



Today's Lesson

Living Your Dream

Power Point notes available at:

www.unityofbakersfield.org

Living Your Dream



What is a dream?

Disney gave us an answer with this lyric, *A dream is a wish your heart makes.*

And someone once said that a dream is a wish that is connected to a desire or longing, which is connected to the emotional aspect of the heart.

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In his booklet *Your Heart's Desire*, Emmet Fox tells us:

Before you were born into this world God whispered into your heart all the wonderful things He wanted you to do and to have. Within your heart is a sacred secret, the mother of all wishes, your dream, and that is just the very thing God is wishing you to do, to live your dream.

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For over 100 years, Unity has taught truth students that the will of God is that each and everyone of his beloved children is to experience and express absolute good in their lives period.

In other words, God's will for you is the wish God whispered in your heart before you came here; to live and demonstrate your dream by listening to what your heart and mind tell you, not what the world tells you.

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So then...

Are you allowing yourself to dream your dreams?

Are you being true to yourself and the wish God whispered in your heart, not too long ago?

As Oscar Hammerstein once said, "A dream cannot come true unless you dream that dream."

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Most of us remember the movie, Field of Dreams.

Well you too have a field of dreams. The field in which your dreams find nourishment is the heart.

The mind works to bring the ideas (seeds) into images.

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Now once the seedlings have come into existence they need to be cared for and nurtured and this is where the heart comes in. What greater energy is there for growing beautiful manifestations than the power of love?

Here are some ways in which we can help bring your seedlings into fully realized manifestations so you can start living your dreams:

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1. Honor your discontent.

It's that special something inside you yearning for a greater expression, even if you cannot yet identify it.

2. Practice repeating "Up until now."

It's important to remind yourselves that anytime your past tries to dictate your future affirm: "My history need not determine my destiny."

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3. Consciously affirm you are a co-creator with God.

"The dream God has placed within me is waiting to be visualized. With God as my partner in life I have at my side a presence that encourages and guides me through every step of creating, building, and manifesting a magnificent dream beyond what my own imagination."

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4. Set your intention.

What is it that you hope to achieve by manifesting this dream? What is the purpose behind the dream?

Are you trying to "make it" happen instead of simply "allowing it" to happen through you. Remember, it's your dream from God. It's already yours. You don't have to fight to achieve it, just receive it.

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5. Test your dream with five essential questions:

- Does it enliven me?
- Does it align with my core values?
- Am I staying connected to my higher source?
- Will this allow me to grow into more of my true self?
- Will it be a blessing for others?

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6. Commit to your dream.

This step requires you to ask this question, "*What can I do right now to bring this dream into manifestation?*"

It also requires you to make a commitment to be spiritually aligned with your dream through your thoughts, ideas, actions and words. This is done on a daily basis through prayer and meditation.

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7. Grow the dream.

When you hear a strong inner message, don't miss the moment and let it slip away. Trust what you are hearing. Write it down; commit it to memory and hang on to it like a lifeline.

Seek out and share your dream with those who can help you fuel and grow it. Affirm: *"That which I am seeking is now seeking me."*

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Remember that God has given you this dream and it is up to you to open yourself to all possibilities and channels for it to be manifested in your life.

As you trust the process, the universe will provide you with people who will surround you, uplift you, inspire you.

As the writer of 2 Timothy 1:7 reminds us: *"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."* So go for it!