



MAKE YOUR DREAMS REAL!

“Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.”
Howard Thurman

With the beginning of the year there comes renewed energy to do something new. It is very common in January to formulate resolutions for the new year, full of intention and willingness to **give wings to dreams, outline projects, define goals.**

And here it is extremely important to distinguish between what is a desire (a “would like” to do this or to have that) and what is a *genuine desire*. Desires, we always have many... And they easily fall down because we don't activate ourselves enough to achieve them. But the genuine desire of wanting to be/have/do something brings with it a determination to achieve it, *“no matter what it costs”*.

Whatever the cost... Be it financially, whether in terms of time, space or energy, any dream has its price! And that's why, most of the time, we don't move enough to achieve them: we're not willing to pay that price or go through the (momentary) insecurity caused by the challenge... we don't want to leave our comfort zone.

But do you want to stay in your “comfort zone”, eternally trapped in some whining or lamentation for lacking something in life or for not feeling happy or fulfilled in some field of your life (and in fact you are living, not in a comfort zone, but of great discomfort...) or do you want to risk taking a step forward, towards your goals and dreams and **savoring victory, success, full achievement?**

When this genuine desire to do something new arises, it carries with it a need for prior “cleaning”: to eliminate from our lives everything that is no longer needed or is too heavy, to make room for the new that we want to create or introduce in our life. It's time to make choices!

Like a walker needs discernment and ability to detach and **leave behind everything that weighs too heavily on his backpack and is no longer needed**, on the journey of our life we have to do this exercise of letting go of what is heavy and choose to take only the essentials! And this alone brings with it great **lightness, room to breathe, to enjoy and to expand!**

Now think about this: when you want something, what do you want? Is it the end of the road or the process itself? Generally people want the end of the road (the end product or result) and this is a fantasy, not a dream... They live as if having two eye patches and see only the carrot in front without seeing anything more around them...

Most of the time, **the path or process is just that which gives enthusiasm and pleasure!** A dancer practices for weeks or months for a show, taking pleasure in that process of training in an area she chose out of passion. And she does "whatever it takes": despite the bodily aches, fatigue, time and energy expended, the pleasure of dancing and the feeling of personal fulfillment take precedence over all this!

Likewise, when we have a dream, or when we outline an action plan for something, we must enjoy the whole process to get there, living fully with each step we take on this path, looking with satisfaction at all the steps we've taken before and the achievements we've already made. **A path is made up of many steps and each one is a victory to be savored.**

When you think of a dream, always remember that there are two fundamental pillars that guarantee the achievement: **pleasure + discipline.**

Without discipline, without organization or structure, you get nowhere and nothing happens... And without pleasure, you lose the sense of what you are doing!

Combine these two ingredients and find the key to making your dreams real. And that is called the **art of living.**

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