

# Dreams & Desires

**WHEN YOU DREAM BIG, YOU ARE AWAKE.  
YOU ARE STRONG AND FIERCE.**

**You hold your head high; your eyes are direct and focused.  
You speak clearly about what matters to you.**

You keep it real, and you look for and find the same in others. You are at peace among the oft' present imperfections, discomfort, and unknown. Fog and confusion lessen ... and they don't matter so much when they do come into view. You listen and act with conviction and inspiration. You discover that the things that have separated you from yourself and others decrease. The ways you think and talk about what matters in life is captivating and expansive.

Tending to and fanning the flames of your dreams and desires are some of the starting points for our *jOURney*. Look for them. Explore them. Trust them, my friend. Yes, trust them, whether itty-bitty or whopping dreams. They offer some clues for your unfolding story.

And, my friend, share them, too. Yes, your dreams are meant to be shared. They rarely grow when kept inside you. They need to be brought out into the open, to be spoken, to be exposed to the light of day and the real in the world. Sharing your dreams can be daunting and leave you feeling vulnerable, and yet, what happens as a result of sharing them is pure magic. *You will be lit up.*

It may feel as though your dreams are dormant. You may have become disconnected from your sense of your palpable purpose. Or maybe you don't see a way to connect those dreams with your everyday life. Not to worry. They are with you right now. They may just need a bit of nurturing, of gentle encouragement to c'mon out. In Nepal, they have a word I love, particularly when it comes to things like this that cannot be rushed

Let yourself  
be drawn by the  
pull of what you  
really love.  
-Rumi

or forced. It is *bistari*, which means “slowly.” *Bistari* gives us permission to move gently, intentionally, and without rushing.

My friend, whether you have a hunch,  
no idea at all, or laser clarity about your small or big dreams,  
I’m cheering you on.

Wherever you find yourself right here and now  
is good—it is plenty.

More will be discovered and uncovered  
in the days to come.

*Bistari.*



pop

## be still (surrender)

**Take** a breath.  
Another one.  
Soften your face.  
Close your eyes.

Whether you feel the kindling of an old dream,  
the pulsing possibility of a new one,  
or the disappointment of seemingly dormant dreams,  
let it all go.

Those are all important things,  
but they can be tended to later.  
Here and now, it is about stillness and silence.  
Peace to your heart, your mind, your soul.  
Just be  
for this moment.

Stay here for ten seconds or ten minutes.

## ponder (go deeper)

**Listen** to the song, "Dreams," sung by The Cranberries. Get up and out of your seat and sing, dance, spin, jump around. Go for a walk, dare to dance a bit as you go.

Fan the flame of your itty bitty or supersized dream. Write some more. Even if you see it faintly, write about what you see, what you feel. If you removed any goals or measurables, such as making an impact, making a difference, or even making money, what do you dream of having time to do more of? What would be just plain amazing to do more of in life? Play and frolic in your imagination.

Are you drawn in by *bistari*? What would it be like to claim, “I am not in a rush” just for this moment, to embrace *bistari*? Breathe it. Sit with it. What if even in the midst of big dreams, big vision, big hope, big destiny, you embrace not needing to rush, to do anything just now? Or, have you been moving in *bistari* for too long and are now ready to speed things up a bit? How might you begin to move in a way that energizes you?

Can you see, taste, and feel your dream? If it were a seed or something growing, what might that look like? Is it underground? Does it have small or big roots? Has the growth popped up above the soil? Is it clamoring for your attention—does it need water or fertilizer or more sunlight? Is it begging you for some space to grow, weeding out the competing weeds that are choking it? Draw it. Write about it and describe it. Or hold it close to your heart and in your thoughts as you sit or walk for a few moments.

## Engage (commit)

**A nudge:** If you sense the need for more *bistari*, choose a time and place to move slowly today, in your everyday, real life ... whether for a minute or an hour. Make it a specific time (for instance, in your car for one minute before heading in for work) or activity (maybe lunch today—eat where you want, while reading a book, sitting in the sun, with some new act of *bistari*). As you do, note how you feel, what you’re thinking. Pay attention to the gold in you.

Now, it’s your turn. What or who are you beckoned to *commit to*, *connect with*, or *create*—whether in small or big ways?

Share something from this PoP with someone you trust.

**Your Word.** Write a word that has captured your attention in this PoP.

**BE BOLD. BE BRAVE. BE YOU.**

