

Dream-weaving your Life into being



"Your future depends on what you do today"
Mahatma Gandhi

By Caroline Mary 2023

Dream-weaving your life

Welcome and thanks for joining me today!

This booklet was designed to assist you in coming into alignment with your soul.

As we grow and heal, we align to our true essence, and our life choices will change. How we show up in the world will be more refined, and we start to shine from our authentic self, and that is my greatest love: to assist others to shine!

It took me a lot of praying and soul searching to realise to deeply assist people on a soul level was actually my calling, and holding space during coaching is just one way I can deeply assist people who ASK for assistance! WIN WIN!

Now I see that our life depends on CHOICES.

If we don't choose *how* we spend our time, we are probably not utilising our time for our highest good!

This booklet is designed to assist you to visualise, dream and be inspired for the best possible life you can imagine, the one that aligns to your most ascended choices: where you live the life your soul is dreaming into being through you.

I'll take you through a series of steps to help you get clear on your choices in various areas of your life... and yet, once you start to dream, and consciously created your life, you will start to realise that everything in your life can be chosen, and the possibilities are endless!

Little by little, each of us is claiming our truth as a conscious co-creator of the world, and in doing so, we step in to our true nature, our personal power, inspiring those around us to do the same. From here, we feel peaceful, fulfilled, and share this with the world.



Grab a cuppa, and create a cosy, sacred space for yourself, and delve deep as you go through this booklet. Take the time you deserve to check in with yourself and see how best you can make changes (albeit in small steps) so you are living a life that is aligned with *your* values and *your* goals for *your* life.

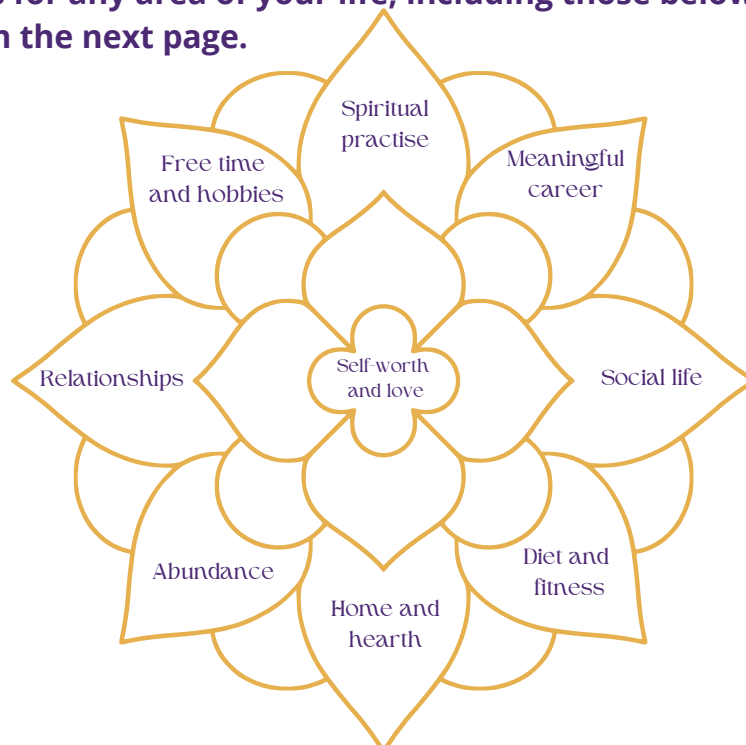
I'm so looking forwards to seeing how your journey unfolds, xx

Dreaming your dream

I'm going to walk you through a guided meditation so you can find out what your higher self would love for you to experience during your life time. When we do this, we start bringing the potential to our daily lives, and open up to a new experience of life...

- Create a sacred space for yourself, somewhere comfortable and quiet
- Set the intention to receive a vision of your highest version of your life choosing a life area from the list below, or from your own choice
- Close your eyes and allow yourself to rest in your breath, in through your nose, and out through your mouth
- When you're ready, see, feel or know there is a door in front of you, and walk through the doorway in to a corridor
- At the end of the corridor is a stairway, and you walk up the staircase until you reach a platform, high in the sky, resting on a cloud
- Here you see a doorway, and on the other side, you'll find your inspiration
- Walk towards the door, and move through to the space beyond, and allow yourself to see what your higher self would like you to see
- When you're ready, come back onto the platform, closing the doorway behind you
- Walk back to the stairs, and make your way down, into the corridor.
- Walk back along the corridor, and through the door
- Let go of the vision, and come fully into your body, reconnecting with your breath, and the room where you're sat

You can do this for any area of your life, including those below, and record your visions on the next page.



Dream-weaving your life

What did you see?

You can revisit the meditation as many times as you like, and add details that come to you, as often as you like. In the space below, or in your journal, write your visions down and know you can take steps towards that life every day.

Home:

Diet and fitness:

Meaningful career:

Spiritual connection and practise:

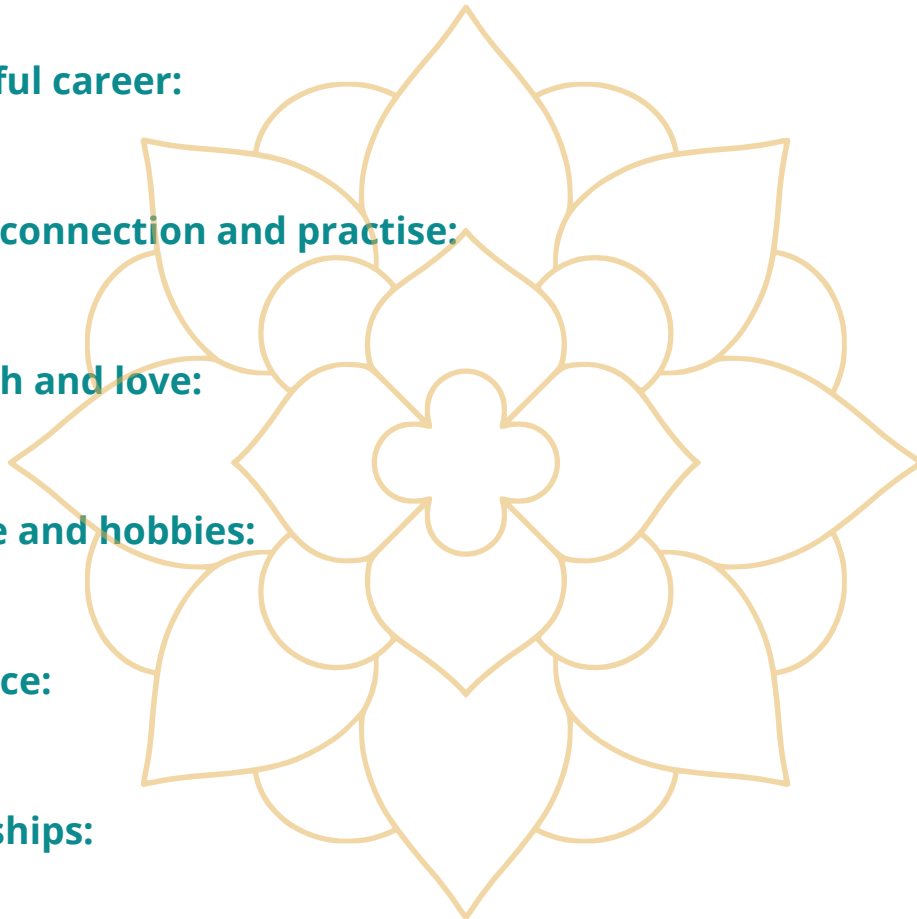
Self-worth and love:

Free time and hobbies:

Abundance:

Relationships:

Social life:



Remember, you can add to the categories I've listed, these are some inspirations for you to start with! The more specific you can see, the more easily you can create the life of your dreams

Dream-weaving your life

What's your next step?

Now you've seen a vision for your best life, let's find just one small step towards living in alignment.

You can ask your higher self whenever you like, for guidance to move you towards your highest timeline. Over time we start to act from this higher self, and the choices we take become ever more aligned to our soul!

Don't be surprised as to your answers, as your step might be to release something, start something, explore something new, or simply rest: there's no right or wrong, only alignment to what is for YOU, right now in this moment.

Home:

Diet and fitness:

Meaningful career:

Spiritual connection and practise:

Self-worth and love:

Free time and hobbies:

Abundance:

Relationships:

Social life:

Remember, you can break each area of your life into more segments, and get far more specific in doing so. It's your life and you can co-create it every day!

Dream-weaving your life

Congratulations!

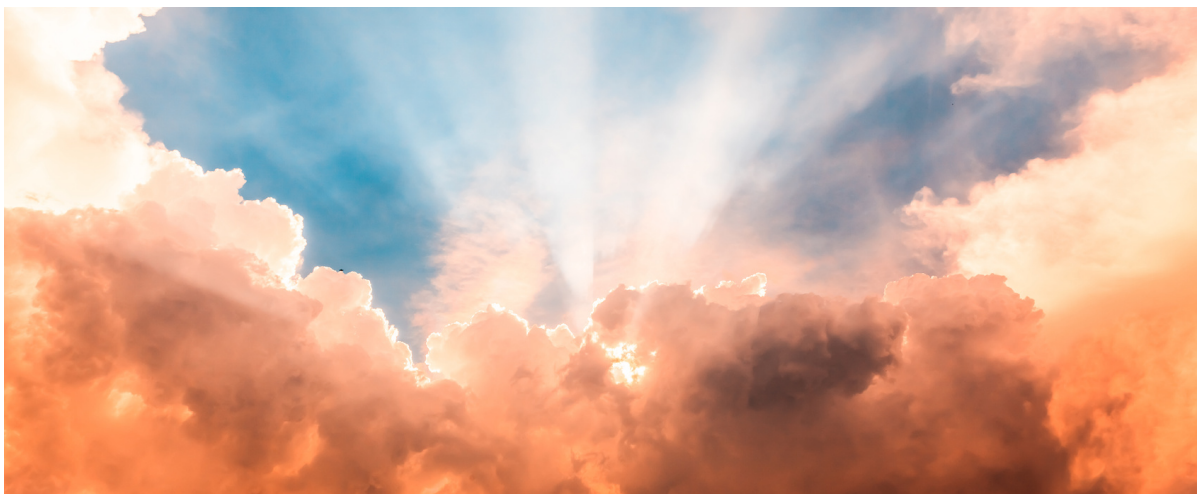
Now we've reached the end of this ebook, I hope you've enjoyed dreaming your new life into being, and found some interesting steps towards your Ascension Alignment.

If you're not already signed up for support and would like help to make those healthy changes and become ever more aligned, check out the resources page on my website, or book a clarity call to see if we'd be a good fit to work together in Ascension Alignment Coaching.

It's my mission to help you grow, and I'd love to facilitate you to find the best solutions in your life, so you may live in joy, happiness and freedom!

With so much love and so many blessings to you
Caroline Mary x

Connect with me and share your findings at:
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