

The Secret of Dragon Dreaming

Dedicated to the children of Castellina in Chianti, Toscana, Italy, and all those elsewhere who are young in heart.

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Have you ever thought about Dragons? Stories of dragons are found all around the world, going back over thousands of years. The first Dragons were guardians, magical animals, serpents who guarded the wealth of the community, the grain in the granary from rats and mice, and also from human robbers and thieves. The Draco of Ancient Greece, the Pytho who guarded Pythia, the name of the woman who was the Oracle of Delphi, was one of the first. In China Dragons guarded special places, brought needed rain and were associated with the Emperor. The Waugal, the Rainbow Serpent of Australia, where we began Dragon Dreaming, was a magical creator of important places in the landscape. In all these stories dragons are strange intelligent magical animals, difficult to find, outside of normal everyday life, that are challenging and dangerous if you don't treat them properly.

What dragons do you have in your life? What are the scary, fearful, difficult parts of your life, which are hard to deal with? These things are things that we normally keep hidden away, we try not to think about them? When these dragons wake up to confront us, we often go the other way to avoid them. Each of us has a comfort zone, a place where we are comfortable, where we can do things that we have learned, where we have recognized skills and abilities. As we leave our comfort zone, we arrive at our learning zone. This is the area in which we find it easy to learn new skills and abilities. For example, when you left the comfort zone of walking and running and climbed for the first time on a bicycle, you arrived on the learning zone. As you explore your learning zone, so your comfort zone gets bigger, and now it is easy for you to ride a bicycle.

Outside your learning zone is the danger zone. It is here that your dragons live. For example, when you first started riding a bicycle, the thought of riding a bicycle with no hands would have definitely been a Dragon, living in the danger zone. But after riding a bicycle for many years, maybe riding the bicycle with no hands does not feel so dangerous. What you are doing is learning to dance with that particular dragon. Learning to Dance with Your Dragons, through making your dreams come true, is one of the goals of Dragon Dreaming.

How do you do that? The secret is by doing a project. All the skills, abilities and capacities you currently have, whether talking, running, riding, or more complex tasks like solving problems are the result of a project you have done or are still doing. A project is a possibility that you throw (ject) forward (pro) into the future, and then you take action to achieve that possibility. Each step you take, you check to make sure you are on track, and correct where you are going. Some projects are really big and complicated. Others are small. Each day of your life

can be a project. Each project has the same pattern. The first step is the Dreaming Stage, when you first start thinking of the project. Every project ever done, no matter how big or complicated, has started as the dream of one person. If it stays as one person's dream, such projects are hardest to do. The Dragons may seem too big, too far away or too scary to deal with. The best dreams are those that you share with others. The best of all is when you build a team around your dream who will support you when you go out to face your Dragons.

The second stage of Dragon Dreaming is when you create a plan. Dancing with Dragons is not easy, and you need to be well prepared. Have you got the resources and skills you will need. Do you have help in the right places? Do you need money? Where will you find it? What do you need to do to make your dream come true? Who will come with you to be along side when you confront your Dragon or Dragons?

The third stage is the Doing. Dancing with Dragons is not easy, it takes work. You cannot kill the Dragon, but you can tame him or her. It is not a case of winning and losing here. To tame the Dragon you need to win, but in a strange way the Dragon needs to win too. It needs to be a win-win game, where everyone needs to win. Even your enemies, as they can be the person who is closest to the Dragon, the person from whom you can learn the most. There are many things that need to be done to make your dreams come true, and having people who come with you and help you along the way is truly wonderful. Besides, as you dance with your Dragons you inspire people to dance with theirs. And what people discover as they leave their comfort zones is that they become transformed. They discover things that they did not know that they did not know. They learn how to do things that they never thought of before.

The last stage of Dragon Dreaming is to return home. Staying in the land of the Dragons can be exhausting and tiring. This is the stage of Celebrating. Here you discover that celebration is what reconnects the doing stage with the dreaming stage. Celebration is where you are recognized and acknowledged for what you have done, and when you are truly celebrated you feel that people see who you really are. When you return home with a tame Dragon that you can dance with, people will notice the difference. You will be a different person, you will have discovered a little more of the magic of your life. But there is a secret here in Dragon Dreaming. The person who needs to celebrate most is yourself. When you can celebrate yourself, truly and without negative blame or judgment, then you get ready for your next project, finding ways to dance with your next Dragon.