



Wake up; Live Life

It is not enough to dwell on dreams and forget to live Life to the fullest. Dreaming is a good and fun part of life but the trouble is that most people that dwell on dreams forget to live Life and have a secret knack for unconsciously choosing precisely those things that are worst for them.

It is our choice to predominantly walk in a dream or to live Life awake. A curiosity about living Life shows what we are and who we are, in far more dramatic ways than our abilities to dream. Curiosity is not a sin, in fact it is a wonderful gift, and as long as we exercise caution with our curiosity, we can never do anything wrong living Life.

The truth of life is that it is a beautiful and terrible thing, It takes a great deal of bravery to stand up and make peace with our enemies, but just as much bravery to stand up to Life and live it with friends and loved ones.

"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light." is a classic quote, but it doesn't tell us how to 'turn on the light.' Well here comes the secret: Live Life Awake, be curious and know that it takes bravery, determination and creativity to live Life... And then the light turns on.

Understanding the practice of curiosity, and that curiosity is not a sin, that is the first step toward an acceptance of living

life, and only with acceptance can there be recovery from the dwelling sleep of dreamland. Numbing the pain for a while through dreaming will only make it worse when you finally feel Life. Yes, it is the unknown we fear when we look upon death and darkness, nothing more. Nothing more...

Life can be playful and fun if you really live it. Rediscover the child inside of you that lives Life and make the present fantasy a Real Thing, not just a dream in your mind.

Maturity can be foolish and forgetful if it tries to underestimate the young. There is much to be learned from the youth around us and the child that still lives inside of each of us. The ability to play and dream while fully living in the moment is the most precious gift the young have to offer us.

You see - there is a difference between living the adventure of Here and diving into the well of dreams so completely that it can only lead you to those things that undermine your presence in your life.

We must dream, yes, then live it out loud with curiosity; always focusing on the 'living Here' as the most important part, or we risk sleeping through the whole party, and end up doing nothing but self-destructive nonsense without even noticing.

Peter Grun McCarthy

