

How to make a dream board

Written by Elgin Zulueta

Thursday, 17 March 2011 16:05 -

I am living my dream. And I am still bursting with more dreams. I have tons of great ideas, some of which I am still too scared or overwhelmed to start on. I have all these goals and opportunities within reach. But how do I prioritize which dream I will turn into a reality? How and where do I begin?

Honestly, because there are so many things I want to accomplish, I get confused. For sure, I know that I want to keep on doing the things that make me happy and the things that make me light up like fireworks.

So to organize my messy dreams, I started a list. But it was not effective. I needed something that will connect my eyes to my thoughts instantly. I realized that I needed something visual.

My friend Priya, a feng shui society accredited (FSSA) teacher in London, tweeted on making dream boards late last year. Very certainly I knew that this is the answer to my dilemma. My dreams are going to get organized! Perfect.

Just as we organize our daily routines, our dreams need to be organized as well. When we see our dreams visually, it helps us focus more on achieving them. It is a constant reminder of the dreams we want to pursue.

“Dream boards / vision boards are the perfect tool used to focus your attention for what you want in your life. For example, you could be looking for your dream job, a supportive loving partner, you may want a baby, an exotic holiday, more money, meet someone you admire etc. The list is limitless, just like your imagination.” mentioned Priya.

With the kind permission of my friend, Priya Sher, I have posted below how to create you own dream board.

First decide if you prefer to use magazine cut outs or if you want to write on it.

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Clear your space and light a candle.

Next get a board or use a sheet of cardboard.

Get a ruler and draw a 3/3 grid so that you have nine boxes.

Next either stick the images or write your desire in the above categories.

Have a ritual. Pick a time when you won't be interrupted.

Really concentrate and be honest with yourself.

In the centre of the dream board write your name.

"You can place your dream board in your home office or study. Stick the dream board on the wall in the South. If this is not possible, place it in front of your desk. Take a few times a week to sit, concentrate and activate your intention to action these dreams." Priya said.

You can design your dream boards according to what you want. I suggest making it as colorful as life. Thanks to my dream board, I am finally living entirely in the present.

(POSTSCRIPT: One does what one can. Fr. Rodel Balagtas, pastor of IHMC is having a fundraising project, "Refurbishing our Pews" to renovate and restore our historic church Immaculate Heart of Mary Church in Los Angeles. People from different walks of life, mostly immigrants have come to IHMC for solace, peace, strength, healing, wisdom and courage. Straight from the heart, I am asking your help to generously donate to refurbish IHMC's pews. Would you be so kind to help us? Please visit www.ihmcsocal.org or email me for details.)

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