

## **“Pippi Longstocking” The Art of Dream Management!**

**As a small child I loved the books of Astrid Lindgren, a Swedish children’s book author. My most favourite book was “Pippi Longstocking”!**

Pippi is a nine-year-old girl and lives with her monkey and a horse in her house, the Villa Villekulla. There are no adults around her. She is incredible strong, so strong that she is able to lift policemen with her bare hands. Pippi is a very unconventional girl, virtually ignorant to any appropriate etiquette and overrides all the rules one has normally to accept and attend to. She says what she thinks and does whatever comes into her mind, but always with a certain lightness, friendliness and never done at the expense of other’s feelings.

This funny girl was one of my biggest role models when I was young. When we are small so many things are still possible. Our whole life is there to be filled. Like an exciting book in front of us, full of adventures, open and very fascinating. Knowing that “Pippi” can do it gives every little person tremendous power and support.

**Wouldn’t it be nice if we as adults could possess a bit of Pippi’s free spirit?**

How often do we fulfil expectations we don’t like? How often do we stick to rules, patterns and habits which have run out of validity for so long? Do you say sentences like: I missed the connection. It is too late for me. It does not make sense. I am too old or too young. It takes too much time or too much money. It is not realistic. I am not in the position to do this. I do not have any right to think differently.

As adults we still have dreams, different ones, of course. Big ones, small ones. Travelling around the world, building a small house in the mountains, living in the Mediterranean, being healthier, having sunshine all year long. Some of us dream of a sabbatical, some want more time, more self-determination. Others are dreaming of an ideal partner, of family, of being their own boss. Or we might have dreams we never shared with anyone, very secret ones.

In order to achieve your dreams, write them down on a paper. Create a mind map, tape your thoughts, go for a walk and imagine that your dreams might come true. Start with small little steps, day by day, engage a friend or a coach who will help you to take your thoughts into actions and believe in your dreams. Every brilliant invention was a dream at the beginning.

Sometimes it might take too much time and effort to really achieve a special dream in reality. Why not do it just mentally in this case? We call those dreams “daydreams”. Daydreams are beautiful because they give us such a great powerful feeling. We don’t have to have the realistic experience in order to have a great dream. And there are no limits in the world of daydreams. Everything is possible. The crazier the better. Give yourself every day a short break and use it for dreamtime! Think back of the times when you have been a little child. When you were dreaming about pirates and princesses, heroes and wild animals, about enthralling adventures.

Allow yourself every day a bit more phantasy. Give yourself permission to more spontaneity in your life. And just ignore here and there some of the rules of our society and enjoy. **Be courageous like Pippi!**