

The 7 **Key** Principles of *Living* Your Life's Dreams

By Paul Bauer - President, Dreams Alive International

Here are **7 KEY Principles** that will help you apply your innate talents and strengths to create Your Life's Dreams (**not just goals...**)

1. **Clear** Your Mind

Begin by breathing deeply and taking regular "fun" breaks. Deep breathing is proven to relax the mind and body and provide more oxygen to the brain for clearer thought and higher creativity. Always come back to your breathing. Is it shallow, or are you breathing freely?

Take at least 10 minutes a day to quiet your mind - this small investment of time will reap rewards **beyond** your expectations.

2. Get **Clarity** and ask

Ask yourself:

*"What would I **really Love** to do?"*

or

"What have I been longing to do -- for years?"

DARE to imagine your **new possibilities**.

3. Find what you're most **Passionate** about

Your passion is like a **guiding light** - guiding you towards new and bright possibilities in your personal and professional life. Take time to **write down** your passions.

(Hint: there's **tremendous** power in **writing down** your passions - it helps you get clarity about what you truly enjoy!)

4. **Allow** others to help - The Power of **Partnering**

The "secret" used by Spielberg, Lucas, Gates, Jobs and thousands of **"Successful Dreamers"** who have risen above mediocrity because they DARED to Dream of a better life.

5. **Connect** with People - Share Your Dream

Find people who share in your passion - ask them for their opinion and allow them to contribute to your masterpiece... Ask for **visionaries** to come to you.

6. **Brainstorm** - **Mastermind** Your ideas and help others create their Dreams

Build Your OWN **Dream Team**

Write down your ideas *AS THEY COME TO YOU*. Then, later you can critique them and fine-tune them into works of art. Get together with your own MasterMind group and they will help you tailor your idea into genius - as you help build **theirs**.

7. **Visualize Success** in Advance - A Powerful exercise

Picture your Life's Dream **ALREADY** created. **Feel how you would feel** to truly experience your highest aspirations already REAL in your life. Instead of just visualizing your desire, when you add the passion into your visualization, you will attain it or something better!

This secret is used by hundreds of **truly*** successful people to improve their health, their businesses, their relationships, their wealth **most importantly** their **peace of mind**.

* Truly successful people find time for what's **most important** in life. Beyond money, possessions, or looks, true success is made up of a feeling of **deep fulfillment**. In other words, living our **purpose** in life - living our **Life's Dreams**.

Bonus Step:

Practice Gratefulness

Let go of the outcome, and practice your best skills daily - go to bed at night FEELING and KNOWING that you have done your best. And be grateful for all that you have... your health, your family, your mind, your friends, your business,

Yourself.

Allow this wisdom to re-mind yourself of your creative genius - your Dreams, your passions. Let Flow come to you, you don't have to force it. **TRUST** the **Flow**

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God Bless,

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Author of **Dream-Minder** - Software That **Frees** Your Mind

And **Lifts Your Spirit**

For a FREE article on creating Your Life's Dreams

Click on: <http://www.dreamsalive.com/reports.htm>

Further Reading and Study:

Dream-Minder - Software That Frees Your mind and Lifts Your Spirit

by Paul Bauer - click here to learn more

The 7 Steps To Manifesting Tape By Susan Castle at www.relax-online.com