

Creative Dream Project

Book review of "Make Your Creative Dreams Real"

By Candy Tam

Do you have a creative dream?

Have you ever try to actualize it?

Do you feel depressed or isolated when you try to work your plans out?

Do you feel too tired or weak to start anything?

If (a) you have a creative dream and you have similar problems as above; or (b) you don't have any dream yet and you are thinking of starting one now, the book I'm going to introduce, "Make Your Creative Dreams Real", written by SARK, can offer you a solution.

Here's my story: I like dreaming, I dreamt to become an artist when I was small. But after I went to secondary school, I aspired to become a part-time writer. I'd like to publish my works and share my thoughts with the others. I like the thought that ideas can be passed on. One of my other dreams is to study overseas. I'm very fascinated by foreign culture. But here comes the reality: Writing doesn't make a living, unless you're extraordinarily good. My family is always supportive to my study but they don't agree with my overseas dream. "It's so expensive, dear, we can't afford it."

I wonder: How am I supposed to strike a balance between my dreams and reality? So that's why I pick up SARK's book and read it – to find out the answer for myself.

A creative dream is: something that pulls you, draws you in, triggers glee; something you think about with great relish, eagerness, quiet satisfaction or delight; something you would do for free.

Importance of Dream

First, I want to share an important concept I learnt from the book, 'Our dreams need us, and the world needs our dreams'. This may sound weird and impossible, but it's definitely true. In fact, the world is built up of billions and trillions of creative dreams. Look around you, everything is there because of someone else's dreams. Dreams are true and indispensable.

Risks & Impossibilities

Living a creative dream is not only about succeeding or meeting the goals but also taking risks, dealing with frustrations, fears, and criticisms. There's no such safe port

in the whole-wide world for life. Each step you take, every day you live are taking huge risks. Living as a human is also about turning impossible things possible. So many people use 'impossible' as excuses. We, humans are living proofs of impossibilities: we developed the most complex society ever on the Earth's history; human race have the highest IQ among all animals, and have ruled the world for hundreds of years, etc. These evidences reveal that we are born to face impossibilities and gifted the abilities to make dreams come true.

Fear

Society is a dream-tester, you'll face challenges, disputes and defies. You fear about the unfriendly future. However, fear doesn't make things better but worse. Negativities flood you. You hesitate, do things too safe and slow, then it all turns stale and you give up. You turn to yourself, 'I told you, it's not going to work out, silly.' That's because your mind contracts so hard with these emotions that the last bit of interest is totally squeezed out.

People fear endlessly when they are starting to or living their dreams. I ask myself, why do I fear? Fear that I might fail? Fear that people might laugh at me? But what's more? You won't lose anything. You learn from humiliations and frustrations and gain experiences, which can't be inherited or to study. Great people do not fear failures, they allied with them. Addison had failed for 1000 times when doing experiments on light bulbs, but he was not defeated. "Now I know 1000 types of materials are not suitable!" It's fear itself we are fearing, acknowledge what your real fear is and walk out of it.

Emotions

Our thinking affects us more often than other people do. Blaming is one of the biggest road blocks in dream living. It's easier to blame others than to shoulder the responsibilities for not living you dreams. They can skip the guilty parts. There are other stumbling stones named: anger, bitter, overwhelmed, etc. It's natural to have this kind of feelings, but we should not cling to them. Learn to detach. If you face emotions with detachment, they hurt you less from time to time. Never try to keep them inside and think they will eventually disappear. No. They won't disappear. They will be there and haunt you throughout you life, make you run away whatever is related. Keep an open mind, and let it expand.

Love

We all love our creative dreams, it's also our self-love that leads us to make them real. Love can be strengthened, led on, employed and deployed. Love is the sturdy initiator.

Our creative dream is fueled and fanned by love. Living your dreams gives you purposes and hopes as well as self-learning. You'll discover your strength and weakness, then admit them and improve yourself. Your creative dream plan will be more secured, feasible and practical. To me, it's the fantasy I have for this world and the love I received makes me want to become a writer. I believe I benefit from that, and through my works I hope to share my piece of love with others.

Dreams & Reality

It always seems there is a huge gap between dreams and reality. We have to take care of so many things in our daily lives. These things consume most of our energy, time and space. They make our dreams seem even further away. We may solve the problem by making best use of time. Give up activities that are unnecessary to join, dump the rubbish jobs. Someone says that, 'Do not confuse with having a career with having a life.' Ask yourself, deep in the heart, how much do you love your creative dreams? Then you'll find yourself leading your way.

Support & Insistence

No one can live alone nor our creative dreams. We need help and support, at either good times or bad times. Support can come from somewhere, something or someone. They offer you a sense of safety and comfort. We have to treasure these kinds of feelings or memories and learn to support the others.

People like to give opinions. It's important to learn to take opinions wisely instead of all of them. If we only follow others' bearing, we'll lose our directions. Be clear about your own quality. Strengthen your determination, and make your creative dreams visible.

Learning, Not Copying

Living is where the biggest learning lesson takes place. If there's a day we stop learning, we will die. We learn from books, people, experiences and history. We are used to following the predecessors' trails. It's safe and easy. However, you'll slowly discover that the path does not always lead to where you want to go. Of course, we are unique and so as our dreams. No road is designed just for you unless you walk one out. Life is not a computer, success can't be copied and pasted. Being successful is only when you worked with your talents and benefit the world with your passion and love.

Comparison

We like to compare our achievements with others. Vicious competition (always want

to be the best) is unhealthy. There's no 'the best'. The world is big, comparison is endless and meaningless.

Virtuous comparison (let others be your role models) is acceptable. Be humble and let their success be your propeller and push you forward. Appreciation of the self is crucial. Be proud of whom you are, and you'll find that you've done lots of things good enough and live with lots of happiness.

Quitting & Starting

Creative dreams take long process before they are finally worked out. We might lose interest. The solution is to quit. It's sad to give up your dreams. But if you cling to it, it won't make any difference.

Quitting and starting over and over are common topics you take from your creative dream lesson. Quitting doesn't make you a loser. Fail to start again is what make quitting a real failure.

Conclusion

Every project has a conclusion, here's my verdict:

- There are different difficulties of different dream stages. But if you have the courage to take the first step, I am sure you have adequate bravery to face the trials onwards.
- Living a creative dream is not easy but somehow you'll find yourself living a much more meaningful life than others.
- Nourish and protect your dreams through good days and bad days. I believe one day, sunshine and light will break through the thick black clouds and shine on people who sincerely hope that their dreams will come true.
- Dreams consume time, creativity and passion. Take your time, confide your determination. Admit that you need support.

"How lovely to think that no one need wait a moment, we can start now, start slowly change the world." – Anne Frank.

Yeah, how lovely that will be. So why don't you grab the book and start your creative dream project today? Remember, you did, can and will change the world!