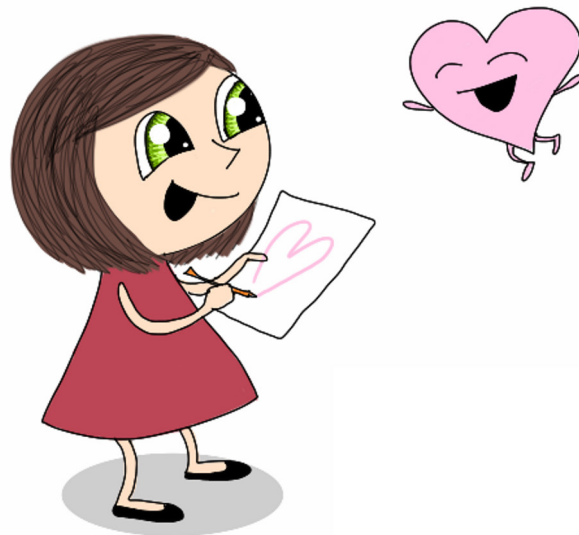


BONUS 1 - Dream



Start Your Journey and DREAM ON!

Here's inspiration for you with the first steps of the journey.

This is a revised collection of coloring exercises I created for my previous coloring book's second edition at Patreon to help you find your dream and see that it's coming from your heart and not the ego. You can print these pages and color them and use the questions as journaling prompts.

For added inspiration for troubleshooting the first phase of the journey there's a doodle story for you that illustrates how to overcome the three fears that are common when it comes to making your dreams come true.

You don't need to do all of this - Play with what feels good,
ENJOY the vibes and **LET THE JOURNEY BEGIN!**



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Questions to Meditate on While You Color

These questions are for the coloring the picture on the next page.

START WITH...

See the teeny tiny seedling of love in the middle? That is your dream! Start by coloring it first with your favorite color and let your dream grow from there. Write your dream and any insights you get about your beautiful dream around the coloring picture. Color this picture even for 15 minutes a day, until you have it all colored. It is great to spend some time meditating on the questions for multiple days.

WHAT DOES YOUR DREAM MEAN TO YOU?

Think of all the wonderful things what your dream is about. How does your dream feel? Where in your body do you feel it? What does your dream smell like? What does it sound like? If it were a song, what song would it be? You can play that song on the background while you color too.

Color the picture and imagine with all your senses a positive life that comes with your dream.

What Benefits Do the Fruits of Your Dream Have on Your Life & the Life of Others?

There are multiple flowers about to carry fruit in the picture. You can name each flower with the benefits your world will gain with your dream coming true. Or name them by the person you want to think of gaining from it too. Here are some examples you can meditate on:

- How will the quality of your own life change when your dream comes true?
What will you feel/experience more of?
What will you feel like when it has come true?
- How will having your dream come true affect the different aspects of your life? (e.g. Career/business, Finances, Health, Self-care, Romance, Creativity, Social Fun, Personal/Spiritual development, Physical Environment) Choose the ones that inspire you to make your dream come true.
- Are the fruits of your dreams to be picked by your loved ones too?
What will it mean to them?
How will their lives be/feel better when your dream has come true?
- Who else is going to feel great about it? (Your clients, neighbors, future generations..)

Remember that your dream need not be big to have a big impact on your life and beyond.

FEELING ALIGNED

You can meditate on how your dream is aligned with your values, or how it is linked with a deeper sense of meaningfulness and what you want from life.

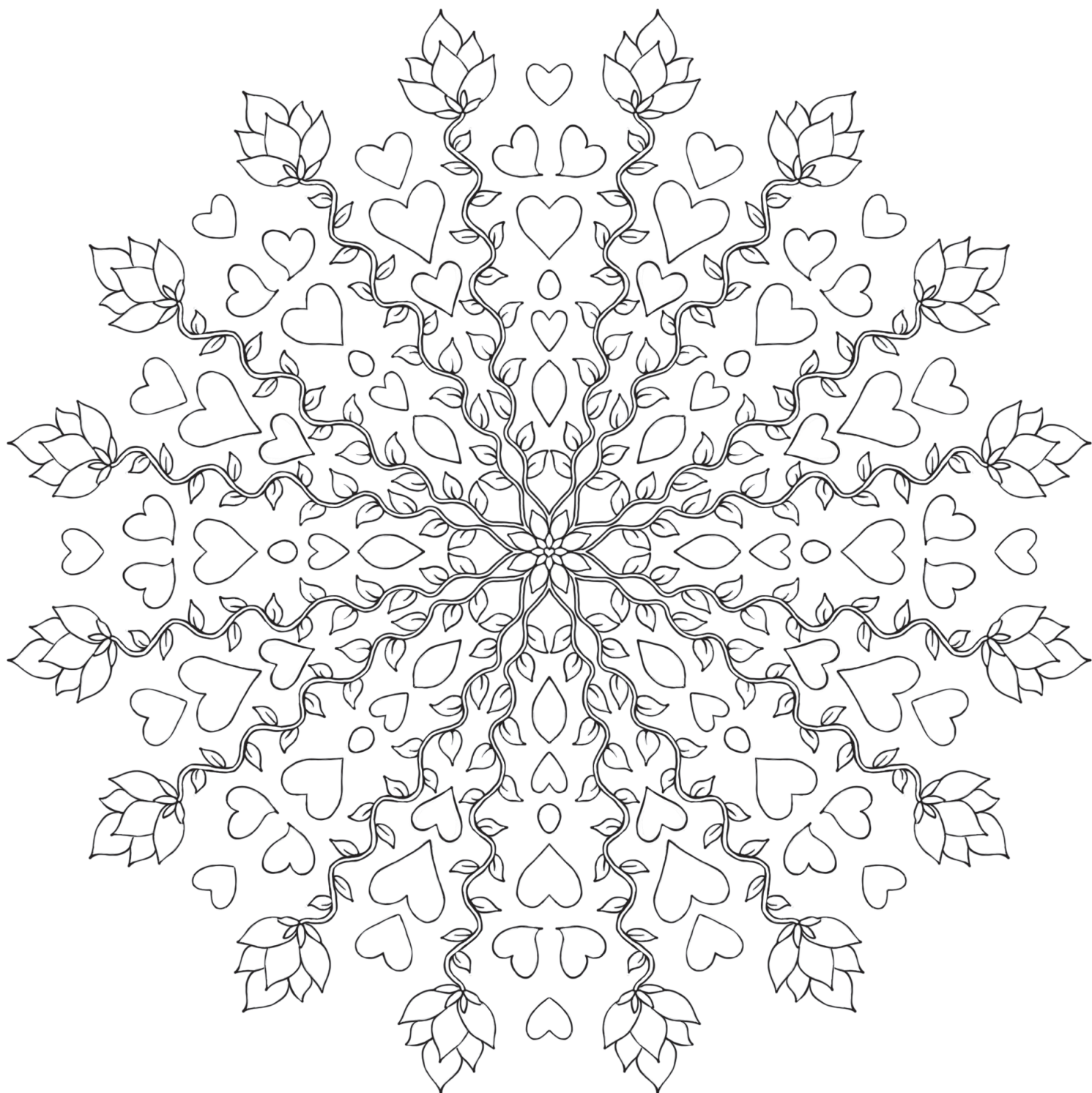
What is most important to you in your life?

You can also use this coloring picture for mantras. Concentrate on for example repeating what you want to have more of in your life each time you color a leaf on it.

"My dream brings me fulfillment and is aligned with my values."

See what kind of insight repeating this mantra will bring!

My Dream is...



Troubleshooting

What if My Dream is So Big and So Far Away?

BUT WHAT IF I DON'T KNOW WHERE TO BEGIN?

If you don't have a clear dream, or a vision of what seed to plant, you can start by coloring one flower at a time from the outskirts and think of ways you would rather feel, what you'd rather be doing or a life you'd love to have.

Name those flowers and then start coloring their stems toward the center, and think of all the little details of how living a life with that quality would make you feel. If you are puzzled, then look around and find examples of people who feels that way already. Or who live a life similar to the one you'd love to lead. What does their life look like?

When you arrive to the center think of the smallest little step you could take today to be one step closer to your dream.

WHEN FEELING TRIGGERED...

Notice that if there are lot of fear and heavy thoughts surfacing while you color or coloring causes you anxiety and frustration, it could be that the dream you have is currently something so far away that you'd benefit the most if you chose a dream closer to you that would be easier to achieve.

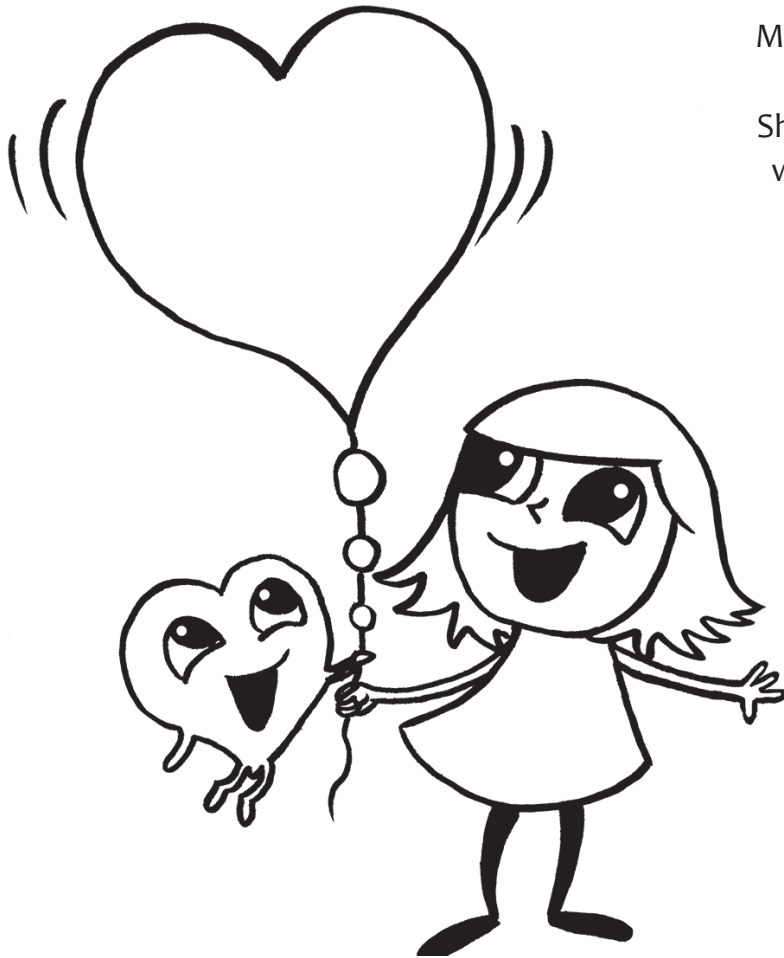
Choosing a dream that feels possible is the best kind of exercise for you to learn how this works. First stretch the muscle, then get into action! And get closer to your big dream one dream at a time!

CHOOSE A DREAM THAT FEELS LIGHT, EXPANSIVE AND JOYFUL!

You don't need to ditch your big dream, but rather think of this as the most meaningful step towards it - You are learning to trust the process and that takes you closer to your big dream every day. When you get to experience dreaming a dream that moves forward, that is manifesting in your life you are telling yourself you can, and so your dream will blossom, flourish and carry fruit, ah and the taste of that! Mmmm. Then you can come back and color in your big dream!

On the next pages you can find a Doodle Story where Mira is handling three big fears when it comes to dreaming and making your dreams come true: [The dream is too big! I'd need to abandon everything I love... And It's never going to come true.](#)

Overcoming Fears

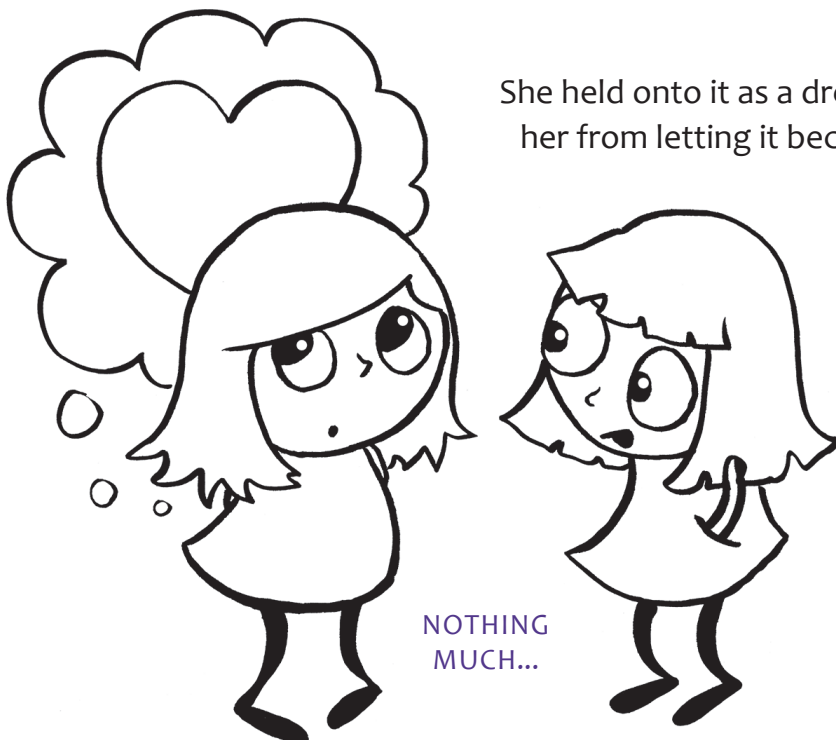


Mira had a BIG dream!

She carried it with her
wherever she went.

She admired it every time
she looked at it.
It was what she most
wanted in the whole world.

BUT...



She held onto it as a dream, something's stopped
her from letting it become more than a dream.

SO, WHAT'S UP
WITH YOU?

NOTHING
MUCH...

What was going on there?
Why was she hiding her
dream from the world?

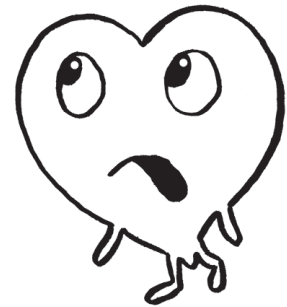
She had three BIG fears going on...
The first one being her assumption
that the dream was too big for her.

“YOU CAN’T PULL IT
OUT, IT WON’T FIT, AND
YOU WON’T FEEL RIGHT
IN A LIFE THAT BIG.”

Whispered her fear.



Mira’s heart stood there
and sighed.

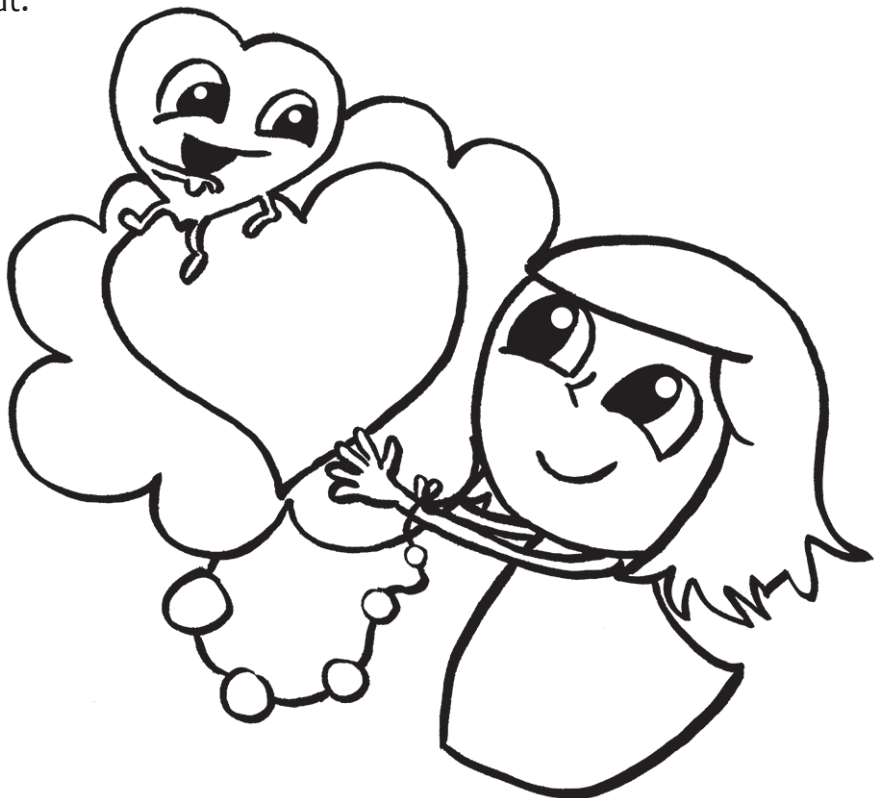


“YOU DREAMED IT,
YOUR DREAM CHOSE YOU.
THAT MAKES IT PERFECT FIT!
YOU TWO BELONG TOGETHER!”

Mira’s heart pointed out.

Mira held onto her dream
a bit tighter now and
started to pull it closer.

UNTIL...





Here came her fear again tut-tutting at her.
Oh boy, now it was getting even louder!

“IT’LL CHANGE YOUR LIFE
TOO MUCH IF YOU DO IT!
HOW ABOUT ALL THE
FAMILIAR?
YOU CAN’T LET IT GO!
AND HOW ABOUT YOUR
FRIENDS AND FAMILY?”

Mira’s fear
shouted out.



Mira’s heart couldn’t help but smile and sigh again.

“YOUR FAMILY WANTS YOUR HAPPINESS, IT
HAS BEEN PROVEN TIME AFTER TIME!

AND IF NOT FOR THEM, THEN GO FOR IT
FOR ALL THE OTHERS WHO ARE WAITING
FOR A PERMISSION TO LIVE A HAPPIER LIFE.
DO IT FOR THEM!

THEY NEED YOUR EXAMPLE TO
HAVE A PERMISSION TO STEP INTO
THEIR BEST SELVES.”

The heart exclaimed.

Mira shook off the fear, which
crumpled to the ground, and she
pulled her dream even closer now.

“YES, I’LL DO IT FOR ANYONE WHO
WANTS TO BE HAPPY!
NOTHING CAN STOP ME NOW!
LET’S DO THIS!”

Mira decided.

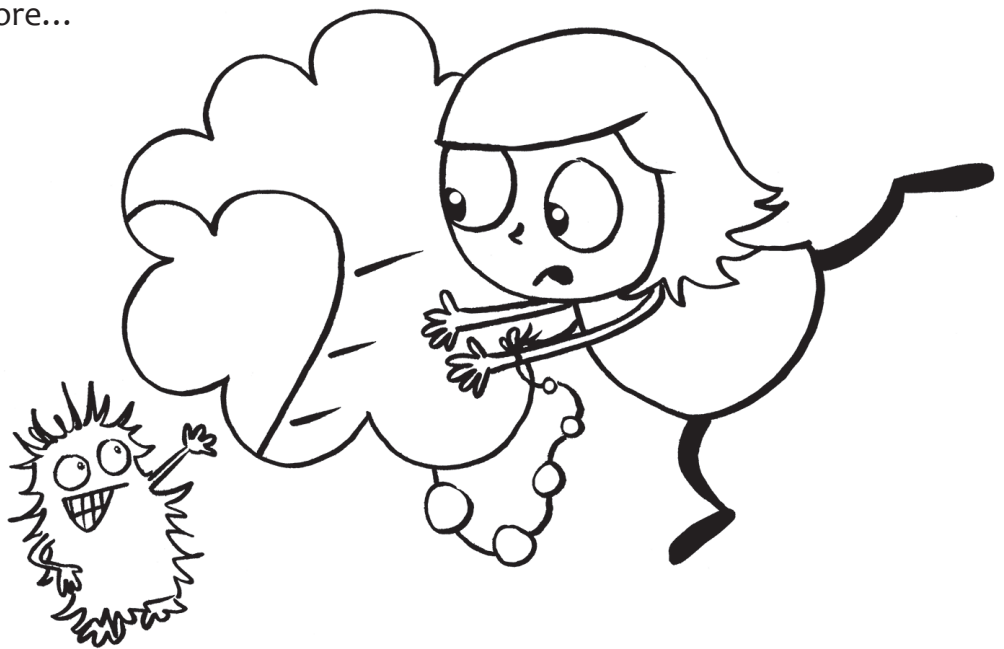


BUT when Mira tried to turn her dream into reality once more...

“WHAT!?! IT STILL DOESN'T WORK!?”

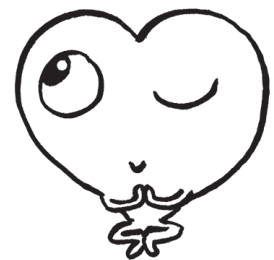
Mira was desperate!
And for the third time,
out came her fear,
saying:

“WHAT CAN YOU DO,
IT'S STUCK! YOU'RE
NEVER GOING TO GET
IT UNLESS YOU HUSTLE
A LITTLE BIT
HARDER...”



The dream wasn't moving ahead, and it seemed to slip from Mira's grasp - It'd take forever to make it come true!

But her heart awaited next to her and sighed. She knew better.



“THERE'S NO RUSH!
YOUR DREAM IS GROWING AT ITS OWN DIVINE PACE.

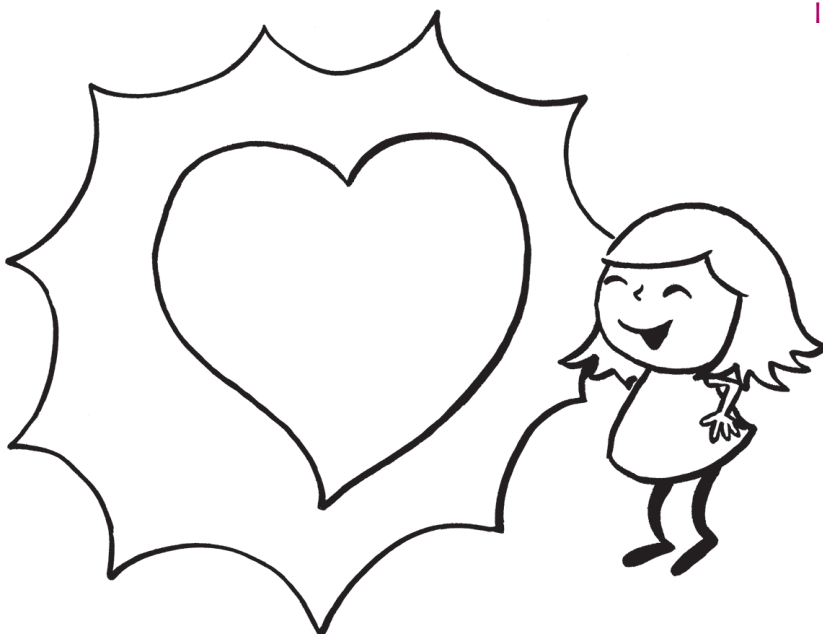
TRUST IN IT, AND FEEL THE PEACE THAT COMES
WITH KNOWING YOU ARE ON THE RIGHT PATH.

YOUR DREAM CHOSE YOU, YOU HAVE A REASON
TO GO FOR IT, AND NOTHING BUT YOU STANDS ON
ITS WAY ANYMORE.”

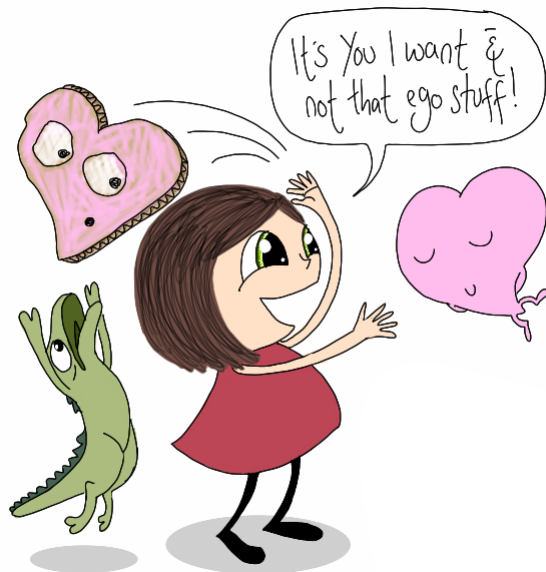
The heart said.

So Mira stood still and sighed,
then smiled, and stepped out
of the way.

“I CAN DEFINITELY DO THAT!”
She now believed.



Choose Your Dream WITH COLORING



Let this one-page visual on the next page help you with making the final decision on what your dream really is.

1. DEFINE YOUR DREAM

Write your dream in the thought bubble that Mira holds excitedly.

2. LOOK BEYOND IT

Ask yourself "What am I really after?"

Feel into how it would feel like to simplify your answer into

"The Peace/Joy/Freedom of _____ (word of your choice e.g. God/The Universe/Love/Mind)"

3. YOUR CHOICE

Now you can make the choice between the ego's path and Love.

THE EGO'S PATH

Starts with analyzing the dream (and your past for clues on how to proceed), making lists of smart steps (and pros and cons) and exhausting yourself with different options, not to mention feeling pressure all the time because the clock is ticking. If you decide to explore this route, you can color it in. BUT... At some point you may notice that it takes all of your time, without fulfilling the promise of getting there. That's when it's good to look at things differently and choose again:

A CHOICE MADE WITH LOVE

At any time you can feel what you most desire to feel (the feeling you wrote down in the heart at the top of the page). There's no timeline for this then, it's possible in the now. When you are clear on what you are truly after, choosing your dream becomes easy.

4. RECOGNIZE IT

You'll notice that you've arrived when you can only share what you've got. When you're at peace, peace radiates from you to everyone around you. That's how you share it. The others will feel the same feeling you feel. If it's peace, others feel peaceful when with you or with what you create and put out to the world.

Which path would you choose now?

You can leave the ego's path uncolored, you can rip it off from the page and leave just what you really want to experience on it.

