

*These are the notes I used for this class, which I am sharing for anyone who finds the written notes helpful. What I say in class won't be exactly this, and there will be lots of pauses for doing the meditations and this document likely has a lot of typos!*

This will be about 90 minutes long. You do need a journal or some paper to write on.

Combining journaling with meditation and the kind of alchemy work we'll be doing this class is a way of holding space for your insights, to give them somewhere to land because you likely will have insights and ideas during the meditation and you'll also likely just forget about them when it's done.

The Creative Dream Incubator is always about bringing a creative and playful approach to the deep transformative inner work, and then using that work as fuel for your dreams - so you should see CHANGE in your outer life.

For that to happen there need to be bridges from inner work to outer work and your journal is one of those bridges. I think of a journal also as a way of holding space for your process of healing and growth and creating amazing things in your life.

If you enjoy this class and want to go deep into that process - you can join me in Dream Book. This is an ongoing mastermind group where we do this work together, and an in-depth course in navigating the path that leads to your dreams and you get a full library of alchemy practices for transforming inner and outer obstacles.

So, just know that I do offer this deep and effective ongoing support for your dreams in Dream Book and you are always welcome to join.

This class is Soothe. Restore. Grow.

So my idea for this was:

soothe pandemic fatigue  
restore joy and magic  
grow into your brightest dreams for 2021

But this is a meditation and journaling process, so you'll be working with what's important for YOU.

You may have other things to soothe, restore and grow.

So of course, follow your own intuition and creative impulse as we do this.

Take a couple of nice deep breaths, or whatever kind of breath feels good for you.

Close your eyes

Give yourself a minute to arrive here

This about what you want to get out of this class.

We're going deep into meditation and journaling - what is it that you want to get out of this?

And I want you to write this down, right now, before we get into. Because we will check in with that later in the class, to make sure you are getting what you want here.

And once you've written it down close your eyes, take some nice soothing breaths.

So we are gathered here to soothe, restore and grow.

Each of us has our own intention for what we want to do here, and each of these intentions help feed us all. We are stronger together.

Think of this global circle of creative dreamers, everyone here live but also everyone working with the recording in the days and weeks to come.

We are coming together, inside the Creative Dream Incubator, to create a better future for each of us.

Our intentions become magnified when we do this work in community. Imagine sending out good wishes to everyone else who is participating, while feeling all these good wishes coming back to you.

Bring your attention now to the space around you, your energy body. Imagine yourself in a glowing egg, about an arm's width wide all around you.

The edges of this egg mark the edges of your energy body.

This is your space.

In order to make space for soothing and restoration and growth we begin by clearing out everything that's in your space that is not serving you.

Imagine the edges of your bubble glowing bright, filling your whole space with bright light that has the power to clear away all the things you're carrying that do not serve you

You don't have to know what these things are. Just imagine them gone. Just imagine having clear open space for YOU.

All the things that don't serve you are dissolved in this light, and returned to their source.

When this feels complete, you can let the light fade - but make sure the edge of your bubble is still marked with a glowing light.

Then bring your attention inside you, into your heart.

Imagine your heart is a source of light.

Glowing brighter and brighter and filling your whole body.

This is the light of your true self.

Imagine your whole body so bright with this light, you glow and your glow fills the space around you, until the light of your true self meets up with the light at the edge of your bubble.

As this happens, you are filling your whole space with your presence.

You are shining and radiant with the light of your true self.

Imagine yourself now, sitting in front of a waterfall of light, the most soothing light you could possibly imagine.

Do what you need to do, to make yourself comfortable here. Bring in anything you like.

You're going to give this waterfall of the most soothing light you could possibly imagine all the things that need soothing.

We're not trying to change anything at all here.

We're recognizing and naming and validating the things that we're carrying that need to be soothed.

And then giving them to the waterfall.

Do this one thing at a time, and take notes as you go.

First, draw the waterfall of soothing light in your journal. Or just write the words waterfall of soothing light.

And then we'll start with the first thing you want to give to the waterfall of soothing light.

Pick the thing.

I begin with my pandemic overwhelm, you can begin with the thing that feels most in need of soothing.

Name it. Hold it in your mind. Notice how it feels to hold it. Validate your feelings.

And then put it all into the waterfall of soothing light. And again - notice how this feels. Check in with your body. What's happening as you've placed this thing into the waterfall of soothing light?

Just follow your imagination it may get really weird or it may be really vague - it's ok, there is no way to do this wrong.

If you like, you can name some of the things you're placing into the waterfall in the chat, it can help make this feel real by putting it into the circle in this way.

You're not necessarily letting go of any of this, just putting it into the waterfall of soothing light and following what happens in your imagination. It could change or dissolve or.... anything.

And keep going with this.

Pick another thing. Name it. Hold it in your mind. Notice how it feels to hold it. Validate your feelings.

And then put it all into the waterfall of soothing light. And again - notice how this feels. Check in with your body. What's happening as you've placed this thing into the waterfall of soothing light?

Of course, if you're using the replay you can pause here and keep doing this as long as you like.

For the live class, we're going to continue.

Close your eyes, come back into the meditation. You're sitting beside the waterfall of soothing light.

Now for this part I am going to ask you to physically stand up, if you can.

If you can't, imagine you are standing up.

And we're going to walk over to the waterfall of soothing light. Take a few steps and place yourself right in the waterfall.

Allow the soothing light to fall all over you.

Notice how this feels in your body.

Light the light really seep in.

Soothing all parts of you.

What does soothing feel like?

If you are standing, you can come back to sitting, come back to your journal. Journal about this.  
What does soothing feel like?

What does the waterfall of soothing light want for you?

And now come back into the meditation.

If you can, stand up again.

In the meditation, you're standing right IN the waterfall of soothing light.

Take one step now, through the waterfall, into the cave behind the waterfall.

If you are standing, go back to your seat, if you like, as you acclimate to this new place.

It's dark and cool and the air tingles with magic.

This is a safe healing space.

There is a little path, lit with lanterns and you walk along it.

It leads to a stairway, and you follow it down.

With each step down, you feel yourself moving deeper into this healing magical space.

This stairway leads to a pool of restoration.

This is an underground pool inside a crystal cave, fed from the waterfall of soothing light but this light, in the crystal cave, transforms into light of restoration.

It has the power to restore what has been lost.

It has the power to give you back to yourself.

You are now at the bottom of the stairs and you see the pool of restoration in the crystal cave.

Make yourself comfortable here, beside the pool of restoration.

In your journal, draw the pool of restoration or write the words pool of restoration.

What are the things you are missing? What would you like to restore?

Pick one thing.

I begin with JOY. It's one of the things I have missed most in my pandemic overwhelm.

Name it. Hold it in your mind. Notice how it feels to hold it. Validate your feelings. Validate your wish to have this restored in you!

Journal about this.

When you're done, pick another thing to restore.

Name it. Hold it in your mind. Notice how it feels to hold it. Validate your feelings. Validate your wish to have this restored in you!

If you like - leave a comment to put these things into the circle.

Journal about it.

Bring yourself back into the meditation.

You're in the crystal cave, beside the pool of restoration.

All of the things you want to restore are in the pool of restoration.

Imagine walking over to the pool, notice that there are smooth, safe, sturdy crystal steps inside the pool, so it's easy to walk in, and sit down comfortably.

You are soaking in the pool of restoration.

Your mind is open.

Your heart is open.

Your body is open.

You are receiving the restoration of the things you asked for.

You are coming back to YOU.

How does this feel? What's happening in your body? What ideas does this give you?

Journal about it.

Come back to the meditation.

You're sitting in the pool of restoration in the crystal cave.

You are restored.

It's time to leave the pool.

You notice a little path, lit with lanterns, and you follow it.

The air starts to feel brighter.

The darkness starts to dissipate.

Then everything opens up.

You come to a place in the cave where the ceiling is gone.

You look up and see the sky and trees. It's a bright sunny day.

There is soft grass growing.

You sit down and get comfy.

The ultimate aim of being soothed and restored is to feel connected to your inner truth and wisdom and also to feel connected to your inner creativity and power - so you can ACT on your inner truth and wisdom, to create your outer life in alignment with your inner truth.

What do you want to grow in yourself and in your life?

What are your dreams for the rest of this year?

Journal about this. List everything that comes to mind.

Come back to the meditation.

You're in this clearing in the underground cave where the ceiling opens up and the sun is shining down.

Imagine you're holding all of your dreams for the rest of the year.

And they're growing.

And you are growing.

Let yourself grow into the brave creative giant that you are.

Let yourself grow so big that you can just step out of this underground path you've been on. Step back up onto the earth, with your dreams for the rest of 2021 safely held in your arms.

And that is the end of the meditation.

Try to hold onto this feeling, this sense of growth and closeness to your dreams, for the rest of the day.

So this is a great spot to put your dreams for the rest of 2021 into the circle, put them into the comments now and we can all cheer for you.

Of course, this isn't the end of the process, the most important part is what comes next - nurturing your dreams and getting grounded in whatever shifts or insights you experienced during the class.

I really believe that is the most important work - the work of nurturing our process of healing and growth. And how you're showing up for that work, every day or every week or whatever works for you - that is what determines how you're going to move forward towards your dreams.

So for me, making this work playful, creative and engaging is key and that's of course what I do in Dream Book.

Dream Book is a complete support system for showing up, nurturing your dreams, nurturing your self, and navigating that path between where you are and where you want to be.

There's nothing you can't change, if you show up for the work of creating change.

There's no obstacle you can't overcome, if you show up for the work of facing the obstacles.

To me, this is some of the most interesting work we can do, nurturing our dreams and growing our selves. I love his work, I love Dream Book, I love the community we have in Dream Book now and I'd love to see you join us there and I will put a link below the replay of this video so you can check it out.

<https://www.creativedreamincubator.com/dream-book>