

## **Dreaming Guidelines**

Doing something for 21 days forms a new habit. It becomes **automatic** in your body consciousness energetics. Now, doing this thing needs to be **done in Awareness and with desire**, meaning intensity. This means you are really energetically connecting with it. You resonate with it inside your core Being and you experience it in your body consciousness energetics.

What are we going to be doing for 21 days to make it automatic? Dreaming!

Dreaming is your abundance!

It is your creative essence expressing itself into material experiencing.

For 21 days, you will need to do this for it to become automatic in you. This means you cannot miss a day of doing this, which also means you need to do it on Sundays on your own, because Be Still is not on Sundays. This is why I am sending you this email to give you heads up to prepare.

You can make the next 21 days of dreaming as broad as you want or **more focused on just a few things**. It is to be a fun and creative dreaming experience.

Here's a few things to prepare for these 21 days:

- Have a journal to document your dreaming. Why? So, you can reference it daily and integrate, resonate, and register the specifics of your dreaming.
- Your Dreaming can come in the form of an inspiration from your Source connection or from your conscious desires.
- You should start to list some of your conscious desires **you want to experience** for yourself, your family, and the world. Remember, it can just be a few focused things. Here are some suggested areas of focus. Pick a few.
  - 1) Purpose/Career
  - 2) Relationships
  - 3) Finances/Prosperity
  - 4) Fitness/Health
  - 5) Surroundings/Living Lifestyle
  - 6) Any other Fulfillments/Achievements

And don't forget to start to list your "Related Experiences" too! What are "related experiences? These are the experiences you will potentially have upon the materializations of your dreaming. For instance, your dreaming is about authoring a book and just one of your related experiences can be meeting other authors that you admire. How is that experience? Resonate it? Integrate it? Understand?

Now that is only one related experience, another one can be Being at peace for writing what needed to be expressed from you and it gave you much peace. Understand? Integrate, resonate and register peace.

**Here is what I will be doing:**

- 1) I will be picking just a few desires
- 2) I will let new inspirations to come in from my Source connection
- 3) I will play in and resonate all the many related experiences that result from what I list from 1 and 2.

Dreaming impacts the world! I look forward to dreaming with