

Dreams and Fantasies: Do You Remember Yours??

Each person, at some stage in their life, has had a dream or fantasy... a young boy may dream about becoming a fireman when he grows up, a dream may have been to become an astronaut, or perhaps write a best-selling novel, become a doctor, live somewhere faraway, travel the world, or even play in a symphony orchestra, have a date with Brad Pitt, sail around the world in a yacht...

Each person, at some stage in their life, has daydreamed about something!

Dreams and fantasies are healthy and very normal!

Healthy because they provide us with:

- something positive, meaningful and constructive to think about
- a place in our mind to escape to when we want or need to e.g. when we are stressed or bored
- stimulation for our imagination
- a reason to do certain things e.g. learn special skills, get a good paying job
- incentive to achieve our dream of fantasy
- good feelings when we think about our dreams or fantasy
- something to keep us sane!

Normal because each person has an imagination (believe it or not)... our imagination is a central part of our being.

But all too often, we are discouraged from using our imagination:

- we may be told off or punished for daydreaming -- I got told that so often at school
- we may be told our dreams and fantasies will never happen -- others in our network, for example family, teachers, work colleagues, friends may laugh at our dreams or tell us they will be impossible to achieve (I got so much opposition from people when they knew I was going to Mongolia for real, not just in my mind!)
- we may have so many commitments and responsibilities in our life that we no longer have the time or energy to think about and revisit our dreams and fantasies
- we may feel our dreams and fantasies are unimportant

Does this sound familiar for you? It certainly was for me many years ago.

The only dream and fantasy I kept alive for me, and my sanity, was going to Outer Mongolia. Outer Mongolia was my escape from the hassles and pressures of my daily life...

My dream and fantasy was uncovered, dusted off, and also made into a reality

Many people lose sight of their dreams and fantasies... for very legitimate and understandable reasons.

Do remember what your dreams and fantasies are/were?

Is it perhaps time for you to revisit your dreams and fantasies... to uncover them... dust them off... and see if they give you the same wonderful and warm feeling that they once did?

And who knows... your dream or fantasy may become a reality... like my dream and fantasy of going to Outer Mongolia certainly did!

Jeanne May, February 2008

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