



Unlocking Your Vision

Pursuing Your Dream

You will always face obstacles and circumstances that can keep you from pursuing and creating your dream – the question is – “What do you do about them”?

What if you were able to overcome the obstacles and circumstances that are keeping you from your dream? What if you were able to change the negative beliefs, thoughts, fears, and behavior patterns that stand in the way of you creating your dream? **Would you find the courage to take the action that is necessary to make your dream happen??**

The good news is that you have the ability to make your dream come true. If you didn't, you wouldn't have the dream to begin with. You have the ability to gain clarity as to which path would support your dream. Whatever it is that you desire, what you most need to do to create your dream is to become aware of the choices you make – are they based on fear or on freedom? Remember a specific time in your life when you had to make a big life choice. **Did you make your choice because it was expected or because you truly loved what you were doing?** In other words, have your choices been made based on fear or freedom?

Negative thoughts throughout your lifetime can build up in your mind and body. The results can be detrimental to your well being and peace of mind. You are constantly under “attack” from these negative thoughts and fears sometimes called negative energy. This keeps you from going forward as your fear based choices are taking you in the opposite direction of your dream.

When you are constantly under this attack you can experience the following symptoms: you are easily irritated; you feel anger and resentment; you have continuous thoughts of fear, of being unworthy and inadequate; you experience insomnia, depression, or panic attacks; you suffer from frequent headaches and unusual body aches; you feel overly exhausted and helpless; and you feel you have no control over your life.

You have a sense that you are “not yourself”, and truthfully, you aren't. You are being influenced by the negative energy of others or of your circumstances. This energy has seeped into all areas of your being and clouded your judgment. This kind of attack affects every dimension of your life – the emotional, physical, mental, and spiritual.

One example is: have you ever felt totally exhausted at the end of the day even though you didn't do much to feel so tired? Your fatigue may be a sign that you have given away a lot of your energy to people, places, and situations. When you feel depleted, you are out of balance, and your well-being suffers. **There are choices you can make to gain back the energy that you gave away.**

You have the ability to change and make choices that are based in your Freedom. Life is about change and growth. The knowledge you gain is power, and your awareness is truth. I have learned that when you seek truth, you have to become responsible for your self and have the courage to step out of your limited belief system and self-imposed expectations, and try a brand-new experience. It will seem bumpy and rocky in the beginning but as you continue to surround your self in your own power and truth the road will smooth out and become easier.

If you are reading this newsletter you possibly have come to a fork in the road, and there is a choice you must make. You can think of this newsletter as an informative and entertaining article and return to your everyday existence with the same mind-set you had before you read this. Or you can continue your journey of discovery, and open your mind and heart to the very evident reality that you **can** take responsibility in creating and living your dream.

I sincerely hope that you have the courage to choose the road less traveled, to explore these insights, and to take responsibility for creating and living your dream. **I can help you to find clarity, confidence, and the power to overcome the obstacles and circumstances that keep you from having the life you desire.**

It's not what happens to you, it's what you do about it. --W. Mitchell

Call me today for a complimentary consultation to talk about **"Pursuing Your Dream" and about what I can do for you.** Your willingness to take this step of investing in your life is well worth what you will receive. joyce@unlockingyourvision.com or 858 945-4928

You will want to go to my website as I have made several changes and I've added resources to support you. Please check back each week as there will be more resources added. www.unlockingyourvision.com

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View my inspirational dolphin video www.thedolphinmovie.com

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"Live the Life Your Soul Intended" quote by Rhonda Britten founder of the Fearless Living Institute and author of the book "Fearless Living". www.FearlessLiving.org

The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone.
--Orison Swett Marden