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GROWING INTO YOUR BIG DREAMS

By Tal Shai

I invite you to entertain the possibility that your biggest dreams seek to express through you as much as you seek to align with them!

Everything is energy and everything resonates at a certain frequency.

When we begin resonating at the same frequency as our big dream, we will begin magnetizing that very dream into our life ... then we will LIVE that dream...and then even bigger dreams will well up inside us!

You can see how life is a never ending process of growing into that which we authentically desire for ourselves.

Our BIG DREAMS help us grow. They urge us to move towards them. Part of the process of moving towards them includes letting go of those beliefs and behaviors that do not align with their resonance!

It all sounds as simple as 1,2,3. On one level it really is. On another level we need to understand how we, as human beings, are biologically wired to resist change. In other words, in order to create the change that is needed for us to align with our BIG dreams, we first need to learn to break through our most basic human inclination to resist the very change we desire.

Let me be a little more specific here:

In a nutshell, to our subconscious mind, that which is KNOWN is considered SAFE and that which is UNKNOWN is considered DANGEROUS. It is common knowledge that our subconscious mind fuels 80% of the way we function in the world (especially when we are cruising on auto-pilot). When something is considered dangerous (ie. unknown!), our subconscious mind will do everything in its power to keep us from experiencing this danger. This is great and necessary when the danger is real. However, because our BIG DREAM is perceived by our subconscious mind as an unknown, any movement we make towards aligning with it will be perceived as dangerous.

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Our subconscious mind serves as our inner thermostat. It will do everything it possibly can to keep things as they are (otherwise also referred to as "homeostasis"). It will trigger our Fight, Fright, Flight response - our automatic survival mechanism - as well as other inner aspects, such as our inner saboteur, in an attempt to regulate that which is known. (You can learn more about this by signing up for a FREE 7 week e-Course " The 7 Key Questions to Propel you towards the Life of Your Dreams" at www.talshai.com - this is 100% spam free. I will never share your email with anyone and you can unsubscribe anytime!).

Learning to navigate and break through our in-built "resistance factor" is a crucial part of moving towards our dreams.

The very process of raising our resonance to align with our dreams is the GREAT ADVENTURE OF LIFE.

A BIG DREAM will be different for each one of us and will change throughout our lifetime.

Our big dreams will urge us to grow into them... and as WE grow, so will our dreams!

May your days be filled with much joy!

ABOUT TAL

Tal Shai, MA (Counseling Psychology with an emphasis in Spiritual Psychology) is an Intuitive Life Coach who helps people all over the planet create the life of their dreams.

She is the author of the Intuition Heart Cards and Guidebook, an interactive tool designed to support groups and individuals access their inner guidance.

To jumpstart your Big Dreams get your FREE 7 week e-course "The 7 Key Questions to Propel You Towards the Life of Your Dreams". Sign up for this **FREE e-course** at: www.talshai.com or www.bigdreamguru.com

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