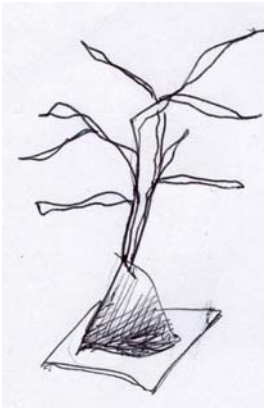


How to make a dream Tree

by Katherine Torrini • www.CreativeLifeSpark.com • ktorrini@earthlink.net



1. Gather Your Supplies:

A cardboard base, clay, sticks, wire (optional), paper shipping tags, pens or markers and your dreams!

2. Make Your Base:

Place a ball of clay (about the size of your fist) onto a cardboard base. Press down firmly to stick it to the base and create a mound.

3. Plant Your tree:

Find one or several branches you like and firmly plant them in the clay base. Press the clay around the branches to secure them.

4. Make the Leaves:

Write (or draw, etc.) dreams you have for your future on the paper tags. Your dreams may be large or small, creative project ideas, pie-in-the-sky dreams, or even gratitude for past dreams come true.

5. Leaf Out Your Tree:

Hang or otherwise attach your leaves to your tree. Decorate or embellish it however you like. Find a special place for your dream tree in your home or workspace.



6. Let Your Tree Come into Bloom:

Date your dream leaves and continue to add dreams and ideas as they come to you in the future. As you complete projects or fulfill your dreams, color in the corresponding leaf. Perhaps not all of your leaves will come into bloom, but many will surprise you!



The Dream Tree Story: I developed the Dream Tree as a symbolic way to deal with “creative overwhelm”—when I am flooded with so much inspiration that my urge is to shut it all down for fear I could never create all these ideas! But just as no one would ever say that a tree was “wasteful” for producing thousands of leaves or blooms—so a Dream Tree reminds us that creative abundance is never wasteful and that many dreams come to fruition over time.

Other Ideas: You may want to make a group dream tree with your partner or your family. A teacher found it a powerful to make one with her students.

Dream Tree Gallery: A Dream Tree and its leaves can be made in any material or shape. Get creative and send me a picture to add to my Dream Tree Gallery. ktorrini@earthlink.net

