

# Dream and Imagine...Therein Lies Your Hope.

*Hope can be found very close to where your heart and mind live.*

## Dream and Imagine



I dreamt I found the  
flowers so sweet  
I could smell their  
fragrance waft through  
I looked around and found  
brown on the ground  
And I knew that was not  
what would help me  
through.

The pot had been broken  
yet it had mended to look  
new  
A life given again to be  
renewed  
I needed hope to find the  
nectar  
I needed to think what I  
could do  
For the fragrance called  
deeply through and  
through.

The hope I so yearned for  
seemed elusive to me  
So I thought about what I  
would do  
I imagined my life in a  
reinvented better place  
and wanted that imagined  
dream to come true.

So I look up towards the sky and around me I see  
That my imagination and dreams could be worked through  
They might not look like my wishes but they certainly can be  
The hope that I work towards therein lies within me.

Hope is the desire and/or the belief that tomorrow will be better.

There are many definitions of hope not only as a noun (a thing) but also a verb (action).

- It is a feeling of expectation and desire for a certain thing to happen.
- It can also be a thing that may help or save someone.
- It can be grounds for believing that something good may happen or a feeling of trust.

As a verb it is

- When we want something to happen or be the case.
- It also can be an intent, if possible, to do something.

The idea or feeling of hope is important for not only recovery but also to reinvent our lives after loss and be able to move forward. But what if you do not know how to move forward or what you want your new life to be like? What if the Universe keeps knocking you down when you try to move forward? All good questions but it is also important to remember that change and finding where your boundaries are and strategies that you can use take time. The process of reinventing is one of self-awareness, acceptance and defining how reinventing can improve your life. (See previous posts on Journaling Your Journey to Reinventing Oneself at [www.mozaicmama.com/blog.html](http://www.mozaicmama.com/blog.html) to do more dream and imagining work.) When that process has been thought about, discussed, shared, contemplated, walked through, journaled, and lived with, then more intentional action can be taken. Along with a decision to live a better life with positive thoughts take action with intent and the desire to be happy. It is then that you will have the opportunity to emerge like the flowers that bring beauty.

**Journal prompt:** When I imagine feeling happy I am doing this:

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If I were to work towards doing what I imagined these are the steps I would have to accomplish in order to do something along those lines:

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Hope is the desire that tomorrow will be better, therefore, dream and imagine what a better tomorrow can look like.

**Affirmation:** Hope lives in my dreams and imagination and I can work towards my hope becoming a reality.