



Radiance

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It's Never Too Late (or Too Soon) to Live Your Dream

By George and Sedena Cappannelli

Do you remember dreaming that one day you would be a great writer, painter, or composer? Do you remember wanting to invent a remarkable new product, pitch a perfect game, find the cure to a debilitating illness, rally the troops to save the day, become a great actress, enter the courtroom to right an injustice, or throw your hat into the political ring to make a difference? Do you remember dreaming of bringing a brood of children into the world and raising them with incredible amounts of love and consciousness? Do you remember wanting to play music or sing melodies issued from your heart? Do you remember dreaming of being a coach or a teacher, a dancer, choreographer, cook, carpenter or fisherman, an astronaut or mountain climber, a religious or spiritual leader, a humanitarian or a healer?

Perhaps in your case, you did not know exactly what you wanted to do with your life, but you felt a longing you could not put a name to, a restless tug to do something more and different than others around you were doing.

Perhaps both of these things were and still are sometimes true for you - specific longings to do or express

yourself in a given way or a restlessness that issues from not knowing quite what you want to do or how. If this is true for you, then we invite you to spend a few moments with us exploring the possibility that the next stage of your journey not only can be more satisfying and rewarding, but also more in alignment with the dream you came here to manifest.

The first step we recommend in this exploration is to take time to be alone, time to listen to some of the hints and promptings that come from that *still small voice* within you. If you are willing to take this first step, we believe you will soon discover this longing, this dream you once had is still very much alive inside you. We also believe you will discover that by directing your attention to that place where your dream still lives, you will either rediscover or discover the beginning of a pathway that can, no matter how old or young you are, lead you to live more of the life you were born to live.

The Power of Your Dream

Our personal experience confirms the fact that when we are in touch with our personal dream and stay true to its call, stay true to what is called our destiny, we are not only more creative, impassioned, and energetic, but also more involved in our lives, connected to oth-

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ers and in tune with the natural rhythms of life. When we are in touch with our dream, we are also more concerned about the well-being of others, this planet, and all of the species that reside here. In short, in our experience, being in touch with our dream is an essential key to living more consciously and aging wisely and to fulfilling what we call our spiritual promise or heritage.

For more than 30 years, we have been experimenting with and testing this premise not only in our personal lives, but also through our work with hundreds of major organizations and with thousands of individuals who have attended our organizational and public programs. During this time, we have come to verify that those who are in touch with and living even portions of their dream are more content, impassioned, engaged, loving, healthy, and successful. In addition, following the call of our dream is not just important to us as individuals, it appear to be equally essential to the grand scheme of things.

Yes, our dreams hold a blueprint for a unique and successful life, in fact, for the precise life many of us long for and believe somewhere in our hearts is possible. And yet it may not be and often is not the life we are living. We could, of course, spend months exploring why this is true. But in the end, we believe what matters most is not why, but what we can do to correct this misalignment.

Our exploration indicates this blueprint is often as close as the longing we feel our hearts. Indeed, we have discovered it doesn't matter whether it has been days or decades since we last paid any attention to our dream, it is always there, as close as our next breath.

If you have been faithful to your dream you know this to be true and we applaud and celebrate your efforts. But then again, our applause is unnecessary for you already know the value of the journey that was written indelibly in your heart long ago.

If you have not yet been as faithful to your dream as you have wanted to be then you also know or, at the very least, sense what we are saying is true. For we know that you, like us, periodically receive, sometimes quietly, sometimes insistently, those whispers, prods, prompts, and even demands that you pay more attention from that *still small voice within*.

So here in this moment we invite you to pause and take

a little time to touch that place in your heart where your dream still resides. We ask you to get quiet enough to hear what that *still small voice* is saying so that you, too, can once again regain that glint in your eye, that spring in your step, and that flow of loving that is not just a possibility, but your right and privilege as a spiritual being who is currently having this physical experience called life.

No matter what your experience has been, whether it has been the hot, dedicated pursuit of a dream that has been clear and compelling for a long time or whether you turn away and are now living with that restlessness, knowing there was or is something else, something you sense is more inspiring that you want to do. We invite you to lean back in your chair, close your eyes, and for just a few moments go to that quiet place inside you not limited by the boundaries of physical time or practical considerations.

Please do not just read these last few paragraph and move on. Stop, take a few, slow deep breaths, and give yourself the gift of getting back in touch with your dream. You will, we know, be deeply grateful to yourself for doing so. You will be taking your next steps to honoring what the poet Mary Oliver has called, "this one wild and precious thing called your life."

There are, of course, numerous techniques that can assist you to get in touch with this inner experience. Dif-

“Our dreams hold a blueprint for a unique and successful life...”

ferent forms of slow, focused breathing; various reflective and meditative practices; the use of mantras and simple phrases spoken on the out-breath and the in-breath; a walk in a favorite woodland; a run along a wild and beautiful beach; moments spent

gazing into the innocent eyes of your child, or that remarkable being you are spending your life with. Any and all of these practices and a host of others will do. Whatever allows you to connect to your heart and be available to the guidance that comes from within you - anything that allows you to remember your dream, is perfect.

Even if this first re-connection to your dream is only a vague sense, a hint of a direction, the barest impulse, or a fleeting image, allow yourself to glimpse it, sense it, feel it. Do not hold on too tightly or be disappointed if it does not materialize as a complete game plan for the rest of your life. Let it unfold in whatever way is ap-

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