

The Dream of You by Karen Novy
Sunday, January 18, 2026 - Handout

You are not separate from the Divine.
You are its living expression.

Your joy is the compass guiding the dream of you into form.

One-Minute Practice

1. Arrive: Hand on heart. Breathe slowly.

“I am present.”

2. Remember: Feel the warmth.

“I am not separate from the Divine. I am its living expression.”

3. Listen: What would bring me joy right now?

4. Trust: “I trust the dream unfolding through me.”

Close: And so it is.

7-Day Joy Practice

Day 1 – Presence: I am present to my life.

Day 2 – Imagination: My imagination reveals new possibilities.

Day 3 – Faith: I trust the unfolding.

Day 4 – Wisdom: I choose with clarity and care.

Day 5 – Love: Love flows through me.

Day 6 – Power: I act from alignment.

Day 7 – Integration: I am the living expression of the Divine.