

Ilona Selke on the Power of Dreaming Big

by April Thompson

For 30 years, international bestselling author, teacher and speaker Ilona Selke has inspired thousands of people worldwide to create a more fulfilling life by discovering the power of their consciousness.

She's the author of six books, including *Dream Big: The Universe is Listening* and *The Big Secret*, co-authored with Jack Canfield. Her Living from Vision course, available in six languages including Chinese, teaches how to use the power of visualization to tap into our highest potential and deepest dreams in order to manifest miracles.

Born in the Himalayas to German parents, Selke spent her first three years in Afghanistan speaking Persian and German, and then grew up in Germany. She moved to the U.S. at age 20 to study philosophy, where she met her husband and partner, Don Paris.

The couple spent 25 years studying and communicating with dolphins in natural waters, experiences shared through her books *Wisdom of the Dolphins* and *Dolphins, Love and Destiny*. They split their time between a geodesic dome home on a Northwest Pacific island and the Shambala retreat center they founded in Bali.

What is key to manifesting our dreams and desires?

It's a four-step process. First, form a clear description in your mind, positively framed and based on your passion. No matter how big the dream, if you are behind it heart and soul, you will manifest miracles. Next, imagine the scenario as if it has already happened. The third and most vital step is to feel the feeling of your fulfilled wish as if it has already manifested.



Fourth, create a metaphorical image that represents the feeling.

By applying this method, our clients have manifested a desired pregnancy, funding for an overseas orphanage and redemption of a suicidal teen. In the latter case, the young man went on to focus on his dream of learning jazz piano well enough to play benefit concerts for children being treated for cancer.

Which universal principles are at work behind manifestation?

We live in a conscious, interactive universe, and it is listening. Our Western scientific mindset may not support the idea, but thousands of years of mystical teachings, as well as new understanding via quantum physics, teach that the observer is an intri-

cate part of what appears to be solid matter. In practice, it means we can communicate intentionally with the universe. When we learn to do so, it responds to us.

How do our thoughts affect our reality?

All our thoughts, subconscious as well as conscious, affect how things manifest around us. If we have contradictory beliefs, it is hard to manifest things. For example, if we say we want money, but somehow believe that money is dirty, evil or undeserved, then we are pushing and pulling against ourselves.

It's important to dive into our subconscious mind and heart, and deal with the negative feelings that dwell there, such as hurt, sadness and trauma. Make this a daily activity—cleaning your emotional being. Eventually, your subconscious and conscious mind as well as the superconscious will all point in one direction and you will see your desired results. We guide people to build their success, aspirations and dreams in alignment with their deepest values as well as their purpose in life. Uniting purpose and direction is tremendous fuel for moving in the direction of your dreams.

Why does choosing goals aligned with our purpose make them manifest more easily?

Personal goals and inner purpose are not always aligned for everyone. However, when you take time to become aware of your deepest dreams, you may find that a part of your purpose is embedded in them.

Be aware that many people confuse their larger life purpose with their talents. Our talents are what we love to do, what we are good at. Yet our deeper purpose actually is to shine more light and share more love. That is the common true root to our purpose.

My suggestion is to read books that share success stories from those that are living on purpose and provide step-by-step instructions on how to get there.

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