

True-Living: The B's of Dream Building (Part 2 of 4)

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There are 3 B's to Dream Building. The first is Blueprinting, the second is Bridging and the third is Building. All these lead up to Becoming the person who is living the life they love.

In this Part 2 in the Series of The B's of Dream Building we will cover "Bridging". This is a critical phase of Dream Building, because this is where you prepare to navigate the gap between where you are now and where you see yourself living the life you love. That gap can be scary and difficult to navigate without assistance. This is where support coaching is vital. You can see that IF you could bridge the gap between where you are and the life you love and was easy to accomplish, you would have done so already. This is not to diminish your ability, but it is meant as an encouragement to seek help and ask for coaching so that your results are accomplished more rapidly.

In Bridging the gap, you will learn to befriend your fear. This may sound absurd, but we know that fear will always be a part of our lives, so it is imperative that we learn how to make friends with our fear. Please know that fear is in your life for your protection, so it is doing a good job by creating fear in you so that you stay safe and don't seek out dangerous risks. On the other hand, fear can cause you to freeze up and never take action to make the necessary changes to live the life you love. You will be taught techniques to befriend your fear and actually use it for thrusters to catapult you forward into transformation!

The next phase of Bridging is welcoming the greater flow of abundance. You will receive techniques and tools to change your mindset. Our beliefs about abundance may be stuck in old paradigms (beliefs) downloaded from others that influenced our mindset during childhood. These are the beliefs like, "Money doesn't grow on trees", "You have to work hard for money", "You have to have money to make money" or "Love is illusive and no one ever lives happily ever after", "You can't do that, you can't do anything right", "_____ disease runs in our family so I have that to look forward to in my old age", or "Just grow up and get real—dreams don't come true."

Abundance is a flow of energy and you will learn how to step into that flow with ease. You will be amazed at the transformation of your mindset around abundance when we complete this phase!

Along with transforming your mindset around abundance and prosperity in every area of your life, you will also learn a new skillset to evolve your perceptions. We make all of our decisions through our perceptions—the way we judge every event and circumstance. Either we look at the facts of circumstances and get depressed, fearful or angry, or, we look at circumstances and see the opportunity hidden in the struggle. Which of these two perceptions would most benefit you in living the life you love?

In Part 3 of this series we will discuss the next phase of Dream Building which is "Building".

Dream – Grow—Live!

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