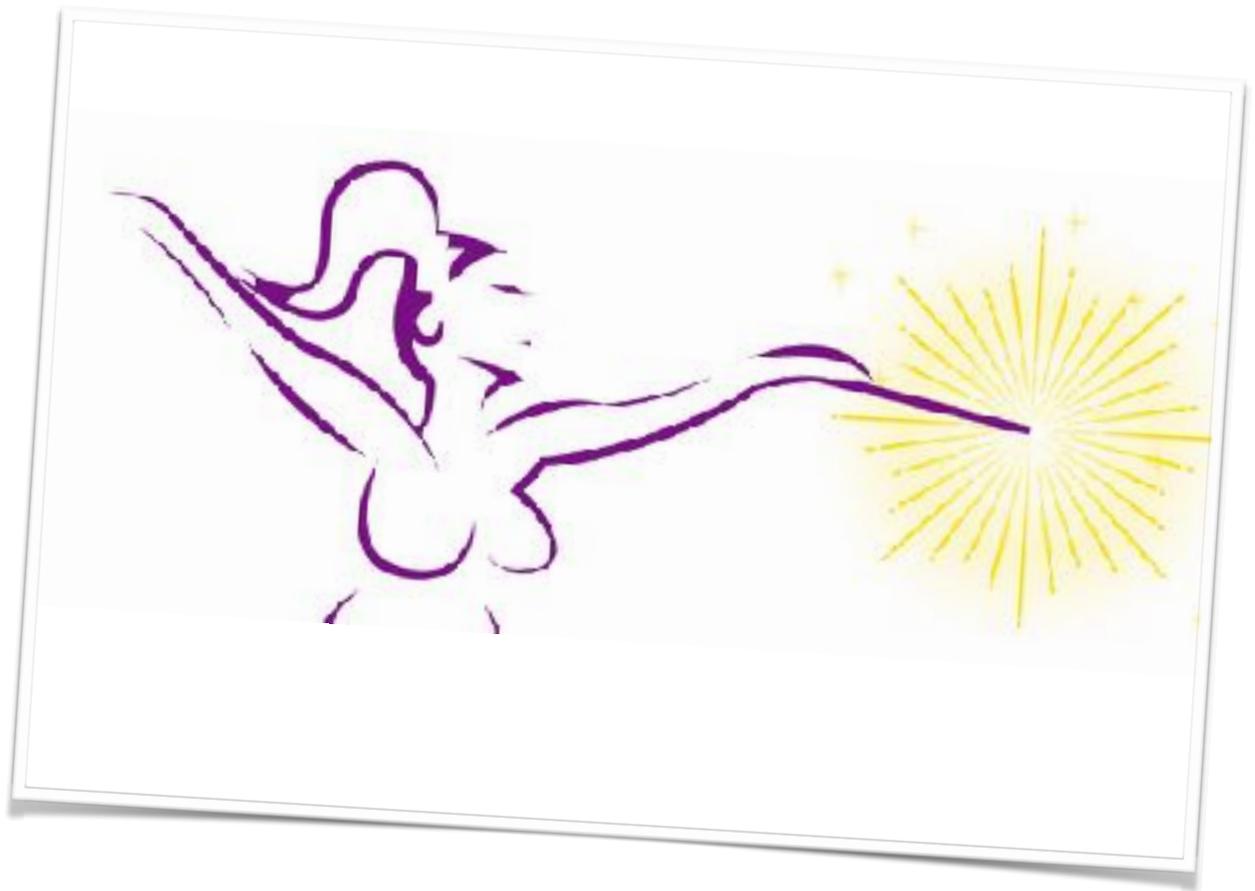


7 July 2017

# A Big Dream Came True

by Chinmayi Dore



A Poem by Chinmayi Dore

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# A Big Dream Came True

I did the 'work'  
I sat and contemplated  
I became still and meditated

Then I opened up  
To the meanderings of fate  
Made my way to the gate

I walked into a new space  
Of hope and anticipation  
Allowing delayed gratification

My expectations waned  
I became trusting and free  
Then a dream came to be

It wasn't exactly as I planned  
Yet it was better than I thought  
It had many other gifts that I had sought

And it wasn't just for me  
Others got some gifts too  
And there were lessons we sailed through

I realised that my desires have to benefit all  
The dream was manifested  
When I was less ego-invested

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Because the world is about give and take  
We can't have one without the other  
Every being is a sister or brother

It wasn't just allowing that realised this dream  
There was one other big revelation  
To stop judging and pondering every situation

I let them pass, those pesky analytics  
I learned more faith and surrender  
And let Spirit run its own agenda

I'd thought that I'd need control  
Of every deed and word  
To get my feelings heard

There was yet one more thing  
I had so many signs that I was being blocked  
I tried this and that, and back I was knocked

I called it a period of bad luck  
Challenges to getting my tasks finished  
My faith was all but diminished

But there was a greater power than I  
A supportive, every-loving force  
I only had to look to the Source

It was all around communication issues  
Now I realise what I really needed to hear  
The "No!" that Spirit shouted in my ear

Sometimes we get signs of where not to go

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Or even where not to stay  
Then we can see the easier way

In handing over the controls to my Greater  
I made space for more personal power  
Then of course my dream was ready to flower!

I shared my gifts and received more in the process  
I surrendered judgement and got more freedom  
I saw the signs and learned more wisdom

Then a big wish came true!



# About the Author

Chinmayi Dore was born in Northampton and grew up in Rugby, UK. She left a banking career in 2007, at the age of 41 to pursue a desire to help others - physically, mentally and spiritually, committing herself to an intense period of learning and retraining in yoga and holistic therapies. She had appreciated the benefits yoga and traditional medicine can bring to modern life for many years before deciding to learn how to pass them on to others. Whilst now a practising therapist, yoga, meditation and shamanistic teacher, she believes that continuous personal growth is essential in this ever-changing world and necessary as the whole planet becomes more aware of what holistic, complementary medicine has to offer.



She successfully completed 200 hours of yoga teacher training with the Yoga Alliance at the Yandara Yoga Institute in Mexico and 500 hours with the Yoga Alliance at the Anand Prakash Ashram near Rishikesh in India. On her graduation in India, she was given her spiritual name - Chinmayi (meaning 'bestower of bliss'), by her lifetime teacher Yogrishi Vishvketu. She has travelled extensively through India practising with many different teachers and styles wanting to bring a little more of the spiritual and scientific essences of the practice back to the West through her classes and training. She continues to do this with her online offering - YogaMAGIC!

Her trip to Peru in 2011 introduced her to shamanic healing where she realised that the philosophies and principles of shamanism and yoga could actually sit very well together. Hence her teaching of Shamanic Yoga began. Chinmayi occasionally runs Shamanic Yoga workshops and teacher training courses. She continued her studies with the Shamanka School of Shamanism where a 2-year course of learning and practice afforded a Master Practitioner Certificate. Chinmayi is a Yoga

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Alliance experienced yoga teacher (EYT500). In addition, she holds a recognised Anatomy and Physiology qualification (level 3-distinction) with ITEC.

Chinmayi is also qualified to diploma/practitioner level for the following complementary therapies:-

Nutritional Guidance, Holistic Massage, Aromatherapy, Indian Head Massage, Thai massage, Reiki I, II and Masters, Hot Stone Therapy, Reflexology, Seated Acupressure Massage, Natural Facelift Massage, Advanced Massage Diploma, Deep Tissue Massage, Ear Candling, Hot Stone Reflexology, Manual Lymphatic Drainage Massage, Emotional Freedom Technique (EFT or Tapping).

It is with a commitment to regular practice and mastery of these healing modalities, that she came to heal her relationship with food. After 35 years of binge and emotional eating she realised that she had overcome the torture of yo-yo diets. Her health improved, she felt a new peace within herself and was able to make some big decisions about the direction her life was meant to go.

Chinmayi now lives in the mountains of Andalucia in Spain with her husband Myron, where they occasionally run courses, workshops and retreats in many of the techniques for which Chinmayi is qualified. She also offers online courses and 121 coaching.

Visit [www.chinmayimagic.com](http://www.chinmayimagic.com) for updates and more information.

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# More BodyMAGIC!

*A message from Chinmayi...*

Why not join our email list to receive news, views, tips, gifts and goodies to help you on your journey to BodyMAGIC! - an end to emotional eating forever...

Immediately, I'll send you a wonderful 10-minute relaxation audio in your inbox that you can access whenever you need to chill.

Just click the link below and I'll talk to you very soon!

Thank you for your interest in my work - Chinmayi

<http://bit.ly/10MinMed>