



The Future is as you Dream it

EPIC! Rule #14: Forget the Past. The History of the Future is Now.

I just returned from ten days in the Amazon jungle visiting with the Sapara and Achuar people. Both of these indigenous nations share a dreaming culture. Their dreams are the portal into what is longing to happen - for them as individuals and for their communities. What you dream today is a message from the spirit world which is timeless. And you don't need to seek a second opinion!

I do this every year as part of the 6-month coaching program I co-lead with Lynne Twist and Sara Vetter for the Soul of Money Institute. The program is called the Remarkable Women's Journey and is designed to fully connect women to their power and purpose (with a little help from the Decade Game!). This was our 7th cohort – and they were magnificent. (Happy to say that we have continued our 100% record of bringing everyone back intact, although transformed!)

All the participants have lived full and engaged lives so far, infused with many opportunities for acquiring new experiences and learning new things. However, the main objective of this portion of our program is to embark on a journey of unlearning. Unlearning all that we have been conditioned to understand – about our stories, the way it is, the way things need to be. Letting go of assumptions, old fears, concepts and constructs of time, rational explanations for everything.

An unlearning journey gives us permission to be open to awe, wonder, and deep discovery. To unwind patterns and interpretations of how the world works. To be open to infinite possibilities instead of attached to outcomes. To embody the wisdom of the natural world and revel in the emergent, unpredictable, amazing interconnectedness of all life.

Why is this important? To create the most epic decade of your life so far, you need to let go of all preconceived notions of what is probable. And allow your imagination to soar.

Time for another EPIC! Rule of the game.

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We all learned to think in a linear way. $A+B=C$. Cause and effect. What you see is what you know. The future evolves from what has happened before. Small iterative improvements, tweaks and modifications. In fact, the neural connections that have been developed in our brain, are only the result of what we have known in the past.

However, with our growing understanding of neuro-plasticity, we have a greater appreciation for how visualization and dreaming reprograms the brain to be open to new possibilities and the confidence that they are attainable. Research shows that the daily practice of visualizing your dreams as already complete can rapidly accelerate your achievement of those dreams, goals, and ambitions. Our brains believe our dreams, as much as they believe what has already happened. Dreaming our biggest dreams—and then believing they can happen—is the game of an epic life, well played.

This rule urges us to “Forget the Past”. Put aside the self-limiting fears of letting people down, of not being loved, not being perfect, not being enough, being too much. Given our culture, we have been playing “not to lose” as opposed to playing to win. Dreaming big dreams is a NOW activity. Shifting our mindset from an “If Only” story to an “Imagine If” story only takes an instant. One of our shamans in the Amazon summed his dream interpretations up this way. *“There is no out there. The future is now.”*

We are the authors of our own story. So choose an epic one. And let your dreams come true.



Sending love and light,
Carolyn

PS. Since the New Year, I have been sharing my EPIC! Rules to play the game of life, your way. I have them now posted on the website if you have missed a newsletter or would like to review them. Click below and scroll down to the Rules. (And you can always buy the book!)

[EPIC! Rules of the Game](#)

If you have any questions or would like to talk to me directly, please email me at carolyn@mydecadegame.com and we will set up a time.

You can't get there from
here, but you can get
here from there.

