



DreamLift

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a monthly newsletter from

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Freedom lies in being bold.

Robert Frost (1874 - 1963) US poet

What Sparks Your Fireworks?

Last week, those of us in the U.S. celebrated our Independence Day. We all celebrate in different ways...cookouts, hotdogs, beach trips, sleeping late. But, most American's Independence Day celebrations includes fireworks. Whether we watch them happening live or on TV, hear them in the distance, or actually ignite them ourselves, fireworks are a symbol of independence and freedom.

This got me thinking.

Each of us has something inside that sparks our fireworks!

Something that ignites our sense of joy and wonder.

Something we feel passionate about.

Something that, when we see it, sense it, or participate in it, we feel most "authentic".

Imagine you're sitting at your favorite park or outdoor space. You have a cold glass of your favorite beverage in your hand. It's a warm evening, with a gentle breeze. Near you, music begins to play and you look into the sky...and the fireworks begin! Each one is bigger and brighter than the last. With each red, green, blue, white, purple blast, you feel yourself becoming more delighted...oooooh, ahhhhh. You can feel yourself eagerly awaiting the next burst with anticipation!

Now, gently notice that same feeling...that ooooh, ahhhhh feeling....inside yourself. What activities, ideas, challenges, and opportunities help you feel enthusiastic and delighted? What ignites you? What is it that sets off your internal fireworks? Everybody has something - something they love to do SO MUCH, it sends up the rocket's red glare!

For each individual, the thing that really gets his or her fire going, is really the thing that feels most like freedom to that person. Is it the career you have always longed to pursue? The relationship you've always dreamed of? Is it having full and abundant finances? Perhaps the feeling of peace, joy and "loving life"?

What feels like freedom to you?

And, more importantly, what are you doing right now to bring that feeling of freedom (passion, exhilaration, connection) into your life?

PLAYTIME

Every day, people around the world make the decision to fan the flames of their inner fires...why not you? What's keeping you from pursuing that which sets your fireworks blazing? Does it feel like it's too complex, too challenging? Well, here's a little fun for you.

What's a step you could take toward your igniting your fire today? It doesn't have to be a big step, just a step. Could you save a dollar? Could you walk 10 minutes? Could you read an article or investigate a website every day? Could you spend some energy learning something you'll need to move closer to your dream? Set a small, achievable goal toward your personal freedom.

Think of it like lighting a sparkler! It's a small step, a prelude to what's ahead! What will be your sparkler today?

Could you imagine that lighting that sparkler is THE most important "to-do" on your list today?

And take that step today! And another tomorrow. And then the next day.

Little by little, you'll see the fireworks start to explode!

Ohhhh....Ahhhhh.