

I just want to start with lesson two. So this one is about identifying where you want to do. And by that, I mean, who do you want to be? Hey, you should go Soto. Who do you want to be? What do you want your life to look like? So usually we focus on things that we're not so happy about in our life, and we're not satisfied with.

And this lesson is about doing the opposite of that. Basically this lesson is about exploring your dreams, waking up to your dreams and actually practicing dream. Which we just rarely do this week. We're going to be about building your dream muscle.

Because I would guess most of us have pretty weak dream muscles. I do. I know. So there's so many reasons we should practice dreaming that for me. This is one of the main ones, I'm sure you guys have heard of this. There's a book by this woman called Bronny where actually, I didn't know what her name was until I created this fight.

And I was like, who is this woman? So she was in Australian hospice. And she was dealing, you know, in, in hospice with, with many people who are dying and hearing their regrets. And these were the top five regrets that people had does the always had like a huge impression on you. And so all of them are really interesting, but we're going to look at one in particular, but I'll just go through them quickly.

So one was, I wish I'd had the courage to live a life true to myself, not the life of others that the others expected of me. I wish I hadn't worked so hard. I wish I had the courage to express my feelings. I wish I'd stayed in touch with my friends. I wish I had let myself be happy. But so those, those are the five regrets of the dying.

And the one I want to look at that's really relevant to this lesson is that first one, I wish I'd had the courage to live a life true to myself, not the life that others expected of me. So this is what the woman kind of where said about this one. She said this was the most common regret of all. When people realize that their life is almost over and they look back clearly on.

It's easy to see how many dreams have gone unfulfilled. Most people had not honored even a half of their dreams and had to die knowing that it was due to choices they had made or not made health brings a freedom. Very few people

realize. Until they no longer have it. So to me, this is a really sobering and a very powerful reason to start pursuing your dreams.

Now there's a concept in Buddhism where they, where they say practice the Dharma, like your hair's on fire. And so this has the same kind of feeling to me. So it's time to start living your dreams. Like you're running out of time, like your hair's on fire. So like today that's how I feel about. But to get your dreams, you have to know what the heck your dreams are.

And we tend to have a lot more clarity about what we don't want than what we want. So, for example, I don't want this job. I don't want this relationship. I don't want this stomach, these hips, these legs. I don't want this noisy neighbor. I don't want this bad number in my bank account. I don't want this loneliness, this anger, this sadness.

It's overwhelmed. I don't want this political situation. So we spend a lot of time with this stuff, really digging into it and repeating it and focusing on it and all the ways that we don't like it. So we stare in the mirror at our cellulite or our wrinkles, and we shine a bright light on the way that are, the people in our lives are not doing or saying what we want, but we know then what we don't want pretty clearly.

And we can paint a pretty detailed picture of that. And what we don't like, but then what do we actually want? We're so less clear about that. We don't seem to have the same certainty and clarity that you may have experienced this with the visualization this week. So I was, I was hearing comments like, Hmm.

It's not really clear. I'm not sure I'm confused. I can't picture it. And I can't feel it so easily because I just don't know. So most of us have no idea and it's not, it's certainly not just you it's like, I would say most of the people, and instead we have this vague sense of what we want. We think, we think we know what our dreams are.

Like, we have this vague idea, like, and we say it in like this. So we think we want a good job that pays well, we think we want a loving partner. Or we want to be like Richie rich or his parents who are Richard and Regina. I don't know if you guys know this. My parents are Richard and Regina rich. We want to be slim and healthy and beautiful.

We want to have lives of purpose and meaning. We want a beautiful house. We want to be validated and understood. And there's nothing wrong with any of all

that it's, it's all fine and dandy. It's all good in fact, but there is one problem with that. Is that the way there is a problem with the way that we're doing it right now, which is that the dreams never get real for us.

They just stay at that vague unattainable level that has no meaning or connection for us.

There are actually some really good reasons that you don't know what you want in any clear, specific way. No one ever asked us what our dreams are. And most of us don't ask ourselves. So when your kids, your parents and your teachers are busy and they're exhausted, and they're just trying to serve by their own damn selves.

And to train you to be a functioning member of society, to schools are not equipped mostly to cultivate our dreams. I mean, if you put a kid's dream in this classroom, how would the poor teacher deal with. It doesn't fit in the curriculum. In the book, in the test, it would just be too big and too crazy.

Like what would you do with their dreams? And then when you're in high school or you're in college, you get asked what your major is like, what you, what you want to do, what are your major? But that's more about fitting in and functioning society as an adult. It's about preparing you for a job. So no one sits down with you and says, honey, what do you dream for yourself?

I don't think that's anyone's fault. It's not like our teacher's fault and our parents' fault. It's like they're all, or the professors there, they're all just trying to do the best they can. And nobody's asking them either what's their, what's their dream. And there's another reason we don't focus on our dreams and that's what we have to live in the real world.

And we have to pay rent and we have to put food on the table and basically we've been taught. Fulfilling our dreams and paying our bills are pretty much mutually exclusive. We get that message a lot, I think. And then there's another reason. So even if we somehow wake up to our dreams, if we have a conversation with a loved one or a teacher or a friend, or maybe you see some kind of inspiring movie or read an inspiring book, or maybe you hear an inspiring speech.

So your dreams get kind of activated for a little bit, but then they get pushed to the back and kind of overridden in the kind of just flow and bustle of regular life, which doesn't normally support our dreams very much. So it's not our fault

that we don't know our dreams and there's nothing wrong with us and it's totally common, but it's actually kind of a crying shame because the thing is that nothing matters, but your wildest dreams.

I believe this really deep in my bones. And I heard it the first time this, there was an Australian woman I was at a party in grad school and she's, she just casually said something and nothing mattered, but your wildest dreams. Right. And it made such a huge impression on me that a few months after that I bought a one-way ticket to Katmandu.

And that was one of the best decisions I've ever made in my life. And that's because some of my dreams, like my wildest dreams, just me are about travel and Asia and the Himalayas. Like those are just part of my dream. And then by following that belief, by following that gut and by following my dream, I ended up living in Asia for six years, five in Japan, a year in India.

I got connected with a Tibetan community in Northern India, which is now a really important part of my life. I met my husband who's Tibetan, and while I was in India and he is the single biggest blessing in my life. We have an amazing, happy, abundant life together. But the reason I'm telling you that, because when I bought that ticket to camp, men do it, didn't look like a good decision.

It didn't line up with the real world at all in anybody's estimation, you know, it's like, I didn't have much money. It wasn't safe. I didn't know anybody. I didn't really know what I was going to do. I literally just had a freaking one way ticket to Catlin too. So my brother told me later that my parents literally thought I had lost my mind.

They thought I was gone crazy. But the thing was that. The decision was totally rooted in my wildest dreams. And I had a burning desire to see the world and to see Katmandu and to Trek in the humiliation, in the Himalayas. So deep in my gut, I knew it was the right thing to do. It was, it was part of my dream and what I want to explore now or what your wildest dreams are.

And this week it's all about what is your wildest dreams and who are you deep in your head?

So I looked up wild in the dictionary and one of the meanings is a natural state, which I really love. So, and that's perfect for us today because what we're looking for is your natural state. So you're looking for that place where you are

fully, completely naturally yourself. And of course, really importantly, that looks different for each of us.

And we need to look inside ourselves and see what it is that we want and what lights us up, no matter how, and an honor that no matter how different it looks from somebody else. And we hear that all the time, but I really want you to hear that. I really want you to live that like this week. Oh, If what you love and your dreams are weird to somebody else, that is a hundred percent fine because they're your dreams.

If what you love is boring to somebody else, that's cool. Let it be boring to them. If your dreams are extravagant and too much for somebody else and they don't approve of your dreams, that's fine. It's just like, let it be too much for them, because this is just what matters to you. So this week, our work is dreaming and I want to take a few minutes to do some of the exercises for the week in the class.

So partly so that we can inspire each other. And partly, just to make sure they're clear. So that's the first thing I want to do is take a few minutes and look at. Wonderful exercise. And some of these exercises there's there's a writer and an inspirational thinker and talker called Jack Canfield that wrote the success principles.

So some of these exercises come from there. So to get you thinking about your dream, so you write 10 things that you want to be 10 things that you want to do, and 10 things that you want to have. So since the time is short in the class, we won't do 10 we'll I'll, we'll do it a short version and then we'll do, and then I'll ask you to finish it for your homework.

So as a foundation, let's look at some of the different areas of your life, that you may have dreams and wishes about your health and fitness, like your physical self, your relationships, that can be anybody, your. You know, love relationships, family, friends, bosses, anything work in career, your spiritual life, travel home just mean your house finances, your free time.

What kind of things you do in your free time? What do you do with it? How much of it do you have? Your community, maybe relatives, maybe a chosen community, like a club or people. You have an interest you share interests with like hiking or photography or chess or singing or whatever, volunteering, and then personal goals.

There's things like learning a language or making a quilt or rescuing dogs or climbing a mountain or running a marathon or whatever. And then here some examples of things, but definitely these are, I just want to provide you something if your mind goes blank for any reason, but these are things that I want. So I just, you know, you will write things that you want, obviously. And I want you to say, I want to say these are not the things that I want most in the life, like ordered by whatever these are just things I just like threw it on the.

And I want to encourage you to do this too. So I'll just go through some of them. So some things that I want to be are strong, generous. I want to be a successful, purposeful business woman. I want to be creative. I want to be emotionally intelligent. I want to be kind. I want to be a good daughter and a good friend.

Things I want to do is I want to speak to Benton. I want to lose 10 pounds. I want to see the Northern lights. I want to travel to New Zealand. Oh, hold on just a second. Somebody's trying to call in. Okay. And somebody else.

Okay. Great. So welcome two men and two lists. So we're just talking about things that dreams that we want, things that we want to do. So I want to travel to New Zealand with love song. I want to Trek to Everest on the Nepal side. I want to live and work a couple of months, a year in beautiful spots. I want to develop a stronger Buddhist practice.

And for me, I want to have a personal trainer. I want to have a flexible body. I want to have \$6 million. I want to have a foundation to serve Tibetan education and women who want a good heart. I want a small Toyota truck. I want a good bike. And I want some conflict free diamonds.

And see that's the kind of thing. Like that's, what's weird to me, but it's like, I want some stamps conflict free diamonds. So that's on my list.

And by the way, so these are things that you can have already have or done, so you can be grateful and just acknowledge what you already have. So you may have fulfilled some of your dreams. So these lists can be a mix of things that you have and that you want, or these can be like, basically you can have what you want.

You know, like if you have a beautiful house, you can say one of your dreams is to have with these clouds and it's already. But so it can be a mix of things that you already have and want to have, or it can be all things that you want. I

wouldn't just put all things that you already have. You probably don't need to be in this course.

If you all have things that you already have. And.

Okay. So again, for the homework, we're going to do 10 of these things, 10 things. You want to do some things you want to be 10 things you want to have, but as the short version, we're just going to do three in class right now. So let's start with thinking about three things you want to be, and as you think of them, you can share them in the chat.

Of course, if you want more, that's fine. The chat, if you haven't used it, is that little in the upper, right? The little looks like a thought bubble or a note pad. So these would be qualities that you value and want to embody maybe like kindness, compassion, calm and wise. It can be physical. Like I want to be flexible.

Like I want to be strong. And you can, as I'm talking, you can just stick them in the chat if you want to. Or they could be ways of being in relation to other people like a good wife, or they could be a job like astronaut, a nurse, a rock climber. So try to think, try to think about things that you really want to be and not what you think sounds good to other people.

Really, whatever you want for yourself is what's good. So what you guys got, let me see. I'm just going to jump over here. Oh, Molly said she lived virus photos. Liz wants to be a nice ball. Cool. Let's see energetic. Yes. A good listener to my kids without jumping to advice or judgment, work on improving my health.

Organized. Yeah, a mench. I love it. Health since Gloria. Successful in my new job. Yes. A loving godmother and aunt. My niece is a sounding board for my steps on sweet. To be able to say no when needed for myself. Yes. The best version of myself I can be. Yes. Authentic, calm coworker. Loving partner. Yes.

Connector a person who holds fun events, a great presenter, awesome. A published author and speaker from Johnny X successful leader manager. I want to address becoming lead, be a generous and frequent hosts. I love it. Physically capable and almost all situations. I love it. And believe I can have a future in a dream with Ms.

A good daughter, sister, and aunt. These are great. These, these are yes, them all. I love them all. I'm going shut that so I can go back to see you. Okay. It says

on the right screen, is it now three things you want to do? Great. So these are, these are three things that you want to do, and you can share something in the chat and I'll give some examples while you're doing.

For example, I want to speak to Ben. I want to travel back to Japan with website. I want to lose 10 more pounds. I want to see the Northern lights. So these are verb based things like speak travel C create, make, build, run, which you got

right. Amtrak out west and sleep in a sleeper car. Nice living work outside the U S have a second child speaks Spanish fluently, develop a daily practice. These include. These are great. Cool salons and gatherings traveled to the Northeast Maine Vermont, upstate New York. Take the train across Canada. Yeah, exercise every day.

When to learn to crochet. Cool. A loving partner, not always career helping as many people as I can in the support group. I ran for Ehlers Danlos syndrome and see the Northern lights. Awesome. Express my creativity through my art, appreciate and acknowledge every bite of food I eat. Yes. Find a new crafting project.

I love it. And do you see how beautifully in different each of these are? Be able to shop on my own, not depend on other so much exercise, more and more pounds will help with this one, improve my Spanish fluency, Santiago de Compostela, or some part of it. Allow myself to paint more often, learn German, be able to walk in nature.

Pain-free travel as if I live there two to three months. Yeah. Yeah. That's that's a big, big dream while I'm doing that. Okay. So, and then we're going to go to three things you want to have and put those in the chant fleecy wants to read. And Gloria wants to speak Spanish. If anybody wants to. Oh, she, you speak Spanish.

If anybody wants to practice. That's cool. So these are things that you want to have. So I want to have a personal trainer. I want to have a good heart. I want to have a business that serves thousands of Tibetans and women. I want a foundation that gives grants for Tibetan education and women. I want \$6 million.

And oh, Jenny wants to be able to go sailing when lockdown is over. So let's see, wants a big house. Yes. Personal trainer. That sounds good. Right? A

beautiful front garden. Full of flowers, a safer, more connected neighborhood. Yeah. Must have a vehicle soon. Yes. Like-minded community, a house that's beautiful and comfortable for my gathering salons.

Healthy and satisfying meals. Time for nap. Yeah. To own my house, I think own a new bathroom with a bath. I can get into wonderful relationships with my parents. That's cool. Time to not to do not much of anything. Yes. Savings enough money to create a foundation for children, regular house cleaner.

Awesome. Oh, these are great.

Johnny and Liz are on the scene. Let's see and Meg says dog, a house in Bolinas. Okay. Nice.

I'm just going to let Johnny speak for me from now on.

Alright, so this is, I've never met her, but a conflict be diamond, yea, a four to five bedroom house. I locked it the four to five bedroom house. With the backyard and access to open space and walkable to downtown Devon, Rex kitten. Wow. Either call. Okay. And all right. And so this is what your actual home work conflict free diamond is like when that's not mined by in war zones or.

I think slaves, even just with some hideous socially, just so here's what your actual homework sheet looks like. And you can find it in the lesson two section on the course website you can, and as always, you guys, you can print it out or you can just make your own, just write it up in your, on a paper or journal for that.

And then out of the things that you wanted to be to do and to have. Out of these different dreams, all of those are your dreams. I would say, just pick one that you're going to work with for now and pick one that appeals to you. It's not set in stone. You can change it later. You can write it in the chat if you want to.

It just like, if you just have like a gut feeling for one of those things sounds good.

You know, what if I'll I'll keep going and then you can kind of see, so here's the next part of the exercise and you can do it now, if it comes to you or you can, as

I go through this, you can see. So this is for you to do as part of your homework, but I want to go ahead and fill it out myself in class to give you an example.

So in the top section, you're going to put that one thing that you picked one dream yeah. Yes, Molly thinks. So in the top section, you're going to put that thing. You're going to pick one of the dreams out of those, those lists that you come up with. And you're going to focus on that for now. Like not forever.

Just, you're just going to focus on that literally for today or this moment. And then here's my example, for example. So my one dream that I'm picking is to build a business that serves thousands of women with mental self care and support to bed. So why don't you, you don't worry about doing your dream during class.

We're just, we'll just, I'll keep going through this and you'll see what I need. And then next in the middle section for your homework that purple section with the bigger hearts you think of three good things that will result from you fulfilling your dream. So for me, lips on the three things that I can think of, if I had a business serving thousands of women in Tibet, Would be that local song.

And I would be supporting more Tibetan owned businesses and Tibet. We would be helping thousands of women improve their lives and they in turn would be helping thousands more people because when women achieve their highest good, then everybody benefits. And then also we would create more financial security for our family and retirement.

And then you would go to the last part, which is five feelings that you'll have when you fulfill your dream. And for me, those feelings are, I will feel confident. I also joyful. I will feel useful and free and aligned with my path to joy. So those two worksheets are your homework this week. Maybe you can think of it as your dream work hard work.

And if you need a little more inspiration, these are optional, extra things. I want everything to be so simple and quick and easy for you guys. If this in any way goes like, oh my God, it's too much. Then cut it off. Don't do it. These are just to inspire you if you want. So one of them is what lights you up.

So what do you love doing or thinking about what do you just totally lose yourself in? And all of this is in the lesson two in the course, guys, if you, if you. You don't have to remember it. And then I'll also give you these slides. So

what do you just totally lose yourself in? What do you do if you're left to your own devices?

If you have free time and you're not exhausted, what do you mean? For me, it's like travel, hiking, spiritual, and mental self-care stuff, organizing photography or writing, maybe maybe drop these in the chat. If you think of something, it's something like kind of coming to you and if I'm alone with free time, I'll often end up doing something related to a trip.

Like I'll research a new trip or I'll organize something like anything like a closet or my photographs on the computer. I'll pick up a spiritual book or listened to a podcast on my grandchildren, reading a book, not just, just because being a leader and being allowed to do my own type of thing. Yes.

Awesome. Awesome. Just because yeah. Reading channeling Marie Kondo. Yes. Create art, right. Do something creative or constructive crafting. Yes. Listening to chanting and reading. Cool, cool. Listening to music. I love it. Okay. And then here's another thing to inspire you. So it may help for you to think of times that you have felt most joyful and alive in your life.

You can, again, you can share something in the chat. If you, if something comes to you and you feel like it, you don't have to. So for me, anytime I'm traveling up into the mountains, I just feel this joy and a liveliness. So I, I can recall so many times when I'm on a train or a car or any way that I'm walking that as I get into the mountains, I just feel alive.

So I just feel kind of giddy. I feel like laughing. And then another time I had this really great summer when I was working as a president of my student, co-op at the university of California in Berkeley. That was really joyful and alive time for me. So you said dancing for the previous ones, Molly working on campaigns with others?

Yes. When a time, when you felt joyful my life, my grandchildren, again. Absolutely. Absolutely love it. And then another one is as a kid, like, what did you dream of as a kid? What did you want to be when you grew up? Like I wanted to be a nun at some point.

I don't know where that came from. I also wanted to be a photo journalist at another point. So let's see. Wait, I wanted to see you guys as one oh, w Goldman's coming in. Cool. I'm going to, it's going to go back to some of these,

seeing with others, working with children and knowing I'm making a difference in some way, a shopkeeper, you ended the shopkeeper of it.

So did I, so PoliSci, I don't know that shopkeeper or none hilarious architect, if you can complete me to photo journalist right on archeologists. I'm a nurse from about six years old, right? I would sing a librarian, scientist money cause a scientist florist none Flores to me too. Did you really want to be a a done to.

Whale trainer, Debbie, Goldman's new here. She's coming in a whale trainer who, oh my God. Some of us wanted to be, see and live on bread and water. Oh, I, I don't think I wanted that part.

And then as a kid, what did. I didn't even know what a nun was when

a DJ Lynn, I love it. I had some Mather mean to my childhood. Yeah. I could see that I didn't go to like a convent school or anything, so I didn't have to have like close interaction with them. It just seemed really peaceful to me. It just seemed really calm and peaceful. And then this other one is what did you do if you had free time?

So. And I, I want to talk about this one a little bit, because these ones can be really weird and random. Like when I was a kid, I read a lot, I checked out every novel in our house. Like these weird collections that my parents would buy and then a Nash and all the national geographics and Monica wanted to be an air force pilot.

And then, so here's one really weird thing that I just want to play out a little bit. So I used to organize things when I was a kid, I still do. I really like. So when I was maybe 12 years old or something, I was staying at my grandmother's house. And it was the time of Watergate. For those of you who are old enough to remember Watergate.

And then I got interested in that. I have, do not ask me why, but I got interested in that I was bored and I cut out every article in the newspaper. There were lots of them and I organized, organized. So, and I don't remember how I organized my, organize them by topic, or I don't know something. So in retrospect, I see that I was collecting information and then organizing it into something mean on tool for myself.

And in that case, it wasn't meaningful for anybody else, but I didn't like try to torture my brothers with it, for example, but it was just my thing that it made it

meaningful to me somehow. And this basically. In retrospect, that's basically what my job became in later years. Right? So when I worked as an executive assistant at the university of California, San Francisco, and also when I was a web producer at UCF, I'm basically I organize things.

I collect a lot of different information and organize it. I'm doing this right now in this course. So over the years, I've studied and collected a lot of things about mental self care and organize them for myself. And now I'm sharing them with you. That's what my book was. It was just like, I needed a way to kind of understand the stuff that I was studying and, and it came out that way.

So I want to share that because I think those things seem really weird and random, but it's actually a skill that allows me to create something of value for other people. And I would guess that you have that same thing, something that may seem really weird, like either as a kid or now some random, weird things.

I would really love for you to just kind of look at it and kind of honor that and reflect on that. So I want to see what you guys were talking about, what she did when you were a kid. Wait Liz, I read, played with my dad and acted like what they were people. Okay. I would sing and record my singing on a tape recorder.

I would make up musicals and record them. Wow. That's. I used to collect Erma, Bombeck columns, cut them out and paste them into a little scrapbook. Well, I don't know. I love it. I loved her humor as a little kid. I was about nine or 10. I love that. Johnny, as a kid, I played outside pretended I was a horse, created art and cards be in with nature, study nature and animals.

Awesome. Molly. I had a postcard collection. Yeah. Lynn, I read, wrote stories painted and made craft and listen to music. I collected fossils and rocks as Gloria. I watched empty. I climbed trees. Johnny, if a kid and, and now collecting rocks. Kim. When I flipped over to a friend's house, I would wake up early to clean my God,

Molly. I was always really saving and banking the savings 50 cents at a time. I did have a career as an accountant.

Kayla says music. Do you guys know that Warren buffet, his favorite toy as a child, you know, the famous investor, billionaire investor, his favorite toy as a child was this little queen change. Your thing like a train collector would have,

there's a picture of him with it, which I think is just brilliant Keela music singing all the time.

Yo, she made illustrated books. Oh, isn't that amazing. Could you do something kind of similar. Kayla. I played piano, tube, love Erma Bombeck with, yeah, me and my sister used to make up dances and lip sync to them, to my mom's old records, wash that man right out of my hair, et cetera. I love that Felicity compare lighting uptime and trained lighting uptime and trained to the schedule in the newspaper and timetable.

Wow. That sounds like something I could kind of get into. Okay, maybe that's on the none track. I don't know. Yo, listen to music, Jenny. I used to collect empty bottles from the stream and take them back to the shop for pennies early recycling. Cool. Meg. I spent an entire year of weekends in high school, creating a visual photo collage typing up entries from my journal of a summer study abroad in New Zealand.

Awesome. That's something you're still really good at nag. Creating these beautiful. Works of art kind of book Kiva mom said I should know my math, like my music with collages. Awesome. Awesome. Okay. And then the last one of these is I love this one, especially what are two or three things that make you uniquely you, so like you wouldn't be you, if you were not these things.

So for me, it's travel spirituality and my passion for Tibet. So what, what would that be for you? You are not this, you wouldn't be

the thinking.

Oh, you're really stumped. I can hear the wheels turning. Yep.

What would somebody else say about you that you wouldn't be you? Mali organizing public speaking, being musical. Cool. My crazy sense of humor. Yosh design snob, secret silly person. Yes. Yeah. Debbie, I'm a serial networker. If I weren't organizing people in project, I wouldn't be me. Yes. Monica. My ability to cook Gloria problem-solver yes.

Monica. Good host. Yes. Liz teaching with my own impromptu style. Yes. Cool. Those are great. I love thinking about this one deep imagination for what it is to be someone else. Well, that's really cool. Deep empathy there. Kimberly. Jenny?

Yes. My passion for Tibetans people always on the phone. Good. Johnny, me faces.

I make all the time. Playfulness listening to others. Lynn, my friend, Sam. Very compassionate. Yes. Liz looking for ways to help other people. Yes. So. And just some things to think about as you as you do the exercises and as you, and as you kind of think about this and it's for this this week, so you may be at a practice and that's okay.

Just take your time and kind of play with it. Don't put the pressure on yourself to be like our need, to have the best dreams and figure them all out this week. So if you're in the shower or you're driving or you're walking or washing dishes, just let your mind wander and then let your intuition guide you.

So there's no right way to do this. If you're thinking about your dreams and any kind of way you're doing it. Right. And then let whatever comes up, come up because try not to judge yourself for the thing she wants. So even if you think the things are superficial or they're not serious, or they're boring, or they're weird or whatever, just.

Your dreams and what you want be what it is, even if that's like some nice pair of shoes or a lot of money or one hour of quiet time or whatever it is like, that's just what you want. And then I also recommend that you do the exercises quickly and with as lightest spirit as you can have, because it's meant to be fun.

And if any of this, anything that we ever do is not fun or light. Kind of in, you know, inspires or encourages you. I encourage you not to do it. Just cut that one off. Don't do it. And then mistakes to avoid when you're doing this kind of dream work. One of them is don't trust your baby dreams to just anybody and this I learned from Bernay brown, and I think it's really helpful.

So you may have close friends or family or anybody who isn't in a place where they can take in your dream. And the thought it may be scary to them, you know, or maybe they're just trying to survive their own damn life without, you know, your freaky dreams. So.

Just be careful. And I don't, I don't like to say this, you know, I, I generally, I'm very trusting of people, but with your kind of little baby dreams in particular, just be kind of mindful about who you, who you trust them. And what Renee

brown says is share them with people or share your, I don't, I, I don't think she's talking about dreams.

I can't remember what she was talking about, but share them with people. Who've earned your trust. People who you think can hold your dreams with love and care and encouragement. And that may not be anybody. So that's okay. If you're just going to nurture a little baby dreams, like a little candle flame, you know, in the wind and that's, that's totally.

And then and then let go of the wish to do it perfectly. That's an, every single thing that we do in this course. So here's something that I often say to myself when I'm learning something new. And I learned this from this coach named Aaron. She, she said, I love this. I wrote it down on a little card and I keep it with me all in my house.

And I look at it all the time. I'm not supposed to know how to do this. Of course. I don't know. There's nothing wrong with me, which I just really love. I'm going to say it again. I'm not supposed to know how to do this. Of course. I don't know. There is nothing wrong with me for just be gentle and easy with yourself and just commit to try to explore your dreams.

That's all you have to do. That's your only job to just try. And here's one more thing to think about, and that is some some, some thoughts that came up this week, which I, I think were really great. I think it's very common. And so it was good to think about. One thought that came up with so many serious things happening in the world.

Shouldn't we be focused on helping hungry people, saving the environment, caring for our families instead of our little dreamscape here. And my answer to that is no, not really. And I say that because you know the thing about putting oxygen mask on yourself first. That's what this is about. I think so, unless you become aligned with who you are, you cannot give the world the gifts that you were put on this earth to give you cannot help anybody.

You can't, you know, help the hungry and save the environment and care for your families. That's my. And the other thought is I really don't have any free time. And there's one woman who's in our group. Who's not on the call because she's a young mother, she's a scientist. She has a day job. She's a young mom of a, like a little baby infant.

She told me I literally have five minutes in the shower is my time to myself, you know, in a day. Right. So if you think about that, you can just do as much as you can humanly. Right. So give your circumstances and your commitment, then you and your physical health, you devote at a time that seems reasonable and doable for you.

Now, having said that, I also, I want you to encourage you to spend as much time as you can investing in your thoughts and your mental self care. So I said this in the, in the Facebook live yesterday, I really believe this is like the foundation for life. So. It's that balance of like honoring yourself and giving as much time and energy as you can, to your mental and your emotional hygiene and to the kind of practices that we're doing in this course or other practices and, you know, kind of spiritual mental practices that you may have to, to the level that you can do them as much as you can.

And then also just celebrate the hell out of any thing that you're able to do. So if you, if you do your miracle minutes, if you do your five minutes of dreaming or whatever, just celebrate that. And there'll be like, L I only did like five minutes. No, you did it. So, you know, great. And just quickly, so we're almost done here but quickly.

I want to say talk about some questions that came up in the surveys and thank you so much for responding to the surveys. They really helped me. The one question that came up is how did you tap into your deeper purpose, passion, and dream from that place? So these days in particular, I'm finding it hard to settle in, tap into that place.

So I hope this lesson and these exercises will help with that. If they don't let me know later in the. As they come up. Another person said, and I thought this is such a good question. Also, I feel overwhelmed when I think about my dream, how do I embrace that feeling? So I, what I'm guessing, and I may be wrong and a person can correct me, but I think what feels overwhelming is getting to the dream, like what you have to do to accomplish the dream.

I don't think the dream itself is what's overwhelming you. So the dream itself should feel good and light and encouraging for you. So if you're, for example, if your dream is having a beautiful house or owning a house, It may forget, oh my God, I have to work. I have to whatever, like, you know, find a house.

So that's the process of getting to the house. And that's not what we're talking about. We're talking about having this house and the way that you would feel

when you, when you have the house. And we're going to talk about the steps to you know, setting goals and taking action steps to get to your dreams.

But we talked about that later today. It's just about the dreaming part. So for now, just keep your eyes on. The goodness and the happiness and the joy and the lightness of the feeling of when you get your dream of fulfilling the dream. And then somebody asked me, and I'm not a hundred percent sure, but somebody said, what have you already accomplished on your way to your dreams?

And I think they meant me personally. So I have so many dreams and I've accomplished some of them, many of them, I guess. Just recently. I started a new part of my business. I retired early. I began this work for women's mental self care. I'm in a healthier body. I eat well. I like my relationships. And I, and I, and I am in a place mentally these days that's more healthy than, than I've ever been.

So those are, those are some things. From me as I'm on the path that, that have come true. And then I have all these gazillion other things that I want as well. So in a minute, I'll take your questions. If there are any more questions, just type anything you want in the chat and I'll answer it and we can help each other too.

Cause there's so much wisdom in here. While you're doing that, I'll just tell you what's coming up next in the course. So next week, we're going to talk about setting some specific goals that you can. So that you can take specific steps towards your dreams without getting overwhelmed. And then if we have time, we're also gonna look at how to manage the crazy mind stuff that comes up when you set your goals.

But we are a hundred percent going to look at that depends next week or the week after that. I'm just going to see how much fits into the, the lesson. So I just want to keep the lessons kind of light and. So that, you know, it doesn't feel like work to do them. So for now your assignment is continue your medical miracle minutes every day.

Do the be, do have exercise 10 each all. This is in less than two. And then explain your dream exercise where you pick one of the dreams and think of three good things and then five feelings. And then there's. All those optional things that we talked about, like, what did you dream at as a kid? What lights you up?

All that stuff is also in lesson two in the assignment part. I, I think this will take like 30 to 45 minutes if you do it all, but just do the only real assignment part is the first three. So just do whichever one appeals to you the most. And then next week, our call is going to be at 11 Pacific, which is two hours earlier than the time, this time.

And set some kind of gnarly times in Osaka. I think Lee is not here today. That there's oh that's for you. Sorry, Felicity YouTube. That's a crappy time. So and pretty early for Australian friends. So and by the way, I'll have the recording for this class up in less than two by probably honestly, probably by the end of the day, maybe by tomorrow some, some time.

But do you have any questions? My dear. If you want, you can just, you can unmute and ask them or you can put them on the chat or you can, if you don't have them and about

you all good. And I'm seeing your faces, it just brings tears to my eyes. Honestly, it was great. Thank you, sweetheart. What'd you say, should it be getting easier to do the miracle man? After today. And then the I'm thinking gratitudes and blessings a hundred percent. And then the visualization after this, and then after the next one where we set goals, I think that'll be easier because you'll just have a little bit better idea.

And for visualizations, you can just pick one of your things. There's no right. One to pick. You can just pick one of the things you want to be doing. For now, and then you can pop those into your, into your visitation if you want.

Thank you. Thank you. Thank you, Liz. I feel like repeated them. It isn't as fresh. So you want to repeat them?