



Dharma Gabrielle

Taste the spirit

Taste The Spirit

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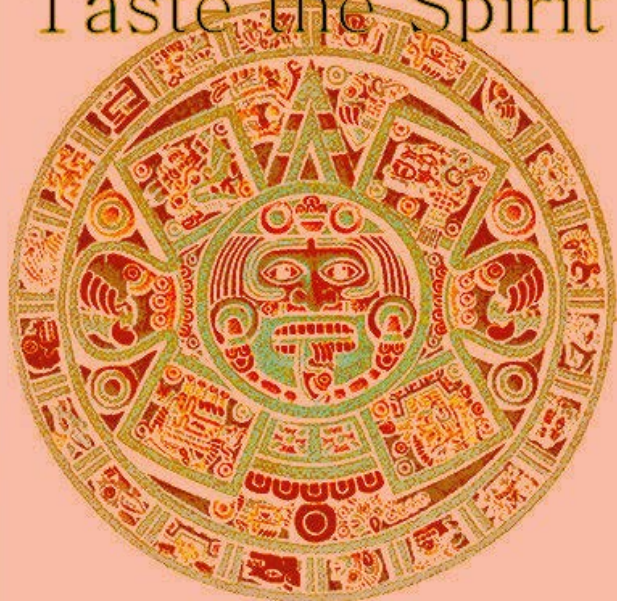
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Taste the Spirit



**”An inspirational book for young people
to be free to do anything they dream.”**

written by Dharma Gabrielle

**Dedicated to my English teacher who said I couldn’t,
and to my parents who always said I could.**

“Do what you feel in your heart to be right - for you’ll be criticized anyway. You’ll be damned if you do, and damned if you don’t.”

Eleanor Roosevelt

The mind is your biggest dream making machine:

Throughout my travels, and my experiences I have collected some understanding that for every seed there is time to grow. No matter how much you water it or how much sun you support it with or how much you ask it or even scream so that it would grow, it will do it on its own pace and time. I have composed this book to tell you my story, a life story that hasn’t got a regular set of rules or regulations. Which has made me who I am today.

When I was teaching yoga many parents used to come to

me asking for help. They asked me to help their teenagers. “What is your secret, how is it that you are so mature? My child is so lost, they have no direction, could you tell them what to do.”

My only answer was: “I am a very blessed individual because I have had parents who didn’t limit my creativity, they allowed me to make trails and errors, they supported me in my growth, and gave me their trust, and that in turn made me responsible.” My parents never told me, “you can’t do this, or that”, or “we can’t afford it.” That wasn’t my family vocabulary; instead of it I could hear: “We shall find a way.” I hate when parents kill their children’s dreams, when they stomp on their imagination and limit them. It’s not about being a millionaire, it’s about saying yes to the possibility of something happening, the moment you say, “Do you think I’m a millionaire? Do you think I can afford it?” at that moment your brain stops working, it shuts off . When you say “I’ll find a way” the mind starts collecting information, and is finding a route to get what you want. It’s the perfect machine, the perfect employee if you know how to use it.

One day my aunt's little daughter said she wanted to live in a castle, and my aunt started to laugh at her saying: "Well, if you want a castle you'd better marry a millionaire." At that moment her daughter was taught that she was incapable of owning anything, that the only way to own is to marry someone who will give it to her. A lot of mothers use to say such things to their daughters, "Marry rich, and get a lawyer or a banker." Instead of saying the opposite, "Marry whoever you want, but make sure you have your own career and are independent financially." It is sad but true that most people unconsciously are teaching their children every day that their dreams are a joke. I'm telling you right now, that whatever you want to be and do, you can. The moment you set your mind to it, nothing in this universe can stop you. You just have to realize that. At first it seems almost impossible, because of the junk that people and circumstances have made you. The whole surrounding will go against whatever dream you want to pursue. Here is how I have managed to do anything I have set my mind to:

7 Vital ways to become successful in whatever you are doing:

1. Visualization:

As cheesy as this sounds it is a key factor in making any dream come true. The mind is the most powerful tool to human beings. As humans we hardly use up 5 percent of the mind, it is a complete mystery. When you visualize you are tapping into the mind in a way that you have not used since you were a child. Back then you played with dragons and unicorns and now you are visualizing yourself building a corporation, or sailing across the world. Now that you are older you have the capacity and understanding, and focus that you didn't have as a child, making it extremely powerful to visualize. Dream big, don't go small. There is no limit, and the bigger you visualize the more your mind will expand, instead of shrink. Yogis have done it for thousands of years, they understood that the mind is man's best friend or man's worst enemy. If it becomes tamed it will give you the world. If it enslaves you, you will become nothing. There is a saying

in the India in the yogic scripts, “Man jeet juga jeet.” “conquer your mind and you will conquer the world.”

I visualize exactly what I want to do. I see myself in the circumstances 100 percent.

I smell the surrounding, I taste the food, and I have conversations with my imaginary friends.

2. Drawing out and planning:

I draw out sketches and blue prints of what I want to happen. This helps me make it as real as possible on a physical level. Nothing ever happens exactly how you plan it. The universe always brings it in a different way than you have imagined it. But this will help you prepare the foundation.

3. I don't tell anyone that doesn't need to know my plans:

This is very important, and has been the door to all my projects. I don't tell anyone that really doesn't care, those who are helping me realize it, and they are usually sworn to secrecy. Why? most people don't want you to succeed in life. It's sad but true, most people are miserable because nothing

is working for them, and if you tell someone your plans, they will literally shit on your parade. This will bring you down. The moment you are brought down, a part of your brain, that is gathering information, and inspiring you to keep going on your way, will close. Have you ever noticed that when you are telling someone a really great idea you have, usually they say something along the ways of, "... mmmm yeah, but that's risky, and anyway the market's so bad right now." Or they are really nice about it, "aww that's such a cute idea how's your mom these days." Both ways they undermine you, and destroy your self- confidence which is the fuel for your success.

4. Surround yourself with successful people:

I'm not talking about hanging out with billionaires, (there is nothing wrong with that) but what I'm saying is hang out with people that have made their dreams come true. They will inspire you to keep up with your dreams. Ask them how they did it. If you don't have any successful people around you check out if there are any courses, or work shops around that will give you more inspiration. What you are doing right now, is rewiring your habit, meaning you have grown up

thinking the world works like “this” and now you’re learning to function like “that”. You need to be surrounded by people who want to succeed and who are succeeding. For example all the renaissance artists and writers use to hang out in Paris and rub shoulders, give each other ideas, inspire each other through jealousy, and friendship and love to paint, write, and create beautiful couture.

5. Travel:

When I travel I find a lot of people that I would never have contacted with otherwise, also I learn a lot about other cultures and countries, and can reflect on what’s going on in the world. It gives me inspiration. It’s the best way to start a new clean sheet. When you feel like everything is stagnant and not moving, leave the place and people. When you come back you will have new ideas, new friends, and a totally new outlook on life.

6. Listen:

This is the topping on the cake, you can do all the five things perfectly but if you don’t get this one, good things will fly past you without you taking notice. What do I mean by lis-

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