



Alain & Danielle

CREATE
YOUR LIFE
DREAM-JOURNAL



“THE JOURNEY MAKES YOU. THE DESTINATION REWARDS YOU.”

Alain & Danielle

Dear Friends,

Dreams are meant to be lived. Dreams are the fuel of a life filled with adventure and aliveness. Through **Your Life Dream Journal**, we would like to help you dream; but dream with precision and clarity. As you follow the steps to dream in this book, you will experience a great sense of purpose, a daily enthusiasm, and the power of faith to design your own fate. Enjoy the process.

Much Love To You,

Alain & Danielle



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STEP ONE:

DEFINING THE ENERGY OF WHAT YOU WANT OUT OF LIFE

To define the energy of what you want out of life is to find at least 2 or 4 major feelings you would like to experience daily for the rest of your life. Feeling equals Energy.

EXAMPLE OF THE ENERGY OF WHAT I WANT OUT OF LIFE:

For the rest of my life, I would like to experience a daily *feeling of peace of mind*, a daily *feeling of creativity*, a daily *feeling of connection with God*, and a daily *feeling of abundance*.

YOUR TURN:

STEP TWO:

DEFINING THE FORMS OF THE ENERGY OF WHAT YOU WANT OUT OF LIFE

To define the forms of the energy or the feeling of what you want out of life is to find the material equivalence to each feelings that you would like to experience for the rest of your life. Forms equal physical experiences and material possession.

EXAMPLE 1: The Forms That Represent The Feeling Of Peace Of Mind

For the rest of my life I would like to experience a daily feeling of peace of mind through **having a lot of money** to take care of my needs and help others, to **buy wonderful traveling experiences for my family**, and to **freely purchase whatever is of a good quality, good taste, whatever reflects luxury and opulence, and whatever is of a healthy value.**

YOUR TURN:

EXAMPLE 2: The Forms That Represent The Feeling Of Creativity

For the rest of my life I would like to experience a daily feeling of creativity by learning new art skills such as playing a piano and a cello, creating my paintings to open my art gallery, write songs that will inspire the world, and invent resources to help autistic children.

YOUR TURN:

EXAMPLE 3: The Forms That Represent The Feeling Of Connection With God

For the rest of my life I would like to experience a daily feeling of connection with God through a higher level of compassion for all beings, through my presence and my words healing people from their diseases and troubles, and through leading people into a deeper place of enthusiasm and divine bliss.

YOUR TURN:

EXAMPLE 4: The Forms That Represent The Feeling Of Abundance

For the rest of my life I would like to experience a daily feeling of abundance through making at least \$100,000 a month, traveling the world with my spouse and my children, and visiting the world most exotic places, learning about new cultures, and fulfilling various philanthropic projects.

YOUR TURN:

STEP THREE:

DEFINING THE INTENSITY OR THE STRENGTH OF YOUR EXPERIENCES OF THOSE ENERGIES OR FEELINGS IN THEIR RESPECTIVE FORMS.

The intensity has to do with what your experiences of those energies in their forms will make you feel about yourself.

EXAMPLE: Peace Of Mind Through Its Forms

Having a lot of money will make me **feel accomplished**. Traveling the world with my spouse and my family, visiting amazing places and building beautiful memories will make me **feel alive and truly blessed**. I will **feel like I did not waste the gift of life God has given me**. I will **feel fulfilled** knowing that I have left for my kids an emotional legacy to pass on to the next generation.

YOUR TURN:

STEP FOUR:

PS: You can use the example in **Step Three** to complete all the other feelings and their forms before moving to **step Four**.

IF MONEY WAS NOT AN ISSUE, WHAT TYPE OF SERVICES WOULD YOU PURCHASE TO BLESS SOMEONE ELSE'S LIFE WITH MONEY?

EXAMPLE:

If money was not an issue, I would purchase the service of a professional **chef** to cook for my family and pay him/her very well so that he/she could also live at ease, enjoy a peaceful life, and put foods on the table for his/her family.

YOUR TURN:

STEP FIVE:

IF MONEY WAS NOT AN ISSUE, WHAT **OTHER TYPES** OF SERVICES WOULD YOU PURCHASE TO BLESS SOMEONE ELSE'S LIFE WITH MONEY?

EXAMPLE:

If money was not an issue, I would purchase the service of an interior designer, a music teacher, a personal fitness trainer, a masseuse, a housekeeping staff, a personal assistant, and a gardener, and pay them very well so that they get to live at ease and comfortably in order to provide good experiences for their families.

YOUR TURN:

STEP SIX:

IF MONEY WAS NOT AN ISSUE, WHAT TYPE OF PHILANTHROPIC PROJECTS WOULD YOU BE INTERESTED IN?

EXAMPLE:

If money was not an issue, I would dedicate my time and money to building a [spiritual center in India to rescue women from prostitution](#). The center will help these women regain their sense of dignity, their sense of humanity, to reconcile with their body, forgive themselves, and ascend into divine consciousness. In turn, they will share their stories to inspire, empower, and heal the world through various forms of media.

YOUR TURN:

STEP SEVEN:

IF MONEY WAS NOT AN ISSUE, WHAT TYPE OF HOUSE WOULD YOU PREFER TO LIVE IN AND WHY?

EXAMPLE:

If money was not an issue, I would have my house designed and built to my own taste so that I get to bless other professionals with money by purchasing their services. I would have my house built in the style of the Toll Brothers. I love their **\$3M homes** that expose the outside to the inside and the inside to the outside, allowing the glass walls that let the sun in. Living in houses of this kind is healthy for the mind, for the children, and for more inspiration to work, and have a good number of guests over.

YOUR TURN:

STEP EIGHT:

IF MONEY WAS NOT AN ISSUE, WHERE WOULD YOU GO OR VISIT AND WHY?

EXAMPLE:

If money was not an issue, I would visit the Maldives. I love the beautiful effect of water on the human psyche. That's why wealthy people buy places with a nice view. Views are not primarily about luxury. They provide inspiration to the mind, especially as a businessperson, or as a family person. The Maldives have beautiful waters to help me reflect, connect, meditate, rejuvenate, and channel inspiration.

YOUR TURN:

STEP NINE:

IF MONEY WAS NOT AN ISSUE, WHAT TYPES OF GIFTS WOULD YOU BUY FOR WHO AND WHY?

EXAMPLE:

If money was not an issue, I would buy a beautiful house for my mother with a housekeeping person, a driver, and a chef. I will make sure she travels the world in my private jet and spends quality time with my family and her grand children in some of the most beautiful places on the planet. Simply because she deserves it.

YOUR TURN:

STEP TEN:

LAST STEP

Now, all you must do is to **get a special journal** and **use all the nine steps to create a letter of gratitude to God.**

Use a pen and your hand. Do not type the letter.

You will write the entire journal as if all these events had already happened.

Then, **you will read the journal to your higher SELF**, God in you, twice a day looking into your own eyes in a mirror.

Do this practice early in the morning, and one more time before bed at night.

There is no deadline.

Create a dream board by clothing your feelings and their forms with images that represent them.

The secret is **to imagine these events using your dream board while reading the gratitude letter to the God, the Creator, in you.**

The secret is to wire your brain to start generating the compatible emotions through a new neuropathway that will be solidly formed usually after 90 days of practice.

You will begin to feel faith, ideas will start pouring in, inspiration and hunches will be coming at a speed of light to move you in the right direction to achieve your dream. This is how you build your life dream. As within, So without.

To write your gratitude letter requires a skill. Even though you will be using a lot of data from all the nine steps, you want to see what is important and design the gratitude prayer from them.

In the example below, you will notice that the gratitude prayer is only two paragraphs, yet everything is included in it, energy wise and form wise.

Do not make your gratitude letter too long. Keep it simple and short as ours. WHY? Because you will be picturing the images on your dream board in your mind while speaking the gratitude letter to your Higher Self. And the pictures speak more than thousands of words.

You must use all the data in the nine steps to find your pictures and design your dream board. That's what matters the most.

It is important that you enjoy the mirror work. That you take your time to read the letter to your Higher Self. That you feel what you are reading while causing the corresponding images or pictures of the feelings and the forms to flash in your mind-eye (imagination). Speak slowly, but with the energy of joy, and take your time to really enjoy each moment of it.

GRATITUDE LETTER:

EXAMPLE

Dear God, my Higher Self within me,

I would like to thank you for the daily feeling of peace of mind your have given me through the blessing of having a lot of money to take care of my needs and to help others, to buy wonderful traveling experiences for my family, and to freely purchase whatever is of a good quality, good taste, whatever reflects luxury and opulence, and whatever is of a healthy value.

I am so grateful because having a lot of money has made me feel accomplished. Traveling the world with my spouse and my children, visiting amazing places and building beautiful memories has made me feel alive and truly blessed. I truly feel like I honored the gift of life YOU gave me. I feel fulfilled knowing that I am living for my kids an emotional legacy to pass on to the next generation.

PS: The secret is to be creative and write the letter with a sense of gratitude. Be playful and have a lot of fun. Take your time to write it. Take it one day at a time. Enjoy!