

## **Darin' to dream**

**Let your child dream big. Dreams don't hurt. They give children the opportunity to come up with ideas of their own, says Anjum Babukhan**

What did Einstein, Dr. Abdul Kalam, Benjamin Franklin and Thomas Edison have in common? They dream big. Einstein was always busy daydreaming in his classes as a student. He used to imagine himself riding on top of a beam of light traveling to the ends of the universe...much later in life, he postulated the theory of relativity. Our former president, Dr. Abdul Kalam as a student dreamt of flying as a bird. His teachers took him to the beach one day, to experience running with the wind and actually visualize his dream of flying. We all know what heights he reached later on in life. Benjamin Franklin wrote a list, at age 20 of what goals he wished to achieve. At the end of his life, he had realized most all his goals from that list he wrote as a young to constantly doodle. He later created innumerable inventions including the light bulb that illuminated the world. Swami Vivekananda said, "Fill the brain with high thoughts, highest ideals, place them day and night before you, and out of that will come great work." Whether it's ancient wisdom or the new age books, they say the same thing. Thoughts co-create our reality. People with creative thoughts and aspirations could find success and accomplish many great things in life. Is it not necessary to inculcate in our dear children, the recipe for high thinking and good, wholesome living? I happen to love reading a lot of inspiration self-help books. The central message conveyed is your thoughts transpire into forming your reality. We need to master our thoughts and fill our minds with the best and most lofty ideals in order for them to manifest in our life. What is more important than this? We need to enrich children to visualize and have faith that the universal intelligence will manifest the desire if it is strong enough. Remember it all starts with a thought. Stephen Covey says all things are created twice in his second habit-"Begin with End in Mind" of his book, 7 Habits of Highly Effective People there is first a mental creation, then a physical manifestation. I remember myself as a shy, introverted young girl but I was a great dreamer. No one really guided me but ever so often I would be touched, moved and inspired by certain individuals or circumstance or skill of my own, I had dreamt of making my life bigger and better than it was. In nurturing children, one of the most special things you can do for them is to help them think big and infuse it with as much colour and life as possible. Then, have faith in the Universal Intelligence to make it happen. We are born to be creative. We can be of no great value to anyone or anything unless we realize ourselves to be the best that we can be in the mind-body-spirit! A seed of thought I'd like to leave you is a quote by Samuel Smiles, "Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny."