 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 with who we want to be as we choose to embody gratitude, reflect on our previous year of growth, and clear the space within to nourish our coming dreams.

We invite you to create sacred time and space to honour your living dreams and explore the guiding questions below, responding in your favourite journal. This activity is a tradition we've enjoyed for many years at the Edge - and it can be very special to keep a dedicated "Living Dreams" journal, to go back year after year and see your dreams as they evolve and come true.

This activity might take 1 - 2 hours, or you might dive deeper and spend a few days on the different sections. We recommend setting your sacred space for dreaming by lighting candles, playing soft music, making yourself a tea or hot chocolate. What would it be like to tune into your heart, breath, and intuitive wisdom? Some of your new dreams might surprise you!

You might journal your "Living Dreams" in solitude - or you might come together with partners, friends, or family to share your responses and speak your dreams out loud.

## Gratitude

Tune into your heart, and remember all the gifts of learning & growth you have received in the last year . . .

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

## Release

In preparation for the new dreams seeds we are about to plant, it is necessary to clear room for their rooting and growth. Letting go and releasing is a powerful way to create positive momentum in our lives.

Tune into your breath and reflect . . .

- Is there anything I am ready to let go of or forgive?
- What old pathways, stories, obstacles, and patterns are no longer serving me that I can transmute or release?

What would it be like to create a simple ceremony to release (with gratitude) all we have identified, composting and making room to support our new dream seeds and our highest growth?

# Dreamtime

Writing out our clear intentions, values, beliefs, and goals can enable the universe to recognize our living dreams and foundations, creating boundless possibilities for us to make it so.

Tune into your intuitive wisdom, and imagine (as if it is happening now) . . .

- What do I want to happen in my life this year?
- What do I want to do - things I want to accomplish or create?
- 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 be in service to the world?
- What do I want to experience in a new way?
- What nourishes my soul that I would like to continue?

# Action & Creation

Writing out our clear intentions, values, beliefs, and goals can enable the universe to recognize our living dreams and foundations, creating boundless possibilities for us to make it so.

Tune again into your breath and intuitive wisdom, engage your heart and all its senses, and wonder . . . which 3 core dreams might support the highest growth for you and our world this year?

First Big Dream:

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

Second Big Dream:

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

Third Big Dream:

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

If you wish to go further, you can identify more steps - but the first step on the path is the one that can have the most impact. Perhaps there is a simple habit you can engage in that will help your dream come true, or a ceremony using words, symbols, and actions that can anchor your commitments.

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