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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Sweet Dreams

By Sue Dyson

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An amazing thing happened to me a little while ago. I was out for a sweet power walk one evening with my new friend Jan. We just recently met, both new to the area, both with kids at home.

We have begun asking each other out for walks, usually around 9 pm when kids are in or going to bed. Or at least pretending to. It's pure, unadulterated, woman time. Plus, we get exercise. I happened to ask her this one night, "What do you dream about doing?".

Boy, talk about getting to know someone well and quickly! This was such a great, intimate question to ask. (I must say!) What it did, was, it cut to the quick of the matter. We could have spent our time talking about trivialities, who did what that day, what our partners said about something, the things that came up that day with our kids. That stuff will always be there. It's simply busy-talk.

How often do we get to tell someone we trust about our dreams? There's something magical that happens once we begin talking about them, too. They begin to take on a life of their own. suddenly our dream is not such a secret anymore.

Sometimes we aren't even aware of how we feel about our desire or dream until it is verbally expressed. Putting it into words makes it come alive. It's not that we become more accountable or anything, well, maybe it causes us to become more accountable to ourselves. The purpose in expressing our dreams isn't meant to put pressure on us. It's more mystical than that. Putting it out in the open, expressing our desires, impresses on the Universe what we want. If it's something we are entirely passionate about, something we deeply yearn for, the feeling will be expressed and impressed as well and that's when cool things begin to happen. See, this great Universe of ours really wants us to have all we desire. When our heart is truly into it, that's when the Universe knows for certain it is something we truly desire.

Then it delivers. Things begin to line up to make your dreams a reality. Heaven on Earth, Mama.

Sweet Dreams

Do something nice for your favorite woman friend today. Ask her what she dreams of doing. As an added bonus, she'll likely feel so good about stating her dreams to you, that she'll ask you the same. Feel-goods all around.

You might be wondering what she told me. Well, as a good friend, I cannot divulge, but I can tell you, I learned a lot about her then, and I hope she learned about me. Sharing our intimate thoughts and dreams catapults a relationship from 'getting to know each other' to 'cherished'. And that's what life is all about, after all. Being intimate with one another, relating beautifully, learning and growing. If you can attain this type of success in just one of your relationships, you'll be inspired and expect it in all your relationships. You'll stop settling for less and life becomes so much richer.

Sue Dyson, a stay at home mom to three kids and a large dog, publishes SuccessfulMama Ezine,

offering down to earth tips and resources helping moms balance personal goals with the craziness of motherhood. Visit <http://www.SuccessfulMama.com> . Free subscription: successfulmama@pushbuttonresponder.com .

What Are Dream Really Made Of?

By Krista OConnor

Have you ever considered what the heck dreams are really made of?

Many people believe dreams are simply a bunch of garbled thoughts strung together that don't mean anything in particular. If you taking the time to read this article, then chances are you probably believe that dreams are much more important than that...and they certainly are!

Your dreams are a true reflection of yourself at that particular point in your life. They encompass all of your thoughts, your emotions, your beliefs, and all of your desires. Think of your dreams as snapshots of what you are in the process of attracting or creating in your life at that time.

That last sentence is what dreams are really all about. They are signposts literally telling you the nature of things to come.

This isn't about prophetic dreams here, but the general direction your thoughts and emotions are taking you in. So in that light, giving your dreams some attention is to your great advantage!

Here's how it works -

Suppose that most of your waking thoughts are of worry, fear, frustration or beating yourself up over something you said or did, and so on. This is negative emotion that will naturally be reflected in your dreams.

However, your subconscious (or you higher self, or whatever you want to call it) is a lot smarter than

Sweet Dreams

your conscious self and will offer you nuggets of wisdom to make you more aware of the bigger picture. Awareness breeds the changes necessary to turn those negative thoughts and emotions around.

If you choose to do nothing about your negative state, then guess what...you'll get more of the same. If you choose to be more aware of your emotion and move toward the positive, then you will create more positive results in your life. That's the Law of Attraction at work and believe me, your dreams can really help you with this!

The message here is to become more interactive with your subconscious through your dreams and make use of them. You can start by asking yourself a question before you fall asleep at night and expect an answer.

Sweet Dreams!

Krista O'Connor is an online entrepreneur and long time dream-worker. To learn more effective tips and ideas for quick and easy dream interpretation or to subscribe to Dream Log (monthly ezine), visit her site at



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