



# DREAM BOARD JOURNEY

presented by Elle Green



# Welcome ✨

I am so excited you are here! I am looking forward to our journey together as we release the past year and make space for our vision and dreams for whatever you desire!

Hi! I am Loretta Green - I go by Elle. I am a Dream and Energy Coach who is stepping out and making the call to reach others looking to come back to themselves. How do I do that? We start by taking some time to reflect and looking deep within our Soul to unlock that which we most desire; our most sacred and deepest dreams. I help you understand the language of your dreams.

With this new found language that is now awakened, it allows you permission to tap into your imagination and dream vividly and unapologetically. In doing this, it sparks up the intuition. Know this: anything you can imagine or dream - is possible for you. We dream it possible - our intuition leads us to action.

Over this four day journey - I will show you my exact process for manifesting dreams to life. Trust in yourself and allow the process to unfold.

Are you ready to see how your Dreams can come to life?



*All my love  
Elle ♡*



## *DREAM BOARD*

# TIMELINE



### DAY 1

- WHAT IS A DREAM BOARD?
- RITUAL FOR DREAM BOARD PROCESS
- JOURNAL PROMPT QUESTIONS

### DAY 2

- WHY DO WE RELEASE?
- RELEASE RITUAL
- JOURNAL ACTIVITIES AND PROMPTS

### DAY 3

- GATHERING OF MATERIALS
- JOURNAL ACTIVITIES AND PROMPTS

### DAY 4

- RITUAL ACTIVATION OF THE DREAM BOARD





# day one

What is a dream board? Why do we need a dream board? Well - the what is simple. A dream board is any type of visual reflection of your dreams. This can be completed by creating a board out of magazine cut outs, or online via programs such as Paint or Canva. It also can be an Oracle card spread or a painting. Honestly, it can be anything that you associate your dream life with. You put your desires onto a canvas of any sort and then you feel into it.

Now the why. This is a little harder to answer, because there is no real logical answer. However, it works. It works because it speaks to our unconscious/subconscious mind that picks up everything within our surroundings and what we consider and perceive as our reality. Our conscious mind or the mind that we are aware of, misses a lot of detail. The subconscious is picking it up. This is why subliminal messaging works. Once it is fed into the subconscious mind, a decision will be made as to whether or not to believe it to be true.

Our Subconscious mind speaks in symbols - and it does not speak like our conscious mind would. And the symbols that are spoken to us have associations to us. For example - a dog. When we associate "dog" - some might say "loyal." But, what if you were attacked by a dog when you were younger? Do you see dogs as loyal or vicious? This is where OUR own associations are important. While Oracle Cards and Tarot cards bring about symbols and associations, as does Dream Dictionaries, these are the author's interpretations. I am not saying they are wrong - it is just not your association. When you see a picture, pay attention to your own feelings and associations to the symbols.

So when we complete a Dream Board with symbols that represent how we want to live, be and feel - it speaks to our Subconscious mind and continues to put these symbols into our Conscious mind. We are constantly viewing and eventually, it cements and enters into our reality. Much like a 3D printer.





# day one

This activity can be completed at any time. I generally do this once a year - leading up to the Winter Solstice. This to me is a time of deep reflection and preparing for the New time ahead. You can also complete this at New Year's, on your Birthday or the Summer Solstice or whenever you can commit the time. It is never too late to create a Dream Board. This is a step into really deciding with your Conscious mind that whatever is on your Dream Board will enter your current reality. When we choose and decide what we want, the Universe will start to show you ways and give you intuitive hits on the directions that are needed in order to make the Dream Board a reality. We still need to take action because we live in a physical 3D world. But, if you decide now that what you put on your Board will lead to action - it will come. Don't worry about the how, we are just trusting that it will.

It is always good to check in around the 6 month mark also. I recommend this because you want to see where you are with Dream Board, how it is coming to fruition. Also, checking to ensure you are still aligned with your Dreams. Sometimes we get excited and think we want something, and then as we explore it a little more, we realize it is not really what we want. And that is OKAY! This is also why I will speak to the FEELING of how you want to feel versus wanting a material thing. However, no judgment, if there is a really nice pair of shoes, a purse, car or a house that you really want - go for it. But we will speak about the FEELING state more, shortly.

I host a live Dream Board Journey once a year and we activate at the Winter Solstice. Please feel free to join my Facebook Group to find out more!

[www.facebook.com/groups/dreamactivationwithellegreen/](http://www.facebook.com/groups/dreamactivationwithellegreen/)





# day one ritual

If you know me and my work - you know I LOVE rituals. Why do I use rituals? Once again - it anchors an idea into the subconscious, which leads to a decision in the conscious mind. When we decide and AFFIRM it be true, we continually tell our subconscious mind, "this is what I want." And then like magick - synchronicities begin to occur. You read a book that lights you and gives you a further idea, you hear something on the radio or streaming service, someone calls you out of the blue, you get the idea. You take a step - the Universe takes 10. Trust that it will come.

Now - back to ritual. So, with ritual - we are once again training our subconscious mind and allowing our Conscious mind a break. The constant chattering of the mind can become overwhelming. When we take a mindful minute, it allows for the clutter to calm and the Intuition to step forward. This is what Ritual is - a mindful minute. To connect with Nature and back to our selves.

I always like to connect with the Elements of Nature before any Ritual. This can be done in any way that feels good to you. I enjoy pouring a bath, but a shower or even running your tap for a moment will do (water) and placing some Epsom salts (earth) into it. Once I am in the water, I envision the salt and water cleansing me and washing away what no longer serves me. If you are having a shower or running the tap, you can take some Epsom salt (sea salt will also work) into your hand and rub it while you think of your cleansing thoughts, then wash it away.

I then light a candle (fire) and take 3 deep breaths (air) while giving thanks, gratitude and appreciation to each Element. This is how we connect, through gratitude and appreciation.

Once this is complete and I am dried off, I will then take my lit candle, continue to play the mindful music and complete the Journal Prompts for Day 1.



# journal prompts day one

Reflection of the last 12 months - THE HIGHS - What went according to plan? What are some of your best moments? What did you accomplish? Think back over the past 12 months and list EVERYTHING that makes smile.





# journal prompts day one

Reflection of the last 12 months - THE LOWS - What did not go according to plan? What are some of your cringe moments? What happened that may have caused guilt, shame, fear, pain, anger or grief? Are there any limiting beliefs still holding you back?







# journal prompts day one

Reflection of the last 12 months- based on the lows that you recorded, what was the experience in moving through these events? Are there any gems/take aways or lessons that you have now uncovered?





# day 1 reflection of experiences

Choose a word that represents the last 12  
months

Choose an Oracle or Tarot Card to represent the time past

Your Oracle/Tarot Card

What themes, symbols, messages are  
coming forward?





# day two

Welcome to Day Two! How did the journaling go for you? What did you notice and experience? The reason why I go through the reflection piece, and this is a big part of the Dream Board Journey, is because reflection and release is needed. We need to take time to reflect, process and let go of what we experienced over a period of time. Often times, we don't really reflect and therefore we potentially end up holding on to thoughts, ideas, feelings and this in turn causes the energy of the event/feeling to stay stuck in the body. This stagnant energy has been found to cause inflammation in the body which may lead to disease, discomfort, depression and anxiety.

Our society also tends to dismiss emotions that appear negative. Grief, anger, guilt, shame etc., these feelings make us and others uncomfortable, and therefore we want to stop the feeling. If we do this, without fully processing what we are experiencing internally, this is where and how the energy may become stuck. This is why we look back and get ready to release it from a more neutral viewpoint. When we take time to reflect, we can look at our experiences from a different or higher perspective. We can move the energy through and make way for new.

As we move through our journey, we want to honour all experiences and even reflect back to see what the Spiritual lesson may be. Because we can learn from every experience if we choose to. This is what growth and evolution is - we are evolving ourselves to become better versions of ourselves; if we choose to.

Now, in saying all this - we are moving along! Today we get to spend some time creating and dreaming! Having fun!!! So - let's get to it :)



# day two ritual

Yay! You did it! You did so much work journaling through your past 12 months - now, we want to move that energy through you! We wish to ensure that it actually moves through you and is no longer stagnant within the body. This doesn't mean that it will be gone completely, sometimes, it takes much longer to move through - and may even require the assistance of a professional. Especially if severe trauma has occurred. If you are noticing that this is harder for you, emotions are coming up for you that just cannot seem to be processed, or any thoughts of self-harm please speak to a therapist ASAP. This work may not always trigger something deeper that does require additional support - but know that there is support out there. Coaches have coaches, therapists have therapists. We all need support and someone to talk to.

Now on to Ritual! This is a Sacred Movement ritual that allows for the body to respond and move as it wants. There is nothing you really need to do - other than listen to the music and allow your body to move. There is no right or wrong way of doing this - move how your body wants to move. Just feel into the music, and let your body do the rest.

When you are ready, set a quiet area with some nice lighting, light a candle or incense, you can also clear away any energies with tingshas, sage/smoke or clapping.

- Take a few breaths to ground into your energy
- Feel into yourself and give thanks, gratitude and appreciation
- Click on the following playlist

[https://open.spotify.com/playlist/2uDURkWXclTTQGAlYqI8H5?  
si=WowJ5TiYS16nVldnhMwztg](https://open.spotify.com/playlist/2uDURkWXclTTQGAlYqI8H5?si=WowJ5TiYS16nVldnhMwztg)

- The playlist has many different songs to be enjoyed while moving - and it is long. Do not feel you need to listen through the entire playlist. Start with one song, and see how you do. This ritual can be completed at any time to allow energy to move through you - so play around with it. When you are finished, move onto the journal prompts.





# journal prompts day two

Take some time and have fun! Time to dream your life to fruition! Where do you see yourself over the next 12 months? What have you accomplished? What did you achieve? What is your feeling state? Go as big as you wish and as detailed as you can. Down to the minute details of how your coffee/tea smells in the morning as you take a sip...





# journal prompts day two

A large, empty rectangular box with a thin black border, intended for writing journal prompts.





# journal prompts day two

A large, empty rectangular box with a thin black border, intended for writing journal prompts.





# WORD ASSOCIATION

MAKE A SYMBOL ASSOCIATION OR FEELING STATE TO THE WORD ON THE LEFT. WHAT DOES THIS WORD REPRESENT TO YOU? THERE ARE A FEW BLANK SPACES TO FILL IN YOUR OWN IF YOU WISH.

A COUPLE OF EXAMPLES: CONNECTION = SPENDING TIME IN NATURE

LOVE = MY HUSBAND/CHILDREN/GOING FOR A WALK

Connection

Love

Abundance

Health

Finances

Self Care

Career

Family







# journal prompts day two

Take the areas mentioned in your life above and notice the words or ideas that came up for you. Make some of these into affirmations. Write out at least 10 affirmations for the next 12 months - if you want to create more, do so! Feel into your affirmations.

Examples:

I am willing to surrender my expectations to the Universe and I trust in the Divine

Life is amazing and truly what I make out of it - I choose happiness, joy and prosperity





# day two visualizing, dreaming and creating the next 12 months

Choose a word that you are feeling into the next  
12 months

Choose an Oracle or Tarot Card to represent the coming year

Your Oracle/Tarot Card

What themes, symbols, messages are  
coming forward?





# day three

Welcome to Day Three! How did you enjoy the Sacred Movement Ritual or the Journal Prompts? What came up or moved through you? What are you noticing in yourself?

Well - today is a day of pure fun and creation. You planned out your dream life, and you are ready to call in the amazing bounty over the next 12 months. So - now let us put it on our board! This is where you get to create a most beautiful board that is YOURS and yours alone. What would you like to see on it? Based on the prompts, associations and affirmations you created - what would you like to represent these? Remember how I spoke about FEELING on day 1? Well, now we are choosing pictures that represent how you want to FEEL when you accomplish your dreams. Example: you want a brand new car. It may be a specific car, but what specifically about THAT car makes you want it? How does it make you feel when you think about sitting in the vehicle and then driving it?

Example: a new job. There may be a specific job posting available, but select a picture or representation that you feel represents you. Do you want to work from home? Choose your own hours? Be an employee or entrepreneur? Do you want to have staff? Do you want to make decisions? Think through these questions, and again feel into you having your dream job. How does it feel when you wake up in the morning? (you can choose a picture that represents this type of lifestyle).

Example: you want a healthier lifestyle so you choose a simple representation of an apple or broccoli to remind you. Or alternatively, a forest picture to get you back connected with Nature.

When creating my board, I always like to put a boarder around the edge (totally optional!) and I choose a colour that represents what I want to call in for the next 12 months. Green = money or health, Blue = Business etc. Choose a colour and place an association with it. Take time, light a candle, and feel into this process now. Enjoy it as you work through and Dream through the next 12 months. Once your board is complete - we will move onto the Activation ritual. For this, take any Citrus fruit you have available to you. Until tomorrow!





# checklist day three

- Journal prompts complete
- Endings ritual
- Visualization meditation
- Association list
- Affirmations
- Gathering of materials
- Lemon or citrus fruit



# day four activation ritual

Welcome to Day Four! Now that you have completed through the Journey to create your Dream Board - you are ready to Activate it and bring the Spirit of the Board into your Awareness.

As mentioned, for this ritual, I recommend a Citrus fruit - but honestly, any fruit you have on hand will do, as long as it does have a scent to it. We are going to be Activating the Board through the 5 senses.

For this Ritual, take some time to connect and ground into your Sacred space. You can play some calming healing music, light some incense or sage or even a nice candle, and just take a moment to connect to the Energies around you.

Focus in on your Dream Board. Look at every single picture you have placed on your board. Focus in on those pictures and feel into them once again.

When you feel ready, take your fruit in your hand and we will begin with the 5 senses. As you do each suggestion, look over your board.

1 - Touch. Take your fruit and feel it in your hand. Thank it for being with you today.

2 - Sight. Look at your fruit. Roll it over and continue to really look at it and notice it. Thank it for being with you today.

3 - Smell. Take a long inhale of the fruit. Allow that scent to penetrate you. Thank it for being with you today.

4 - Sound. You will now take a knife to cut the fruit. Prior to doing so, ask the Spirit of the Fruit to vacate the vessel to ensure it will not feel the "sting/cut" of the knife. Listen to the sound it makes as you cut the fruit. Thank it for being with you today.

5 - Taste. Now, take a piece of the fruit, while looking at your board, and put it in your mouth. Allow the flavours of the fruit to really become noticeable. Thank the fruit once again while looking and feeling through your board.



# day four activation ritual

When you are complete with eating your fruit, take one last look at your board and claim "AND SO IT IS." If you have a candle, you can blow it out now.

Your board is now Activated and ready to work with you. Continually look at your board - I make mine my phone wallpaper as well as the background on my computer. If it is a poster board, hang it up where you can see it.

We do the ritual to invoke our senses and thus help us retain in our physical body and memory. This is really allowing these images and feelings to sink into your Subconscious, and your Conscious mind to help bring forward your wishes and dreams!

Here is to your Dream Life!

I hope you enjoyed this journey - if you did, I would love any comments or feedback. I can be reached on instagram - @ellegreen.dreams or via email at elle.green@ellegreen.ca. Looking forward to connecting with you!

Here is an example of a board I created, for you to conceptualize.

