

What is One of Your Favorite Things To Do?

It's hard to name just one, however I would say mine is to dream.



Dreaming allows your heart to open and as your heart opens all possibilities are possible. Dreaming allows the illusion to dissipate and for potential to glimmer like an all knowing winking eye. As you gaze at the clouds or a piece of grass or clover, dreaming shows you a part of yourself that yearns to be free. In the still, the quiet dreaming occurs. On the plane, train or automobile, dreaming sets the imagination ablaze.

Limitations don't exist when one is dreaming and all that you desire is accomplished. All you wish is magically before you.

There is only one caveat to dreaming, when you rouse from the dream, don't cry that it's not a present circumstance. Don't fret that you've wasted time. Don't be startled that what your eyes see is a ruse and what your heart feels is real.

All creation begins with a dream and is thwarted by disbelief. Limits are a ceiling we've allowed to exist in our mind. This ceiling is the knowledge we've collected over our life has pounded its way to cover our heart. It doesn't have to be this way.

I encourage you, be a dreamer. Have the soft heart of innocence believing in your own fairy tale.

What is born from a dream? The heart knowledge that one's life is to create what is true to its own essence. Simply, purely,

realistically, beautifully. How? By not getting caught up in the details, by holding the possibilities in an open palm and by walking one step forward at a time. Patience, with a sprinkling of loving your current situation is a huge key that opens the door for your dream to be fulfilled.

Dream, dream, dream while recognizing the heart knows all things and sometimes our mind muddles things up with details. Let go of the details. Don't neglect your duties, the ability to provide your daily sustenance, shelter and care for the young or infirmed, yet all the while dream.

As we dream and use our infinite imagination, we also spread hope, potential and high vibes to the world around us. We are not in this alone, we are in it together.

Remember my friend, life is for the living. Live it to the fullest, no matter what! Much love to you, Julia...dream on



Julia Parsell is a Certified Holistic Health Counselor with an emphasis on the intersection of science and the sacred. She writes from experiences and transformative understandings that have led her to an authentic and peaceful life. She goes by these names: mother, grandmother, sister, aunt, niece, cousin, and friend. As home educator of her three children, she also developed/ran cafes, and maintained various leadership roles within her community. Her greatest desire is to encourage others to live life fully. Her passions are family, art creation, writing, and trail blazing. She loves her life in Western North Carolina.