



Dreams and Desires

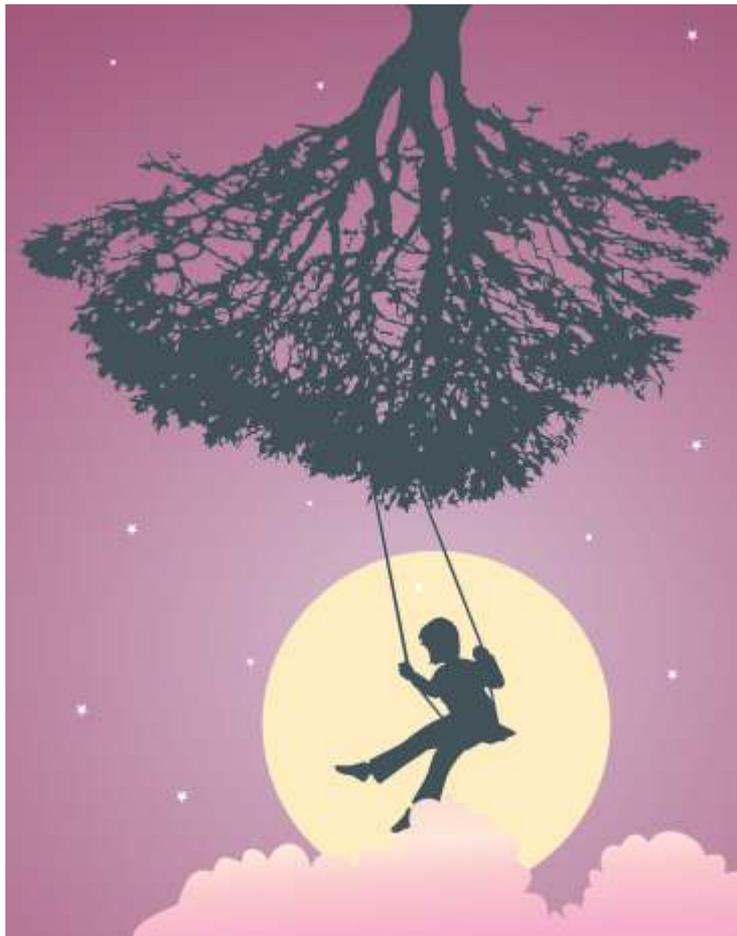


The desires of your heart do come from your Soul. Your Soul which is the Higher or Expanded Self that knows all that you are capable of being and doing. It sees your true potential and sends you the longings to fulfill your heart's desires because they are the only desires that are truly worthy of your achieving. Yes, there may be many other things that you accomplish and manifest in this life that are good and worthwhile. And yes, they may fulfill you on different levels for a time. Yet they never seem to be what you truly want for yourself and your life. There is always this longing for "something more" that you may not always be able to define in words, and yet you recognize as coming from the deepest part of yourself. You may have thought that by achieving goals that you hoped would take the place of your true heart's desires that you could feel satisfied and happy with that, that the longings and the "what if's" would somehow be diminished and eventually cease to be. Yet you can never put out the fire of your own Soul! Even if you were able to dim it to the tiniest spark, it is infinite and can never be put out.

Life is HUGE! It is magnificent! It is filled with wonder and experiences that are simply waiting for us to wake up to the reality that they exist! Life and we ourselves are so much larger, expansive and creative than we give it and ourselves credit for. It knows you have now heard the song of your own Soul and once you have heard that, even for a moment, there is no turning back. And why would you want to? Once you connect with the passion, the zest, the joy for life that following your heart's desire can offer you, nothing will ever satisfy you in the same way ever again. And that is a very good thing! All dreams come from your own Expanded or Higher Self and you are given these dreams because they all do indeed hold a high spiritual purpose! When you pursue a dream because the thought of it coming true gives you joy, and does indeed bring you joy as it is manifested, then the entire Universe celebrates with you. You have opened the door for not only more of your dreams to manifest, but have also made it that much easier for all others to manifest their dreams as well.

A manifested dream that anyone achieves sends forth a vibrational note as well as an energy imprint that others who are seeking inspiration and support may tune into to help them manifest their own dreams. If you fear that a dream you seek to manifest may bring pain to another, first you need to understand that you are only responsible for one person's happiness: Your own.

By denying your dreams and their right to be made a reality in your life, you open the door for a different type of energy to take root: the energy of defeat and bitterness which brings joy to no one, including the very person you were giving up your dreams for! When you choose to believe that you have the right to pursue your dreams, so too do you extend that same right and opportunity to all the people you know to do the same. Yet the choice is ultimately in their own hands, you can never force another person to grow and expand as we all have a Free Will and our choices are our OWN. So dream as much as you can your dreams are the Song of your Soul and they have come from a place of Peace and Light. Whatever comes from your Higher Self is pure love so dream as much as you want, so the Universe can rain Manifesting!





Friendship



Best of Friends

There's a beautiful saying that says - "Who finds a friend - finds a treasure". I believe in this with all my heart.

It is strange how people enter our lives and nest in our hearts, almost unnoticeably. They plant their seeds of kindness, patience and love in our souls and grow within us, spreading their wonderful scent further into our hearts, and into our own thoughts. Many of them come into our lives just to leave a gift of knowledge, a gift of healing, or a gift of understanding for us to have and appreciate. Many come and stay to learn, grow, teach and love alongside each and everyone one of us. Many of them enter into our lives to show us

what we don't want from friendship, and - yes, those are friends too, as they make us realize what it is we do not want in our lives.

Every person that comes along is a teacher. You are a teacher for every person you meet. We carry messages for one another, and they all have a teaching within, a joyous song our souls have yet to sing.

Friendships are many and various, beautiful in their diversity and a true blessing!! When two souls meet, and certain "recognition" takes place, a great joy comes to be, and I have felt this many times. We actually can FEEL the energy of the other person as our own as it complements us in every way. We feel the recognition and a sense of nostalgia and remembrance overcomes us and before we know it, we're wearing a smile and have a loving feeling for this person. So this has been said of soul mates and its true - friends are our soul mates too.

We can carry friendships through lifetimes, and click immediately every time we return together. People seem so familiar, their energy so "close" to us, we connect so easily; don't have to explain anything... We are understood and loved.

Beauty of being a friend is being able to give; Give respect, give time, give understanding, give love with gladness in our hearts. As we need our friends - so our friends need us. Let's remember that always, and make an effort to reach out and see if there's anything we can do for our friends to make them love themselves more.

Let us show love, give love, be generous with all our positive emotions and share them.

Some friendships last a season, some a lifetime. We might have brought what was needed at that moment in time for someone, a gift that only WE could give, and then we went on, on our way. Life takes us on different roads, and the paths we tread on are not always the ones our friends choose for themselves. All of us make choices, that are why we blessed with free will, and each and every one of us has their own pace of growth and learning. So, when a friendship seems to want to "break away" and communication is an effort - let it go, release it with love. It may not end - it may be a phase where we are learning or teaching different things, and we need to do it separately. We are all constantly growing and changing, like the nature itself. But if it does end, treasure what you've learned from it, and cherish the blessings you have shared.

Just remember, that in order to love your friends - you must love yourself too- give yourself personal time when you need it, and true friends will always understand and never feel neglected or unloved.

Friends are Earth Angels. You're someone's friend - You're an angel too.

May your soul be a smiling one!!