

WRITE YOURSELF INTO YOUR *Dreams*

Example of a Big Dreams List and Best Possible Eulogy

Big Dreams List

1. Travel with my children and partner to the places that interest us most.
2. Design a home environment that feels like a warm and fuzzy sanctuary
3. Take at-risk youth to the Amazon, support them in re-integrating back home, and provide ongoing support for their dreams
4. Feel like I'm fulfilling my purpose
5. Own a horse and teach my kids to ride
6. Learn ballet
7. Play the piano
8. Publish children's books that I create with my daughters
9. Deep sea dive and visit sunken treasure ships
10. Learn to fly an airplane
11. Speak French
12. Travel to every country in the world and write a book about it.
13. Find true love with a wonderful man and marry him in a moving ceremony
14. Cultivate a deeply loving and connected family environment that encourages uniqueness and the pursuit of our individual and collective dreams
15. Balance the most important aspects of my life—solitude, partnership, family, friends, community, wellness, service to the greater good, and my relationship with the Universe
16. Find peace inside of myself

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Best Possible Eulogy

Whether you knew my mother as healer, partner, friend, mentor, or colleague I appreciate your coming today to celebrate her life and spirit. My favorite part of knowing her was how much time and space she created for me in her life. She knew that the cultivation of precious moments was the most important accomplishment she could ever achieve, and yet ironically, one of the easiest things to forget about. She made a practice of remembering.

I was blessed to receive so many precious moments where we really got to just BE with one another. I remember the first time we rose up in a hot air balloon, and the lasting impression it left me with: that so much more is possible than we ever imagined. I remember racing on horses through the field together and laughing until I almost fell off. I remember dancing together and telling ridiculous jokes. I remember how she used to hold me in front of the mirror as we searched each other's faces for all our similarities. I remember how much trust she instilled in me when she asked me my opinion about the things that mattered most to her. I remember the moments where I shared my deepest dreams with her and she simply smiled upon me with total acceptance and love as a tear of encouragement fell down her face.

I could name any number of her great achievements. Significant contributions in the way of her art, writing, healing work, or philanthropy. And yet, I feel like that would miss the point of what was most important to her. Indeed, it would miss the point of what enabled her to achieve all that she did. And that was just how much joy she felt in being alive. Her laughter was enough to move you right out of your skin and inspire you to find that same joy inside of yourself. She did it all with such humility and grace that you couldn't help but feel she wanted you to achieve everything and anything that pleases you too.

Whether she was sharing the bursting forth of a dream, a painful lesson learned, or lift-off in a helicopter—it felt good to be in her presence. What she did for me that I appreciate most of all was to listen. And witness me with every cell of her being. Taking in every aspect of me. Giving me absolute freedom to be myself. Reflecting back to me my own perfection. Just the way I am. The essence of her life and spirit is something that I will carry with me every day for the rest of my life and beyond. As she would be quick to remind us, she's here right now. Listening with that same openhearted joy.

I can feel her presence and I hope that I will continue to feel her more through time. My mother left us all with a powerful example of what it means to be true to yourself. She made a dedicated practice out of listening to her own heart and letting it lead her to happiness. She taught me that it takes courage to follow your heart into the unknown—the same kind of courage that holds the power to heal you and allow your dreams to come true. She also gave me the freedom to love myself first. She taught me that really giving yourself permission to love yourself first is best for everyone. My wish for each of you, and my mother's wish for each of you, is that you have the courage to follow your own heart wherever it leads you, and the faith that such a divinely-inspired journey will always lead you exactly where you need to be.