



THE BOOK
OF
ALCHEMY

A CREATIVE PRACTICE
FOR AN INSPIRED LIFE

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OF BETWEEN TWO KINGDOMS

DAY IN THE LIFE OF MY DREAMS

Hollye Jacobs

A few years ago, I was professionally betwixt and between.

I was ready for a new chapter but found myself rudderless, not knowing which way to turn or how to proceed. I felt wobbly and uncomfortable in the unknowing. Throughout my life, I had always felt a magnetic pull to particular lines of work, from my time at Ralph Lauren to hospice nursing and grief counseling to writing a book about my cancer journey. Finding meaning in work had always come quite naturally, but suddenly the natural pull was gone.

In its absence, my reflex was to dive into bottomless despair. This involved self-criticism on a good day and feelings of worthlessness on a normal day. I had fully subscribed to this culture's edict that in order to be worthy, I had to produce, earn money, accumulate accolades, and jump through all the hoops. Living in this state created a vicious cycle that was wholly exhausting. I realized I had to put a plug in this energy suck.

I did this through an exercise that I call "A Day in the Life of My Dreams." Every morning, I poured myself a cup of coffee and sat down with my journal to write. I turned off my thinking brain and opened the door for my dreams to emerge.

From the time I started writing "A Day in the Life of My Dreams," my perspective brightened and my energy lightened. The stuckness that I felt evaporated. To my utter surprise and delight, I found that I began to have the exact experiences that just so happened to be in my dream life. As George Bernard Shaw wrote, "Imagination is the beginning of

creation. You imagine what you desire, you will what you imagine and at last you create what you will.”

THIS IS YOUR PROMPT:

Imagine yourself at some point in the future—maybe a year from now, maybe five, maybe ten—living the life of your dreams. This is a normal day, not a holiday or a special day; rather, it is a typical and perfect everyday. What do you see? What do you feel? What do you hear? What do you taste? Who is there with you in your dream day? Describe the day in present tense, from the moment you wake up to the moment that you go to sleep. Creation begins with imagination.