

Exercise 1: Creating Your Dreamboard

From the time of our childhood and its colouring books, creating pictures has been one of the most powerful ways of engaging imagination. Visual stories displayed in comic books capture our attention and exemplify why “a picture is worth a thousand words.” In conversation with each other, at least 80% of what is “heard” is actually seen in the form of non-verbal behaviours such as facial expressions and body postures. Our language allows us limited expression of our imagination; whereas, visual images engage the conscious, unconscious and subconscious minds often expressing what we could not previously see with our eyes.

During this creative process we ask you to tap into the depths of your intuition. Until the last few decades, intuition was not even considered worthy of mainstream thought. Now, it has become recognized as an abundant source of our inspiration, imagination and intelligence.

1. To create your Dreamboard, you will require some supplies:

- a poster board in your favourite colour (approximately 21 in x 28 in or 53 cm x 70.5 cm; available at local arts and stationery supply stores)
- scissors
- glue
- a variety of magazines or greeting cards
- plenty of imagination

2. When doing something new, it is always helpful to see a demonstration of someone else's experiences. Beginning on page 81 you will find examples of our dream boards as well as our mind maps and awareness writing. Use whatever is inspirational in your own creation.
3. This is a creative process, hence, it is essential you allow yourself at least two hours of uninterrupted time in a peaceful environment. You can complete this exercise alone or with a group of like-minded individuals.

To begin, sit down in a comfortable position and close your eyes. As your Now worries and troubles arise, put each one into an imaginary garbage bin beside you. Take your time until all the troubles are placed there. No need to worry, you can pick them up at the end of this session should you want them back.

Now imagine yourself in a quiet peaceful place, perhaps at a lake, on a mountainside or in a lush forest. Perhaps it is a place you already know. Bring all your senses into the visualization. If you are at a lake, hear the waves lapping on the shore and the birds singing. Feel the warm sun on your face and the gentle breeze off the water. Smell the pine trees, the moss growing between their roots and the water as it laps the shoreline. Taste a sip of this refreshing water on your tongue. Feel the warm sand and the cool grass on your feet. Notice the colors, the smells and the sounds surrounding you. Spend a few more minutes enjoying the peace and quiet of this environment. Hold a sense of gratitude in your heart for all the gifts of this life. Allow a smile to form on your face. Allow the joy to bubble up from within and fully embrace you.

With this feeling of joy surrounding you, ask yourself this question – What wonder do I want to see emerge in my future? Allow your inner voice or inner sight to bring forth your dreams and desires. Do not rush or force this process. It takes time to dredge these diamonds up from your depths particularly if your pattern has been to repress your dreams. If you find nothing emerging, just ask yourself the question again, and wait. Answers will show up.

Accept what you receive without judgment. Slowly open your eyes and return your awareness to your existing environment. Using your intuition only, not your reasoning mind, begin to leaf through the magazines. Cut out any pictures and words or phrases that attract your eye. For now, collect them into a pile while you continue to browse and gather additional pieces. When you feel you have a good collection of images or 45 minutes has passed, stop.

Spread your collection for viewing, and take a few minutes to sit quietly with what you have chosen. Lay your poster board in front of you and begin to place the pictures and words on the board. Once again, allow your intuition not your reasoning mind to guide your choices for both images and placement. Once you are satisfied with both, glue the pieces on the board. Spend some time observing what you created. A story may begin to emerge. Certain pieces may be grouped together. What reason did you have for choosing the pieces, for grouping certain ones, for your entire arrangement on the poster board? Do certain images speak clearly to you while others do not? Are any themes emerging? What feelings are triggered for you?