

When You Have a Dream but Don't Know How to Get There

The great thing about wanting something with your heart and soul is that a powerful, enthusiastic vision can help orchestrate whatever universal actions are necessary to achieve your dream.

It's like when you have a clear thought that you want to pick up a coffee mug. You don't have to orchestrate all the muscular and balancing movements of your hand and arm to do it — the mere clarity of intention is enough to set all the subconscious muscular processes into action. In the same way, a clear vision or dream for your life can set all kinds of processes into action — both inside and outside of yourself.

Chapter 15 explains the difference between the first cause (universal spirit) and second cause (material) levels of life. A powerful vision in your mind is able to tap directly into the creative first cause, because the essence of your mind is also the essence of the universal spiritual mind.

Consider

Here are some tips to help you achieve your dreams:

Be clear about what you're really looking for.

Instead of focusing only on specific outer elements, contemplate what you're really, truly looking for in seeking this dream. For example, you may think that your dream is to be happily married to a particular person. You think about her all the time and plan out your strategies for getting her to the altar. The actual essence of your dream is to be happily married, but you've decided that this woman and this woman alone is the one who can fulfill that dream. However, in this case, you're better off getting clear that your real goal is to be happily married to the right person and to focus on that aspiration more than just on "snagging" a specific person to whom you're currently feeling attracted.

It's fine to imagine details of how your hopes and aspirations may look when they take form. Just be sure to also surrender to letting the universe put together the best package deal for whatever essential goals you've ordered through your power of vision and intention.

Clarify your mind through spiritual practices.

A strong and clear mind gives more power to your vision, helps you choose and pursue good decisions, and also allows you to perceive the subtle universal guidance that's guiding your way. You can find spiritual practices to clarify your mind in Chapter 8.

Contemplate to see whether any part of you believes that you don't deserve your dream.

You may think you want something, but deep down, a little parental or childhood bully figure is saying, “You can’t do it.” Or you may be affected by discouraging words from people who don’t have strong faith in your dreams.

Maybe you’ve heard someone express doubts about your goal, and you’ve subconsciously woven those doubts into the fabric of your subconscious mind. If you determine that the negative assessments of others have diminished your faith in your ability to achieve your goals, then you can choose to transform those negative ideas into the energy and motivation to be victorious in your endeavors in spite of other people’s doubts.

Be clear that this goal is something you really, truly want to do.

Sometimes you think you want something, but really the desire has been sparked by the words of others — including, of course, all those advertising companies who get paid a lot of money to make you want what they’re selling. Just ask any child or teenager who would practically give their lives to get that new toy or video game and then ask them again a few years later when they’re lusting over an expensive handbag or a fancy new car.

Look at your own goals and question whether they come from your own mind, heart, and soul, or from outer sources such as the marketing efforts of advertising agencies.

Also, ask yourself what outcome you can likely expect if achieve the dream you have in mind. The clearer you are about your goals, the better you’re able to work toward them with the empowerment of your own conviction.

Learn what you can about others who have achieved what you want to do.

Allow the successes of good examples to give you inspiration, hope, and strategy ideas. Talk to positive mentors in your field of interest. Read biographies of those who have achieved what you want to achieve. Look through the Internet for examples and lessons from those who have accomplished the kinds of goals you seek.

Remember times in your life when you’ve come through for yourself and accomplished challenging tasks.

Then move toward your current goal with confidence and remembrance of your strengths.

Don’t Forget

Be sure that you’re envisioning a great dream for yourself and the world. Don’t forget that the life you’re living is *your* life. Live it! Take chances! It’s going to be over one day. How would you feel if you never went for your dreams?