

YET

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ANOTHER

*dream*

THE PATH TO A NEW YOU

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STEPHANIE R. MAYER

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# YET ANOTHER DREAM

BY STEPHANIE R. MAYER

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## NOTE FROM THE AUTHOR

I want to do something very special and meaningful for my birthday this year. Birthdays are always enjoyable whether others show acts of kindness to me or I show kindness to myself. As I type, I have decided to write a short e-book for anyone who is in transition from one stage of life to another. Perhaps you are turning a year older like me; maybe you have experienced the loss of a loved one, gone through a recent divorce, retired, or you seek something new and exciting for your life. This book is for you.

My greatest joy would be that you find the words in the upcoming pages to be helpful and insightful in one way or another. As a gift to me, please receive my free gift to you.

May peace and prosperity be with you always.

All the Best,  
Stephanie

# Chapter 1

## The End to the Beginning

Better is the end of a thing than the beginning thereof. (Ecclesiastes 7:8  
KJV)

All things one day come to an end. The circle of life reveals that nothing stays the same. Winter turns to spring; spring to summer; summer to fall. Seasons change just as the seasons of our lives change. I believe there is beauty in every season if we look hard enough. Though winter is my least favorite season of the year, the brutally cold winter storms I experienced while living in Detroit, Michigan gave me a deep appreciation for the most beautiful white blankets of snow I had ever seen in my life. No matter what season of life you are in, there is always something to be thankful for. What may be a nuisance to you, very well, could be a luxury for someone else. It all depends on perspective. Your perspective is everything. There is an adage that says, “You do not see things as they are – you see things as *you* are.” That’s a pretty profound statement, right?

### *The End*

It seems a bit ironic to me that the end of a thing could be better than the beginning (Ecclesiastes 7:8). The scripture also says that it is better to go to the house of mourning than the house of feasting or celebration. The contrast of both scenarios is that death or endings causes the human heart to be more reflective and wiser than do times of celebration and excitement. Beginnings are all about the joys of the now.

Weddings are tremendously exciting for brides and grooms. The work that it requires to maintain a wholesome marriage is not as glamorous. If by chance the marriage does not work out, it can leave couples left to figure out two primary questions: where did we go wrong and how did we end up here? Answers are often more obvious and detectable at the end of a thing than in the middle or the beginning. The same is true in business or any other area.

I struggled with making some business decisions in my twenties and thirties that I don't give a second thought to now that I am in my forties. Experience and plenty of endings have taught me how to be more conservative with where I invest time, energy, focus, and myself. Where you *invest* yourself is very important. I cannot over stress how vital it is to stay conscious about investing versus spending. There is little to no return when you spend. Don't get caught in the rat race of spending money, spending time, spending yourself, but rather purpose to be an investor. Wherever you go let your presence announce that you have a deliberate purpose for being there. Try not to waste time on being apart of groups and events that serve no long lasting purpose.

I honestly think that the older we get, the less places we should be seen. Our presence should signify what matters most and what counts the most in the end. All in all, nothing is more important than God, family, and serving others. If anything costs you your faith or your family, it's too expensive – and simply not worth it.

The end is not always a bad thing. Though it may be hard, unstable, and downright scary, there can be comfort in learning to embrace the end as a new beginning. I believe we all can identify with being nervous or afraid about trying something new. I'm almost

embarrassed to admit I had my first ride on a ferris wheel just 3 days ago. Heights have never been an issue to me on airplanes. The challenge with heights was when wind would hit my face; but the fear left as soon as I met it head on. We must overcome the spirit of fear by any means necessary. The new chapters of your life and my life depend on it.

You will rarely accomplish the dreams of your heart in one season or phase. God takes you from faith to faith and glory to glory in stages. One level builds upon the other. If God gave us everything we wanted too soon it would produce adverse effects on our individual destinies. Taking the long road should get more of the credit that it truly deserves. Strength, value, gratitude, and confidence are built on the longest of journeys. You may not understand why the Lord has taken you the route He has right now, but you will understand it better as you get closer to your destination. God's ways can be understood through patterns and numbers (in addition to other ways).

### *Pattern of Development*

For example, there is a distinctive significance about the number three and the weight it carries. Notice the pattern: Father, Son, and Holy Spirit; life, death, resurrection; past, present, future; beginning, "the middle," and the end. The process and development of your life and my life happens in stages. It can be akin to most of our educational systems. In America, students begin at the kindergarten level (elementary school). As you progress and mature you then move on to the next level (middle school), then ultimately graduation (from high school). If you decide to go to an institution of higher learning or the military, you still have to adhere to the necessary levels of rank and development.



We are ever in a mode of learning, testing, and graduating. I so appreciate how God designed this flawless system so that not only is He in control of our lives – we share creative control along with Him. You are a co-creator with God. Some mystics and thought leaders suggest that we create as God (in us). In other words, once you become born again, you become just like God because He is in you. Greater is He that is *in you* than he that is in the world (I John 4:4). However, we should never make the mistake of trying to be and act like God without Him. Doing so will present an illusion that we are our own gods, and that my friends, is a very dangerous place to be in. Only He is all in all. I believe it gives God pleasure when you tap into the divine-creative side of yourself.

God is a creative spirit – so are you. And your creativity and participation plays a significant part in your own life. A disciplined and mature spirit can open the portals of heaven to release its untold treasures on those who believe. The ability to properly work spiritual laws brings about guaranteed manifestations. The truth is spiritual laws govern this entire planet. God expects His sons and daughters to have dominion in every arena of life. When things get out of whack in the world, it is up to you and me to bring order to the chaos. When there is lack or sickness, you eradicate it through the authority of Jesus' name and the working of spiritual laws. Within you lies a creative power, a creative force that has the potential to cause things to be. If there is no demand placed on this creative ability inside you, nothing will be produced. Life will happen by default and not by design the way God intended.

The pattern of development and change in any area starts at the primary level – the level of consciousness. I do not know of a more vital component to assist you in successfully maneuvering through the womb of transition. All change takes place in consciousness.

## *Chapter 2*

### Mind Exchange

Let this mind be in you, which was also in Christ Jesus.  
(Philippians 2:5 KJV)

There is so much to be said about consciousness and its importance. Your dominant thoughts are primarily the control center of your existence. As a man thinks in his heart, so is he. Every person observes their world from two outlooks: natural sight and spiritual sight. What you see in the physical is a byproduct of the unseen realm. Some people tend to only focus on what is seen in the natural (seen) while others focus only on the spiritual (unseen). The extreme on either side will lead you into error. It's a good practice not to over-spiritualize or over-naturalize. They both have its place in materialization.

The word of God is a bag of seed that is meant to be skillfully planted in the soil of your heart or consciousness. It covers every need and desire known to mankind. The answers for financial success are in the Word. The answers for divine health are in there. The answers for how to find (or be found by) a compatible mate are in the book. The answers for how to get a fresh start in life are there as well. Use God's word to impregnate your heart to the degree that His words become your predominant thoughts on a matter. This is what some call taking on the mind of Christ. It means to exchange your thoughts for His. His words are already wired to massively produce above anything we could ask or think; but it all happens according to the degree of power that is at work in you and me.

## What Do You Want

The first question you should ask yourself is “what do I truly want?” It’s a simple question yet not always easy to answer. I recently had a conversation with a gentleman who said he was tired of the routine of his life. He shared about how much he needed something different to bring back his spark and zest for life. I heard his heart and asked him, “what do you want, what do you want to do?” He paused for a minute and replied, “I’m not sure. I honestly don’t know.”

There are many of you who may feel stuck like this wonderful gentleman. It is possible to get lost in the humdrum of doing what you need to do that you lose sight of what you want to do. My mother once told me, “sometimes you’ve got to do what you need to do so you’ll be able to do what you want to do.” I know several people who work a 9 to 5 job (to provide and feed their families). In addition, they work a few hours a night and weekends (to feed their personal dream and passion). It is possible to do what you need to do without abandoning what you want. Before you can transition into your new and next, you have to be sure about what you want. There should be a clearly defined goal in front of you to help keep you aligned with its fulfillment. If you do not know where you’re going, you’ll probably end up anywhere.

Let’s say money is not an object – what would you want to do, be, and have? What does happiness look like to you? What is an ideal picture of the good life for you and your family? Really think about it. Life was meant to be purposeful and enjoyed.

The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance to the full, till it overflows. (John 10:10 Amplified)

### Thoughts and Words

These are the words of Jesus. This is His will for you and me. I am here to tell you that this is possible for you. You can have it all. There is a joy in living for Jesus. You can love and serve Him with all your heart and still enjoy life in abundance, to the full, till it overflows. When depression is present it means that you are meditating and rehearsing unhealthy thoughts. These are predominant thoughts that produce unhealthy words, which ultimately produce a cycle of non-favorable circumstances. Some things are blatant attacks and assaults of the enemy, but I believe the majority of bad things we experience could be from negative thoughts and speech on a regular basis.

If you don't believe me, pay attention to what we constantly talk about and see if our lives do not match it. Usually a healthy person talks about health a lot. The infirmed talk about sickness. The wise focus on wisdom. The insecure talk about who does not like them. The poor talk about areas of lack. The prosperous speak of prosperity --- and the list goes on. Charles Capps said it best, "Refuse to say anything that you don't want to come to pass." Always remember that your destiny is dependent on the seeds that you sow, in word, thought, resources and deeds. Your harvest depends primarily on what *you* sow. The time and seasons of harvest is up to God.

A tamed thought life and tongue produces a well of living water for you and your family to drink from all the days of your life. No matter

what state you are in at this very moment, please know that better is available for you. But why go for better when best is right beside it? I so desire all of us to live and have the best life that goes beyond anything we could have dreamed for ourselves. Again, it is possible through Christ, through His ways and *His mind* -- not ours. God has a wonderful and majestic plan for you. The only way you can truly find fulfillment and satisfaction is by operating in your God-given purpose. Many times the desires of your heart were put there by Him. It is His way of guiding you into everything you are called to be. You might call them your wants or desires but God calls them purpose. He uses dreams and visions as a road map to get you to your “grace place.”

## Chapter 3

### The Dream World

And Joseph dreamed a dream, and he told it his brethren: and they hated him yet the more. (Genesis 37:5 KJV)

I have always been one to journal as far back as I can remember, yet it's only been within the past four years that I actually honor my dreams by writing them down on paper. It's much like if you have sought God for an answer about a matter and He finally gives it to you (or you finally hear Him in clarity). If you do not record or write down what He has spoken to you, it is considered a dishonor. Simply because it's not likely that you or I would be able to recall the tone, expression, or directives with the same precision next week as we would in the moment He spoke to us.

The brain can do some pretty amazing things with the recall of information, but it takes the spirit (heart) of a man to process and fully recall revelation. Revelation is revealed knowledge. It's through revelation that God pulls back the layers of obscurities to provide heaven's GPS system in helping you get to your promised land. Before you sign on to social media in the morning, take the first few moments to recall and honor what God may have shared with you in your dreams.

#### Divine Communication

Dreams are all throughout the Bible to give enlightenment on things hidden that eagerly await their grand reveal. It is of the utmost

importance that we pay close attention to the untold secrets God whispers to us in the stillness of the night. This divine communication is in full operation today as it was in the day of Abraham, Jacob, and Daniel – more specifically Joseph.

Joseph is introduced to us in Genesis 37. He is probably one of my favorite people in the Bible, just because it shows the process and price of greatness of a typical individual like you and me. As you take a peek into the pages of his life you will soon discover it is filled with many twists, turns, peaks and valleys. There is so much more to him than being equated with the slogan “taken from the pit to the palace.”

The initial level of hatred Joseph experienced was from his brothers (because he was their father’s favorite son). Children always notice when parents show favoritism and partiality to one child over the other. In early childhood years it might seem a bit harmless. If it continues to go unchecked, a growing forest fire of sibling rivalry is inevitable, as was the case with Joseph. Though loved by his father, Jacob, Joseph was the “black sheep of the family” to his brothers. Can you relate to having the blessing of favor on your life whereas sometimes it may put you in situations where it feels like a curse? You know that it’s not a curse – it’s just that it can make you feel some kind of way when you have to deal with jealousy or envy because of favor you did not ask for. I can relate whole heartedly as I’m sure the majority of you can too.

The fascinating part about this story is not really about Joseph’s brothers being jealous of him because of favoritism. Joseph was hated all the more because he had a dream and told it prematurely (Genesis 37:5). There is a profound power in having a dream, especially a God-given

dream. Again, dreams are one of the avenues God uses to communicate with you. Let's look at this scripture:

For God speaks again and again, in dreams, in visions of the night when deep sleep falls on men as they lie on their beds. He opens their ears in times like that and gives them wisdom and instruction, causing them to change their minds, and keeping them from pride, and warning them of the penalties of sin, and keeping them from falling into some trap. (Job 33:14-18 TLB)

How many times has God given you instructions or warnings through a dream? The scripture says He speaks again and again in dreams and visions of the night when you are asleep. This is really the only time of the day when our conscious mind is in its stillest state. For the most part, the other parts of the day are consumed with work, family, and various events that claim our attention. If you're married or have children, those responsibilities claim one to two thirds of your day easily. God may not have any other time to get our attention except for when we sleep. He loves us so much that He is willing to speak to us in whatever means necessary.

### *The Dream World*

Did you know that God speaks to you in ways that you would most understand? His intent is never to hide information *from* you, rather, to reserve information *for* you. The most important thing you can know about yourself is your purpose. What are you here for? What were you sent on earth to do? What is your life's calling? What group of people have you been called to serve? These are extremely important questions to ask yourself no matter how old or young you are. I so believe that



everyone's purpose is rooted in service to others. If you don't know why you have specifically been placed on this earth, ask the Father and He will either show or tell you; sometimes through other people and sometimes He'll share it directly to you through His voice or a dream.

The dream world has its own language and symbols. The interpretation of dreams at its core is centered around symbolisms (which include numbers, places, colors, people, etc.). In other words, every image you see in a dream is not literal. It is more so about what the image or picture could mean to you. Jesus taught and spoke in parables during His earthly ministry. He spoke of subjects His listeners could understand and relate to. To those who understood agriculture, He spoke agricultural language. To those who were fishermen or tax collectors, He spoke in business terms. God will use language and terms that you know.

I had a dream that startled me three weeks ago. In the dream my teeth began to fall out. Consequently, I began to feverishly look for the best dentist in town who could bring resolve. Once I awakened, I asked God for the meaning and later realized the dream had nothing to do with my teeth literally. The missing teeth symbolized that I lacked wisdom in a certain area that I needed to give attention to. He knew that I would associate teeth and wisdom together, even as we often say "wisdom tooth." I will go into much more detail about the dream world in my upcoming book release "Living from the Inside Out."

This concept is as true for you as it was Joseph. When Joseph told his brothers of his dream about their bundles of wheat (sheaves) bowing to his bundle of wheat, they immediately understood the meaning and implication that they would one day have to bow down to Joseph's rule. I would encourage you to take note of the main components of your

dreams and figure out why or how the components might be significant to you. Seek God's wisdom for the meaning of His secret messages to you by day and by night.

## Chapter 4

### Yet Another Dream

And Joseph dreamed yet another dream... (Genesis 37:9 KJV)

There may be times when you have a dream followed by a series of other dreams. It is likely that the dreams have the same centralized meaning but you are being made privy to different angles. Joseph had another dream that involved the sun, moon, and stars bowing to him the same way the bundles of wheat bowed to him in his previous dream. All of it was a preview of coming attractions for his life. I am sure Joseph rejoiced in knowing that his future was ordained to be amazingly bright. He just did not know that there would be many dark days ahead to qualify him to rule and be a leading authority as God had shown him in his dreams. The series of events Joseph endured to eventually become the second-in-command in all of Egypt is enough to make almost anybody run for cover and head for the hills!

#### Deep Roots

Think about it. Joseph was seventeen years old when God gave him a dream of who he would one day become. It was roughly twenty years later before Joseph saw the manifestation and fulfillment of this dream. These years were filled with slavery, disappointment, false accusations, prison, and being forgotten -- forgotten by men but never by God. There are a few points I'd like you to consider about Joseph's life that could be helpful to your own.

I believe that it is important to keep your eyes on what God has spoken or shown you. It can be very easy to make the wrong assumptions based on how things may look right now. In fact, your circumstance could look the exact opposite of the words He has spoken about your life. I get it, I feel you and I understand. Trust me I do. But commit to stay the course no matter how long it takes. God is not a liar and He's not in to playing games with His children. What He does want is for us to be fully prepared and mature to handle the degree of favor and sphere of influence He's called each of us to. The taller a tree stands above ground, the deeper the roots under ground.

Our comfort is not always at the top of God's priority list. He is more concerned with the work happening inside of you than circumstances on the outside. Character, integrity, humility, patience, gratitude, and faith are in the fine print of your "prophetic contract" with God. Always remember prophecies and the will of the Lord are not automatic. I Timothy 1:18 says, "This charge I commit unto thee, son Timothy, according to the prophecies which went before on thee, that thou by them might war a good warfare." You and I have a part to play in the fulfillment of prophecy. Every word of prophecy over your life will be tried. Your part is to fight the good fight of faith and remain steady as the prophecy unfolds and comes to pass.

### *A New Thing*

There are some events apart of my journey where I have had to take an imaginary eraser and eradicate them from my mind. Many times I've had to focus only on the essentials and forget about the rest. I let go of the experience but held on to the lessons. The biggest lesson I have learned to date is about the faithfulness of God. When dealing with the

transitional periods of your life do your best not to allow negative things you've gone through to make you bitter. When storms come, one of the first questions to ask yourself is "what is the lesson to be gained?" Even when it appears you are losing ground momentarily, you will still win before all is said and done. Resist the temptation of living in and/or rehearsing unfavorable cycles of your past. The mental rehearsal of pain often produces a repetitive cycle of pain. One who constantly lives in the past has discontentment of where they presently are right now. Don't allow that person to be you. Take life by the horns and create the most wonderful and adventurous ride that you deserve.

Forget about what's happened. Don't keep going over old history. Be alert, be present. I'm about to do something brand-new. It's bursting out! Don't you see it? (Isaiah 43:19 MSG)

New chapters in your life may require starting over in some areas or uprooting systems and ideologies that no longer serve you well. The safest place to be is God's perfect plan for your life, but take the liberty to use your mental paintbrushes to create something new and different that compliments all that you are to become. It has been said that God does not always give us what we pray for. He sometimes gives us what we *prepare* for. With that in mind, get ready to change things up. Re-invent and re-discover yourself. Tap into new areas of your creativity. Write the book or start the business. Open yourself to love and be loved again by another. The world can be yours through seeds of preparation and action for what you truly want.

I have decided to give it all I've got! Give yourself permission to live in the beauty of holiness and wholeness without apology and explanation. My brothers and sisters, you are free to live.

Would you do me a favor? Exercise your freedom by leaving the past, appreciate the present, and create the future. It is far from over for you. When you experience times of feeling trapped and helplessly stuck, know that is just an illusion. The reality is you are more than what you see in the natural. The rest of your life can be the best days of your life if you only dare to dream...yet another dream.

## About the Author

Stephanie R. Mayer is the founder of a non-profit, life coach, and songwriter who resides in North Carolina. Stephanie attended North Carolina A&T State University and Wayne State University in Detroit, Michigan to receive a Bachelor of Arts Degree in Psychology. She has received additional music training from NC A&T State University and Livonia Conservatory of Music in Livonia, Michigan.

Ms. Mayer received her Life Coach Certification under the instruction of one of the nation's top coaching experts, Tony A. Gaskins, Jr. and she is currently studying for a Master's Degree in Counseling. Stephanie's passion is to inspire, motivate, and encourage those who have a dream of achieving great strides in life.

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