



DREAM

DREAM PROJECT  
Sample Part 3

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# Greetings from Linda!

Here is a sample lesson from the project portion of my upcoming book.

## **Time Is On Your Side**

Re-ignite your Long Ago Forgotten Childhood Dreams

This is the second sample of the interactive project and my upcoming book.

## Welcome to The Dream Project

This guide is intended to interactively spark inspiration and motivation to manifest your long ago forgotten dreams into today's reality. It involves creating a scrapbook of mementos, photos, notes, inspiring quotes, to help you ignite inspired action. You can create a beautiful physical scrapbook or an online scrapbook. I did both! Each chapter of this book will conclude with a lesson of creative, spiritual, practical activities related to the chapter's title and content. I have created a project for myself and I am able to confidently say it is a very special tool of self-exploration. It can lead to self-actualization for women needing confidence and self-esteem. Whether you love tangible, hands-on activities or prefer digital projects, you will experience enlightenment by the completion of the project. In addition to the interactive activities of the scrapbook creation, you will also create a sacred space, an altar, for your special moments of reflection. This space may change over time, especially when following suggestions for moon phases. You will need a special place in your scrapbook for diary/journal entries, or a completely separate journal. I found I enjoyed a separate journal. I created my own style and decorated it for inspiration. I call it "My Diary", reminiscent of my childhood years! I will sprinkle in links for music for meditation practice, or you can choose your own. Choosing silence is also a great alternative. I choose silence frequently. I will also add inspirational quotes here and there throughout scrapbook activities. I collected quotes and added them to a separate section in my own scrapbook.

I hope you enjoy this project!

# What You Will Need

▶ A chosen book to use as a diary/journal or a prepared online journal space. You can arrange, style it, or decorate it any way you like. It will be your written work that, who knows, someday may be part of a book you write.

▶ A lovely scrapbook of your choice of any size or shape. You can also choose to use an online computer record of your project, even open a new Pinterest page or private Facebook page for your eyes only!

▶ Old photos of you in your childhood, teenage, young adult, and adult years that reflect your dreams, desires, and goals. They can be simple selfies, or elaborate images of you in action engaging in activities you once loved and/or still do love!

▶ Special mementos that spark memories of long-ago hopes, dreams, and wishes. They can be little trinkets you have saved and/or forgotten that take you to a pleasant time or memory in your life. In my scrapbook, I have saved tickets to shows or events, dried flowers, cards or letters sent or received, postcards, and stickers.

▶ For those mementos that do not fit in a book, I set up a special “altar”, my sacred space, for display of long-forgotten objects I love that inspire motivation. I have little souvenirs that remind me of people, places, and things I would love to revisit to help me reinvent my goals. My altar space is fluid and changes frequently as I get inspired by the lessons and the moon phase activities. You can arrange candles, remembrances, photographs, special trinkets saved or representative of your younger self, on a shelf or stand.

▶ Search for quotes and/or pictures of people and places that inspire you to take action steps to achievement. Remember your heroes or heroines of childhood. You can find newspapers or magazines, internet articles/photos, and Pinterest images that reflect the qualities you admire in your heroes!

▶ Blank pages for sketching, notes, are appealing to add for visuals and reminders you can return to as you progress in your activities.

## **Tears are cleansing Raindrops**

Even in our sleep, pain which cannot be forgotten falls drop by drop upon the heart until, in our despair, against our will, comes wisdom through the awful grace of God.”

~ Aeschylus, Greek tragic dramatist

So far on your journey, you have experienced a reawakening and reconnection to your childhood self to reignite long-forgotten dreams and establish a sense of wonder. My hopes for the start of your journey were to experience excitement, anticipation, glee, and merriment. Hopefully, you have recalled, through connecting to your childhood self, the innocence, confidence, and assuredness of your future dreams coming true. In most cases, barring extenuating traumatic circumstances, children have faith in themselves and the beliefs in their “grown up” selves. As young children we are protected and secluded for the most part from (in a healthy home environment) life’s big disappointments, failures, disillusionments. We haven’t encountered them yet! However, I want to acknowledge that you have been through a lot in your life.



You may also have good reasons to have left some of your old dreams behind. I understand the pain and heartbreak of losing hope can be crushing. You may have reached a point in your journey, after greeting your childhood self, so full of belief in your future, and confronting your present adult self, where you feel sadness and loss.

The painful acceptance of losing hope in your dreams can be devastating. When circumstances beyond our control cause us to abandon our original dreams and plans, there is nothing that can soothe the sorrow of not only the circumstances that caused it but the loss of our dreams. At times we will have experienced the death of a loved one. Maybe horrible medical or physical problems have led us to impossible odds of achievement. There are many, many things that, realistically, we just can't conquer, and we have no course available but to alter or abandon our original desires. I hear you. I feel you. I have felt grief, loss, abandonment, sorrow. I have known mental, physical, and emotional heartache and pain. I will share my personal story that led me to a breaking point.

Also, it is normal to wonder now and again if our childhood dreams were just that, dreams, pie-in-the-sky fantasies that were silly and not possible. Maybe you remember times in your past when you felt hopeless, overwhelmed, and were forced to walk away from your precious dreams. As a child, we begin our lives with these dreams and goals as if nothing in the world can stop us. We are not yet aware of the obstacles, detours, possible tragedies, and traumas that confront us later on in life. Maybe through this journey, you have encountered remembrances of disappointments that caused you to question your dreams and goals, even at a young age. There comes a point when the child self begins to realize, sadly, that not everything is easy, guaranteed, magical. This is a critical point in our young lives when we need confidence, reinforcement, and faith. Think back through the chapters of this book. We needed heroes, magic, help from others, cleansing tears. We needed our grown-up self to visit us and comfort us and be our cheerleader.

*To begin the healing process, allow yourself to grieve the memory and the loss. It is soothing to let the tears flow, to comfort your hurt soul. Be your own best friend and cuddle yourself.*

## Steps to Embrace Healing

- ◆ Remember the chapter Embrace your Past, Love your Future? It is time to revisit the techniques used in that and other previous exercises. As your adult self, talk to your child self. Comfort, nurture, console. As well, allow your child self to comfort, assure, praise your adult self. This is a reinforcement of the technique to blend the adult and child self as one.
- ◆ Call to the presence of God, the holy spirit, spirit guides, angels, departed loved ones, and even departed beloved pets. I am sure they are eager to comfort you! Even if you are not used to this or are not yet a believer, give it a try. You will feel comfort.
- ◆ Contact a loving relative or friend.
- ◆ Contact a professional resource to begin or continue counseling. Make the appointment. Find a counselor you like and feel comfortable speaking with.
- ◆ Engage in self care. Treat yourself to comfort. Consider a spa day, movie marathon, longer sleep times, times for reading your favorite books and self-help books.
- ◆ Keep your diary/journal handy to record changes in feelings.

## Steps to Embrace Healing Cont...

- ◆ Begin a new healthcare routine. Start a new fitness program, even if you are physically limited, contact an expert on things you can do to jumpstart your physical health. It's a known, proven medical fact that exercise can alter your mood and raise your serotonin levels. It's also known that it raises your vibration!
- ◆ Meditate and Pray on a regular basis. This will connect you to the spiritual realm and raise your vibration. It also helps to open your heart and mind to positive thinking.
- ◆ Keep a gratitude section open in your diary/journal. Gratitude opens the door for more blessings!
- ◆ Be patient with yourself and your healing process.
- ◆ Know this! It is not your fault!
- ◆ Forgive yourself for any blame or shame.
- ◆ Please believe there is Hope!

I have found through years of experience, these actions have helped over time. Maybe right away you may not feel much comfort or healing but trust me. There will be a day when you will look back and be grateful for engaging in self-help and healing.

*“Tears of grief can serendipitously lead to comfort, cleansing, and hope for the future.” ~  
Linda J. Wagner*

Now I will share MY miracle with you. Here is my story...

I have many stories of heartbreak, sadness, and loss. This particular story is a poignant memory that led me to finally accept my past and begin a new life of hope. This memory activated in me renewed determination to take action and take back my lost past. This is a story of the final tragic blow of one of my most precious childhood dreams – of a family, a home, a legacy. I was 47 years old. It was too long to keep suffering through regrets and lost dreams.

It begins on a cold and dark winter night....

As I travel back in time, I remember. I remember sitting in my car on a frozen Ohio evening in December, 2007, in the driveway of my home. My heart is breaking. The tears trapped within the rims of my eyes are painfully trying to fall down my trembling cheeks. They begin as barely droplets as my throat constricts so tightly, constricting my breathing. I am crushed. I am devastated. I have lost my home. I am now divorced, bankrupt, and foreclosed. I am homeless. I watch the bleak distant sun trying to peek through the gray sky and clouds, in vain. It is the twilight hour. It is cold, bleak, dreary. The crusty leftover frozen snow gleams as if it mirrors my inner soul. I am alone. I look at my house and my desperate tears finally break through in a glistening stream. It is as if the frozen land around me is melting through my eyes. I am desperately defeated. I have now begun one of the most somber journeys of my adult life. I begin to remember all my past sorrows. The sadness of past pain compounds and multiplies. I reminisce to recall the cycles of my life of despair and heartbreak. In the depths of my mind I try to bring forth the happy outcomes of many of these memories. At least I try, I say to myself.



Something inside forces me to step forward on this new path of unbelievable hardship. The pain does not subside, the tears do not stop flowing, and the sorrow becomes a heavy burden. I carry on.

The following two years were a mixture of jumbled, chaotic, frenetic, sad, tearful memories. My son and I moved from place to place. I always kept in my mind and actions the priority of his happiness and sense of security. They were days of chaos and sadness. However, Despite the anguish of my heartbreak and failures, I never lost the hope of inner peace and joy that was still flickering inside me. It was buried. It was hard to reach. The mental anguish, the physical pain, and the psychological trauma made it harder to capture that spark of hope. I presented a brave front to my son. Ironically, I found out inadvertently, that my beloved home was on the real estate market for sale. This knowledge sent me spiraling downward into the depths of depression. I couldn't believe this was happening. I had been fighting and struggling to survive day by day, for the past two years. This was one more crushing blow. I steeled myself to look at the advertisement. I walked around numb and defeated.

I embraced my days with hopeful anticipation of moving on from the horror of gloom. Through this sustained yearning, inspired glimmers of hope curiously broke through. I also began to realize a new sensation of faith. I began to embrace the emotional and spiritual state of hope. I also had never given up on my faith in God, myself, and my guardian angel.

I soon became prompted toward inspired action. Something quickened inside me. I was beginning to regularly meditate, pray, and demonstrate faith in God through my actions no matter what the outcome.

I contacted my childhood friend who was and is today a real estate agent. I still remember the day. Something quickened inside of me and prompted me to take action. Against ALL the odds, and there were many, I put a bid in for my old beloved home! As many things were going on back and forth in transactions and negotiations, my hope and confidence waned again. I didn't know how it was going to end because of the fact I had no money and had come out of foreclosure. The one thing that had been to my credit all along was my perseverance in survival mode. I had to keep as much as possible together for my son. I protected my teaching job and would not allow myself to damage my employment. My friend was ALWAYS positive and sure of the outcome. It took many months to find the perfect financing in a time of IMPOSSIBILITIES! We were going through an epic housing crisis, possibly never before equaled in the history of real estate. Here I was, Linda Wagner, trying to buy back my old house.

### **Miracles are Possible**

Surprise! The miracle happened. My beloved home was mine again! I will never forget the day when I found out. I will never forget the day I gave my son the key to open our front door again.

There were so many details, and so many serendipitous happenings along the way. I am here to tell you, miracles such as mine are very possible. From childhood, I dreamed of my own magical home that would be my forever home. I did indeed find that home, only to lose it through ignorance, depression, lack of confidence, and self-esteem, giving away my power. I hope this story communicates inspiration. When I walked in my front door again, time had stopped for me. It was as if I had never left. The three years of sorrow suddenly became years and tears of joy. Time stood still for me.

I do realize your stories may be unspeakable. You may have suffered horribly from events that left you without hope. Ultimately, I do believe grief can be a catalyst for moving forward with our lives in the search for inner peace, joy, fulfillment. We can be blessed with many opportunities for healing and recovery.

What was lost can be found. You can save your dream.

May Peace and Love Be with You!

With prayer and hope for dreams come true for YOU,

Linda J. Wagner



My Home



## Hi, I'm Linda J. Wagner

I am here to tell you almost every dream I have had since childhood has come true for me, in some way shape or form. There was a point “growing up” when I stopped dreaming and began planning my life to what others’ expectations were, what I thought I “should” want. After years of disappointment and still not “pleasing” others, I finally returned to my long ago forgotten childhood dreams. I have followed a plan for 10 years now, actually unwittingly, not even knowing that I was bringing my dreams to reality. Enough was enough! I came to understand a few years ago that I was naturally manifesting my hopes, dreams, and wishes! All the prayers, the daydreams, the diary entries, the conversations with myself, created an epiphany over time. I came to an awareness that I was actually making or going to make them happen, with the help of God and the blessings of the universe!

*Love & Dreams,  
Lin*