

The word "DREAM" is rendered in large, three-dimensional, metallic-looking letters. The letters are set against a background of a bright sunset or sunrise, with a warm orange and yellow glow. The letters are placed on a dark, reflective surface that shows their reflection. The overall composition is centered and occupies the upper half of the page.

DREAM

A decorative graphic element consisting of two wavy, overlapping lines. The top line is white and the bottom line is a deep purple. They create a sense of movement and separate the top image from the text below.

DREAM PROJECT  
Sample

Linda J. Wagner

# 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 a sample introductory guide to the interactive project and my upcoming book.

## Welcome to The Dream Project

Introduction to your guided chapter activities

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.

# Time to Begin

## Chapter 1

### The Past is Yet to Come

Imagine there is no linear time frame. Imagine time and your physical age are not obstacles or hindrances. Imagine you can revisit your childhood and speak to that little one. Remember your childhood self. Think of a time when you knew you had dreams, goals and wishes.

### Diary / Journal

In your Diary/Journal section of your journal or scrapbook, complete the following assignments:

Describe your most secret desire, your number 1 dream that has been buried and abandoned from your childhood or young adult years.

### Meditation

Sit quietly and/or meditate or pray about what it felt like back then. Recall and describe how you felt when you dreamed about this goal. Recreate the good feelings you felt when you imagined yourself being who you wanted to be.

If you had fear, anxiety, frustration when thinking about this dream of your past, what would you tell your younger self today?

What is one or more things you can consider doing today to activate the desire to recreate or reinvent that long ago forgotten or abandoned dream? For example, if you always wanted to be a school teacher, but don't want to go through all the education, or maybe you do, how can you alter and tweak that dream a little to make it happen anyway? Think of examples such as starting your own workshops or offering courses at institutions that would be interested in what you have to offer.

## Diary / Journal

Review these steps and write a list of your ideas.

## Interactive Activity

For your visual, find a photo or representative picture of you, or a scene of your vision and put it in your physical or online scrapbook.

## Reflection

Sitting in your sacred space, reflect on the activity. Were you able to comfortably concentrate and visualize? If not, don't worry, it's your first time. If you have plenty of experience meditating and visualizing, I applaud you! It took me a while. If you would like, light a candle, play music, place an inspirational oracle card. You can try meditating again to give it a second try.





## 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*