Exercise 29: Create a Dream Journal. Buy either a bound journal or notebook or add pages to a 3 ring binder that contains the following: photos of things you desire to have, places you want to go, people you want to meet. Write out dreams and yearnings. Add in quotes that inspire you, add information about people that inspire you. Add poetry and song lyrics that touch your heart. Give yourself permission to dream, express, vision, and fantasize without restriction. Let the heartfelt, Soul-full part of you open and feel free to express!	Times I read Statement of Desire Read instructions Completed Exercises Times I did visualizations Times I did meditations Times I did affirmations

2. Open to love. Spend 60 seconds feeling, sending and receiving love. Close you eyes and set your intention to feel love in your heart. Then allow it to expand through each chakra. Each day, try to extend it for a few more seconds until you are up to 2 minutes, then 5 and then 15 or more. The more you do this, the more you will manifest! Write out your experiences on the lines below:	
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3. Sending love . In this exercise, you will sense love between you and 3 people: (1) a friend you care about (2) someone you know, but just feel so-so about and (3) someone you hate or really dislike. To do this, just close your eyes and first imagine the person you care about. Imagine you see this person in your mind's eye and that you are flowing loving, warm, caring energy to this person. Do this for a few minutes, then move to the second person - the one you feel so-so about. Do the same with this person and with the one you dislike. When complete with all three, lastly imagine you see yourself and send the same loving, warm, caring energy to yourself. Write your experiences on the lines below	