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**Remembering Where We Are Going**

**By Sibyl McLendon**

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Those of us who are attempting to walk the spiritual path in this lifetime often have a difficult time. Over and over again, I hear my friends say that they are tired of always being \*broke, sick, depressed\*... whatever the challenge may be. I am sometimes guilty of this myself. We are human here, after all. It would be so nice to have extra money every month after the bills are paid, or to wake up in the morning feeling wonderful and well. However, the spiritual path is seldom this easy.

We all need to try and remember, every day, why we are here, where we are going and what the goals are. If one believes truly in the laws of Karma, then one must them accept that we are here to transmute past Karma and to step up to a higher level, in this life or in the next. We are here for one reason only: to advance. Where we are going is home, back to spirit where we belong. What are the goals? It is to live every day to the fullest, in the most honorable way possible and to do whatever good we can do in the process. Accepting the negative energy that comes to us, and then sending it back out in as positive a way as we can.

None of this is easy! In fact, it is as difficult a task as anyone can accept. Many times the negative that comes to us feels unfair. We are always attempting to be the best that we can be, so why do these problems keep coming up? Why does it seem as if we can never get ahead? I believe that exactly because we are spiritual beings, aware of Karma, reincarnation, the universal laws that govern us all, there is a subtle little pool of quicksand, waiting to suck us in... and this quicksand pool is named, "I deserve better."

Simply because we are aware of Karma doesn't exempt us from it. The very awareness that we have can make us feel somehow superior, as if we don't have to deal with the energy of our past lives simply because we are aware that we had them. The knowing that we are transmuting the negative somehow makes us feel as if we have done enough of it and should not have to do it anymore.

Ah, my friends, this is so not the case! The awareness is a gift, and the gift is that we now know what we are doing. We are living our lives fully awake, and fully a part of the miraculous. This doesn't exempt us from the trouble; it makes us more aware!

We should be grateful and thankful for that gift. Every adverse situation that we go through takes us one step closer to our ultimate goal: never needing to come back here again! Every day of illness that we live through, every adversity that we go through and emerge on the other side of is a gift. We have

## Remembering Where We Are Going

accomplished what we are here to do. Every day that we make it through to the best of our abilities is a triumph that we should be proud of.

I believe that when we can reach the point in our lives where we honestly thank the Creator for another problem is the day that we take that one giant step towards never having to do this again.

Sibyl McLendon is 1/2 Navajo. She is the owner of Spirit Web Design <http://www.spirit-webdesign.net>. She has been designing sites for 3 years. Visit Spirit Web Design for useful information on website marketing.

## Remembering Your Dreams

By Stephanie Davies

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Learning to remember your dreams is harder for some than for others. There are many reasons a person would want to remember their dreams, including increased self-awareness and knowledge about yourself, coming to grips with aspects of yourself, education, finding out hidden emotions, and more. Remembering your dreams is like opening the door to your own mind. However, for you it may be incredibly difficult to do so, or perhaps you can remember some things but not others. So here are some tips, hints, and ideas for helping you to remember your dreams and unlock your full potential!

Firstly, focusing on your dreams before you go to sleep at night is one of the most important things. If, right before you go to sleep, you tell yourself "I will remember my dreams tonight" and think about remembering them before you go to sleep, you will have a much higher chance of remembering them upon waking in the morning. Be sure and keep any other thoughts out of your mind before drifting to sleep as a cluttered mind can decrease the chances that you will remember your dreams upon waking.

Also, focusing on remembering your dreams upon waking in the morning is another very important thing. This sounds very easy, but is often hard for some to do. When you very first wake up, simply think about your dreams. Don't allow your mind to drift off to other things, just lay there and think about the things you dreamt about the night before. For this reason, it is helpful to have a pen and paper handy beside the bed for writing things down when you first wake up. Some people prefer a tape recorder, and others get fancy journals to write their dreams in. It doesn't really matter which method you use, the point is to document them while they are still fresh in your mind. Also, when you wake up, try to wake up as slowly and gently as possible. Just lay there for a few moments, relaxing and thinking about your dreams. Often if you wake up suddenly in the morning and try and wake right up, your dream images will leave your mind.

Other things that will help you remember your dreams is to keep a healthy diet, reduce stressful thoughts at night, and avoiding alcohol consumption of any kind as alcohol (as well as some medications) can cause you to sleep so hard you don't even remember your dreams. Also having a regular routine can help when recalling dreams. Going to bed and waking up at the same time each day does help when trying to remember dreams. If you are having a really hard time remembering your

## Remembering Where We Are Going

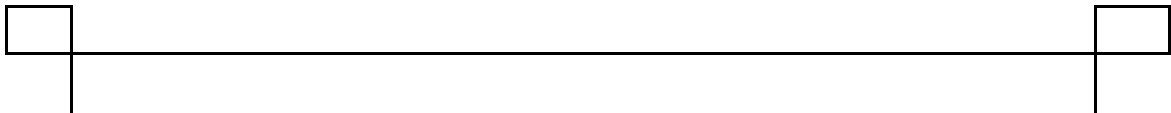
dreams, allow your mind to wander a bit. Think of anything you can remember from the dream at all, and just allow your mind to wander off on its own train of thought, and see if anything else comes to mind. In this type of association, you may end up remembering more of a dream.

Remember, the recalling of dreams comes more easily to some than others. It is important not to give up, and it helps to talk to like-minded people about dream you have had. Having a simple conversation about a dream you had the night before with someone who enjoys discussing dreams is a great exercise for dream recalling, and may also cause you to remember more things than you thought you had. Don't get discouraged, and remember that if you don't dream every single night, it is not a crisis...some people dream less often than others. Simply focus on the dreams you can remember having, and use these tools to help you to remember more.

Stephanie is the webmaster of StephanieDavies.com and provides live telephone advice of all kinds to people from all over the world. She gives advice on depression, mental health, spirituality, sexuality, relationships, and many other topics. For more information please visit her website at <http://www.stephaniedavies.com> or subscribe to her newsletter by visiting <http://groups.yahoo.com/group/liveadvice>



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