

A hearty thanks

to PG&E for making this Dream Journal Possible.



Without leaps of imagination, or dreaming, we lose the excitement of possibilities.

Dreaming, after all, is a form of planning."

- Gloria Steinem

Welcome to Resirth & Renewal 2015.

I celebrate you for choosing to boldly honor and ground your dreams. The New Year is a great time to welcome in possibility, hope and renewal. This dream journal will be a guide and support for you to return to again and again throughout the year.

By working through the exercises in this Dream Journal, you set yourself up for a year of conscious growth and development. No dream is too big or too small because as Walt Disney reminds us, "All our dreams can come true, if we have the courage to pursue them."

Join Amelîa every Wednesday live on the phone at 12pm PT for a one-hour Manifesting Q&A Call. Get supported all year to bring your dreams to life.

Dial 510-838-0310 every Wednesday at 12 PT

Let's make 2015 the year to manifest our biggest dreams yet!

Your friend,





The Circle of Life unites all things in the universe, including the Great Spirit, our Creator, from which all life evolves. A circle has only one center, which the all mighty Creator reserves for Itself.

These are the Original Instructions for the Earth People. Let us begin each new undertaking with this in mind.\

All that is — is alive
All that is Alive — has Spirit

Everything is connected to everything else

Mankind must humble its ego and acknowledge that it is not the center of the universe. Then and only then can mankind's rightful place in the universe be known and understood in relation to all of Creation.

The foundational seven parts of the circle are:

- 1. Above (Star Nations, the Sun, and the Moon)
- 2. East (Grandfathers of the East)
- 3. South (Grandfathers of the South)
- 4. West (Grandfathers of the West)
- 5. North (Grandfathers of the North)
- 6. Mother Earth (Includes Mother Ocean and the Sweet Waters, Mountains and Stones, Tree Nation, Herbs and Plants, Animals All living creatures from the Fish to the Birds and Humans)
- 7. Creator (Great Spirit)

We, as human beings, stand between Great Spirit and Mother Nature, acknowledging and appreciating being one with all our relations.

2014 Year in Review

List the major events that happened to you in 2014 and record the associated feelings and circumstances, starting with December and going backwards.

December:

November:

"You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future." – Steve Jobs

2014 Year in Review October:

September:

2014 Year in Review August:

July:

2014 Jear in Review June:

May:

2014 Year in Review April:

March:

2014 Jear in Review tetruary:

January:

Challenges of 2014

"Success is due to our stretching to the challenges of life. Failure comes when we shrink from them." - John C. Maxwell Accomplishments of 2014

List out your personal and professional accomplishments of last year.

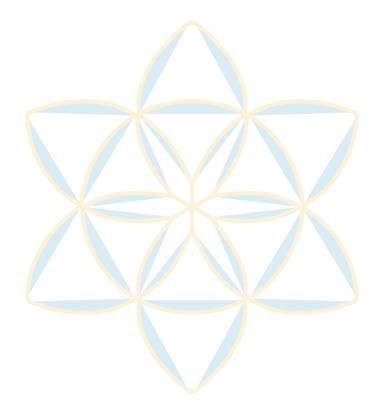
"Nothing grows in the shadow of want without the sunlight of acknowledging your fullness."

Turn Your Pain Into Power

Look at your challenges from last year. What lessons did they teach you? What capacities grew within you as a result? List the challenge and "the gift" of that challenge side by side.

(Example: Got Divorced = Discovered Freedom)

"If you take responsibility for yourself, you will develop a hunger to accomplish your dreams." -Les Brown



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amelía

Amelía Aeon Karris,

Sustainable Lifestyle Designer & Spiritual Guide

In her Mystery School for Modern Day Living – KnowTheSelf.com – Amelía guides emerging leaders to unlock their innate wisdom and create sustainable balance inside and out. With over a decade of teaching, speaking and working with clients around the world, Amelía has helped thousands of people heal their body, de-program their mind, navigate expanding realities, and de-

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R & R attendees:

Get \$10 off on a three-week introduction series!

Hector Gomez

Originally from Argentina, Hector has been living in California since 1978. He has had the privilege to be introduced to the Native American ways, from which he learned about the Circle of Life. He is now a facilitator, creating a container to recapture in the hearts of people, an appreciation for life.

hectorgomez7@gmail.com







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Alonzo "Zochi" Young

Alonzo "Zochi" Young is the founder of njia movement "the way of movement". He has 40 years of experience teaching youth and adults mindfulness practices through meditation and movement. As an activist he is committed to transformative social/inner change providing communities and organizations tools and practices to sustain an embodied movement.



AshEL "Seasunz" Eldridge, MA.

AshEL "Seasunz" Eldridge, MA. Transpersonal Psychology, is an author, life coach, educator, public speaker, artist, healer, and consultant. He is the founder of Earth Amplified, a multimedia arts collective and spiritual activist movement, For These Times, an energy and sound healing practice, and SOS Juice (System out of our System), a non-profit/for profit promoting food justice, health equity, and spiritual liberation. Recently he started Urban Farmacy (Urban Fx), a vocational and personal development non-profit whose mission is to educate and empower at-risk high school youth

in urban communities throughout the Bay

Area.

sosjuice.com

earthamplified.com



Ambessa Cantave

Ambessa Cantave is a father, musician, psychic, metaphysical healer, educator and dedication to transformational change on the planet. As the founder of Destined Nation Media and cofounder of Grind for the Green and United Roots Art and Media Center, Ambessa has over 10 years of experience in environmental justice, art, activism and the public sector. In addition he provided programmatic Support for the Alliance for Climate Education and Leadership Excellence. Ambessa is also a Green For All and a lead emcee for the band Earth Amplified.

25% off Readings by Ambessa, AstroNumerologist Intuitive

destinednationmedia@gmail.com



Impact Hub Oakland

Hub Oakland is equal parts inspiring co-working space, entrepreneurial incubator and community of socially engaged people. Located in the heart of one of the coolest cities in the United States (move over...Brooklyn), we cultivate, support and connect purpose-driven people as they pioneer solutions for a sustainable and equitable world.

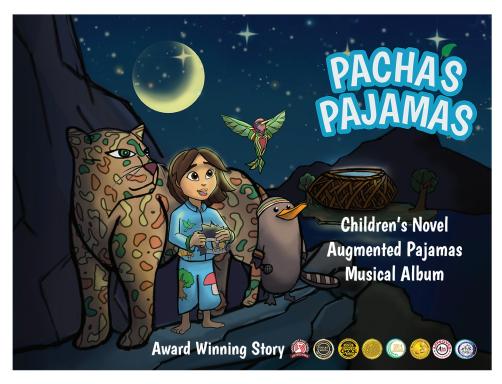
New Members get 10% off your first month with coupon code: KnowTheSelf







Our Big Dream for 2015 is an Animated Series



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Rafael Jesus Gonzales

Rafael Jesus Gonzales

A professor of literature and creative writing, Rafael Jesus Gonzales is an award winning author and poet. His poetry and academic articles appear in reviews and anthologies in the U. S., Mexico, and abroad. In 2012 he received the Dragonfly Press Award for Outstanding Literary Achievement and in 2013 the César E. Chávez Lifetime Award.



rjgonzalez.blogspot.com

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www.JeannieMckenzie.com

About Jeannie

Jeannie has been a practitioner of barefoot shiatsu massage since 1986 and biodynamic cranial sacral work since 2000. A musician, mime, and Orff music teacher, she also teaches yoga and chi gung. These practices have all contributed to her curiosity about energy and an understanding of how it moves us, leading her in 2014 to become a certified practitioner of Core Individuation work.

Kimani McDonald

Kimani's yoga classes are grounded in the culture and consciousness of the extraordinary land of the pyramid builders. Trained in both Vinyasa Flow and Kemetic (ancient Egyptian) Yoga, Kimani is sure to take you on a memorable journey of a lifetime on the mat, cultivating the spirit of Egyptian goddess Ma'at within each of her students: Truth, Purpose and Balance.

facebook.com/kimani.mcdonald

IG and twitter:
@kimanimcdonald

journeytomaat.blogspot.com



Nasambu

Nasambu is singer-songwriter, producer, and founder of the GalacticAfroSoul band, The Mystic Nomads. She explores the realms of transformation and harmony through her music, chants, and poetry. Nasambu is well-versed in vibrational therapies and natural healing, and sees her music as a conduit for regeneration and restoration.



nasambubarasa.wix.com/nasa

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PT for a one-hour Manifesting Q&A Call. Get supported all
year to bring your dreams to life.

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Mosaic are Ancient and non-denominational. They are found in cultures, religions, churches, mosques, synagogue, sanctuaries and communities around the world. Truly unbiased, they speak to the building of new things as their construction and form unfolds and speak to the disintegration, dissipation, and clearing required before a re-birth is possible.

TIPA

Representing the tapestry of humanity and our mosaic of faiths, traditions, values and methods.

Is is the dream/vision emerging into the manifest plane.

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Big Dreams for 2015 Love Life:

Family 1 Friends 1 Community:

Big Dreams for 2015

Greativity:

Finances:

Fig Dreams for 2015 Health & Fitness:

Leisure | Travel | Adventure:

Big Dreams for 2015

Identify Big Dreams for each area of your life. Close your eyes and imagine what it would 'feel' like to make each dream a reality. Write down your dreams and feelings for each area as they emerge from within. Example: Leisure Trip to Mediterranean Sea Feelings: relaxed, abundant, loved, cared for, supported, and energized

Career:

Spirituality | Connection to Source:

"Without leaps of imagination, or dreaming, we lose the excitement of possibilities.

Dreaming, after all, is a form of planning."
- Gloria Steinem

2015 Support Structures

List out all the people, places and services that can help you bring your big dreams to life.

Dream Tracker for 2015

At the end of every calendar month, reflect on what you accomplished. Jot down and acknowledge every step of your progress. *Dial* 510-838-0310 every Wednesday at 12 PT to get support with your manifestation process.

January: Organize

February: Strategize

2015 Dream Tracker March: Feel

April: Birth

"Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly." -Langston Hughes 2015 Dream Tracker May: Flower

June: Communicate

2015 Dream Tracker July: Stabilize

August: Flourish

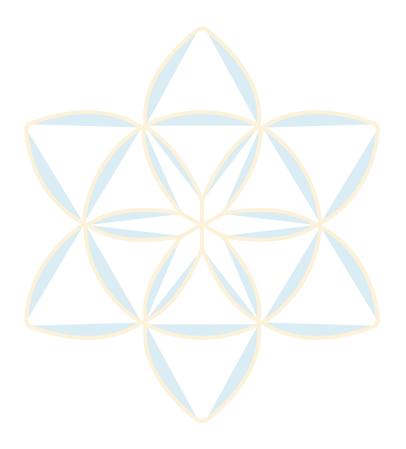
2015 Dream Tracker September: Harvest & Replant

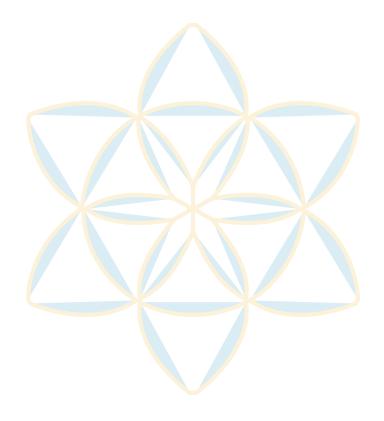
October: Release

2015 Dream Tracker

November: Gratitude

December: Find Balance







NEW MOON { YANG }

I set my intention. I feel my intention in my body.



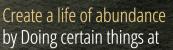
CRESCENT MOON { YIN }

I relax into my intention. I breathe.



FIRST QUARTER MOON { YANG }

I take discerning action to support my intention.



Each New Moon,

set a thematic, positive, feeling-based intention

for that lunar cycle -

make it just about you.

Yang lunar phases; and Being a certain way at Yin lunar phases.

Join Ezzie Spencer's Lunar Abundance Salon to go deeper into the practice at www.lunarabundance.com



GIBBOUS MOON { YIN }

I trust that the perfect intention is coming into form at the perfect time.



FULL MOON { YANG }

I move ahead with my intention now OR I accept that my intention was not for the best at this time. I release it, and course-correct now.



DISSEMINATING MOON { YIN }

I feel grateful that my intention is coming into form in the perfect way. I receive with gratitude.



THIRD QUARTER MOON { YANG }

Now that I am receiving my intention, l give back from a place of abundance.



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