

# OPENING THE DOOR TO MY DREAMS

## EXPLORING DREAMS THROUGH ART JOURNALING

“DELIGHT YOURSELF IN THE LORD, AND HE WILL GIVE YOU THE DESIRES OF  
YOUR HEART.” PSALM 37:4



BY MARJOLAINE SIMARD

# WELCOME FRIENDS

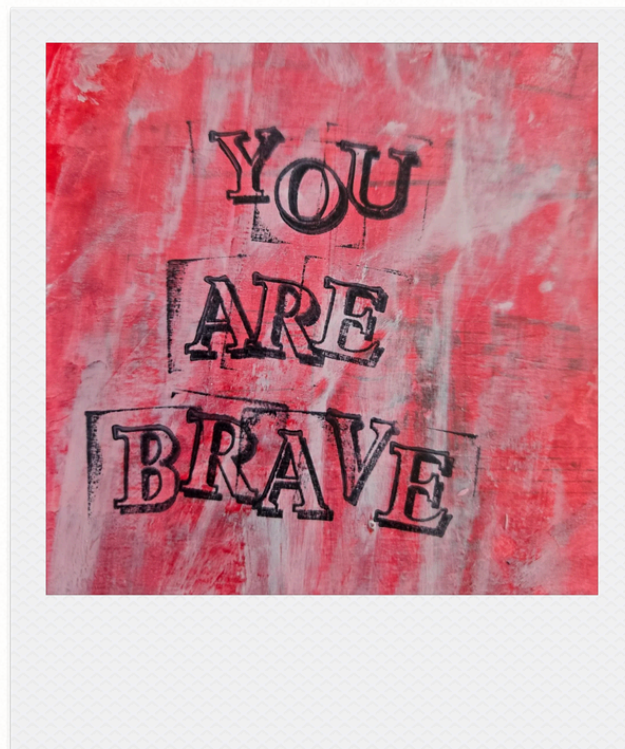
Welcome to my virtual art studio. I'm so glad you're here.

Whether you feel ready to dive in or you're just barely dipping your toes, this space is for you. As you create today, my prayer is that you would feel the gentle presence of God drawing near, not demanding perfection, but inviting you into peace.

Let each layer you add be part of opening something, even if you don't fully know what it is yet.

You are deeply loved and I'm honored to create alongside you.

*Marjolaine Simard*





## SUPPLY LIST

A journal or old book that lies flat with no spiral or gap in the middle. I'm using a piano book. (If using a plain book, have music sheets or old book pages to add as collage)

Collage elements like flowers from magazines, napkins, stickers, etc.

Image of something that represents a dream. (No more than 3/4 in size from the height of your journal, and less than 1/2 of the width)

Letters (stamps & ink, stickers, or magazine cut-outs)

Pen or marker for journaling

A strip of paper 3/4" by 11"

Paintbrush, palette knife, or old credit card

Scissors

Glue

Acrylic paint

Two buttons

String

# A BIT ABOUT MY PROCESS

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For this page, I didn't start with a big plan. I knew I wanted to create doors and see what would happen from there. As I built the layers and worked through the steps, I let it unfold instead of trying to control it. I used a dancer as my focal point, not because this is about dance for everyone, but because it's been a door in my own life that I didn't even realize was there until I stepped into it. It started as something small and unexpected, and it's become a place where I've experienced a lot of freedom and healing.

This page started with the idea of dreams, and then the doors came pretty quickly after that. I liked the idea of something being hidden and then revealed. The pop-up element came next, and that was my favorite part. It took a bit of figuring out, but once it worked, it was so fun to create. I like when a page has something interactive that you can open or move because it changes the experience of it. It goes from something you just look at to something you can engage with. It seemed like a natural fit for this theme.

# STEP ONE: CREATE YOUR DOORS

Focus: Just begin

Thought: Instead of waiting until you know exactly what this is going to be, just start. You can figure it out as you go.

Scripture: Revelation 3:8

“I have set before you an open door, which no one is able to shut.”

Question: What might be on the other side of this door for me?

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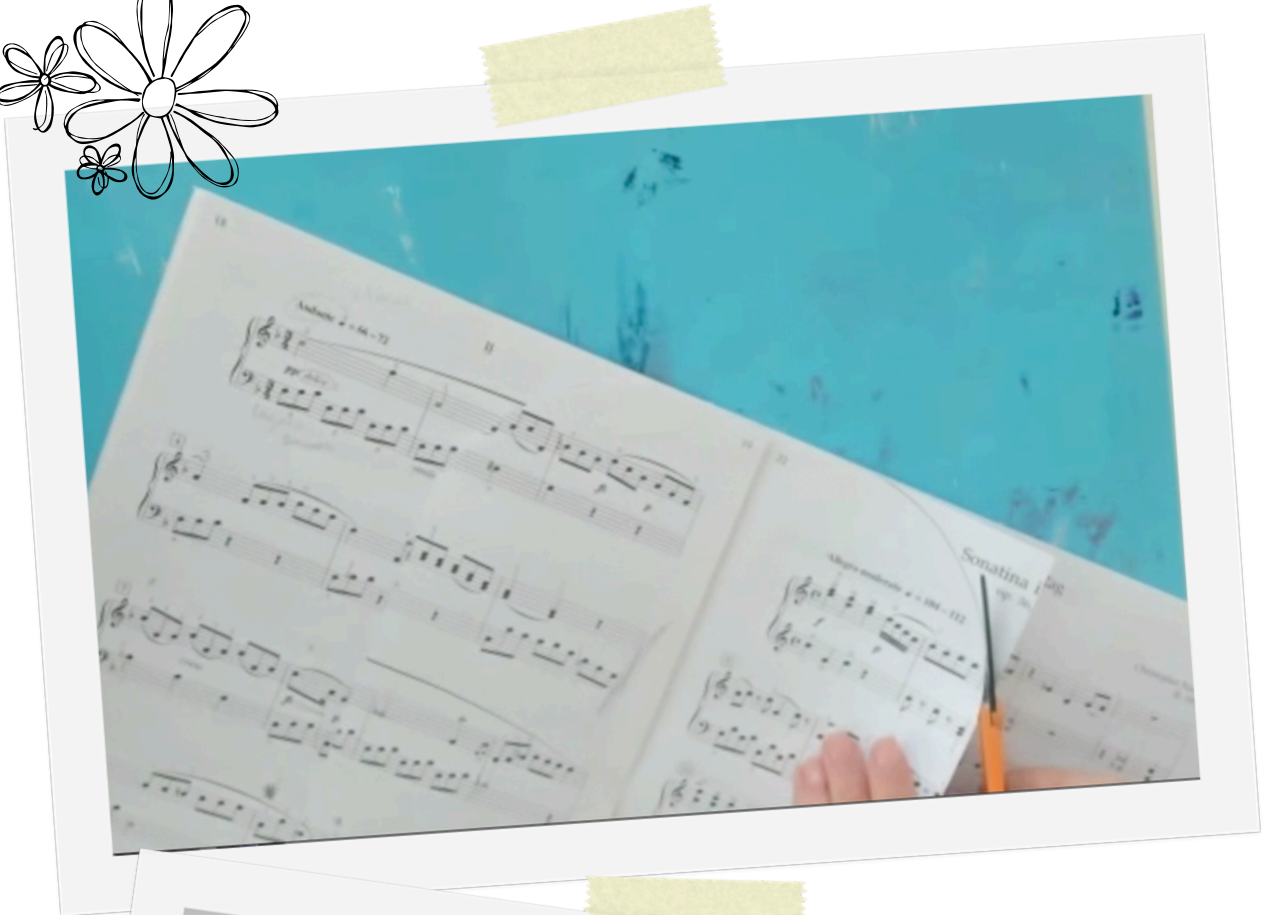
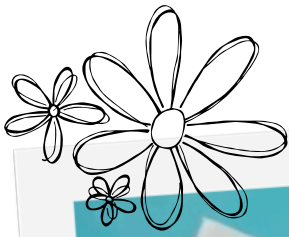
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Open your journal to a double-page spread. You'll be using four pages total (two on each side).

Take the two middle pages and fold each one inward toward the center seam.

To give them a door shape, use something round like a plate and trace a curved line at the top of each folded page. Then cut along that line.

When you open them, you'll have two doors that meet in the middle.



**DREAM BIG!**



## STEP TWO: COLLAGE THE BACKGROUND

Focus: What's already there.

Thought: Sometimes what's already in your life becomes part of what's ahead. You don't have to start from nothing.

Scripture: Ecclesiastes 3:11

"He has made everything beautiful in its time."

Question: What already exists in my life that could be part of what's ahead?

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On the two pages behind your doors (the ones you didn't fold), start adding your collage. I used a napkin with flowers, but you can use anything like magazine images, scrapbook paper, tissue paper, whatever you like.

If you're using a napkin, separate the layers first. Most napkins have three layers. You'll want to peel off two backings so you're left with just the thin printed layer.

Then glue it down using Mod Podge, a glue stick, or whatever you have. Once your doors are painted, you can add some flowers on them too.

## STEP THREE: ADD TEXT + PAINT WASH

Focus: Layers

Thought: Not everything needs to be fully visible to have value. There's depth in the layers of your life.

Scripture: 1 Samuel 16:7

“People look at the outward appearance, but the Lord looks at the heart.”

Question: What might be growing or forming beneath the surface right now?

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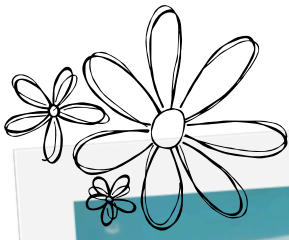
If your pages are plain, start by adding a bit of collage like old book pages or sheet music work really well.

Glue them down across your page. It doesn't have to be perfect or cover everything.

Then, once that's dry, brush a thin layer of gesso or white acrylic paint over the whole page.

If you're already using something like a piano book, you can go straight to the paint.

Keep the layer light, you still want some of the text or background showing through. The light paint wash softens everything and adds a bit more depth and texture.



**DREAM BIG!**



## STEP FOUR: ADD PAINT + BLEND

Focus: Letting things come together

Thought: You don't have to force everything to make sense. Sometimes things come together as you create.

Scripture: Proverbs 3:5-6

“Trust in and rely confidently on the Lord with all your heart  
And do not rely on your own insight or understanding. In all your  
ways know and acknowledge and recognize Him, and He will make  
your paths straight [removing obstacles that block your way].”

Question: What happens if I let this come together without overthinking it?

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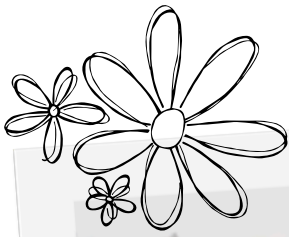
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Using a paintbrush, palette knife, or even an old credit card or room key, start adding paint to the areas that aren't collaged. I used blue to create more of a sky feel, but you can choose any colors you like.

You can also lightly dab or brush some paint over parts of your collage and around the edges. This helps everything blend together so it feels less separate and more like one page.

Don't worry about making it perfect, just move the paint around and see what happens.





**DREAM BIG!**





## STEP SEVEN: CREATE THE POP-UP ELEMENT

Focus: Bringing it forward

Thought: Some things only come into view when you open the door.

Scripture: Ephesians 3:20

“He is able to do immeasurably more than all we ask or imagine...”

Question: What might come forward if I actually opened this door?

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This step creates the movement when the doors open.

Start with the back of the doors (the inside flaps that didn't get painted).

On the left door, glue that back flap fully down onto the page behind it.

On the right door, only add glue at the top and bottom, leaving the middle open. This creates a small pocket or space behind the door. (You might need to create an opening at the crease as well)

Now take your dancer and gently tuck her into that space behind the right door to test the placement.

Next, cut a small strip of paper (about 1 inch wide) and fold it in half about an inch.

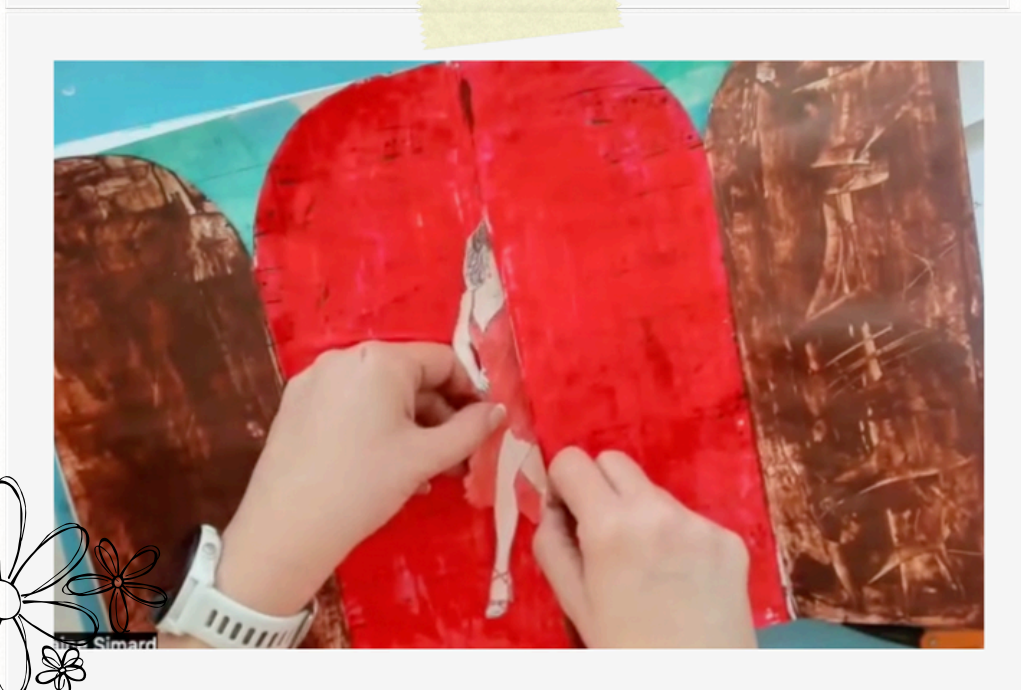
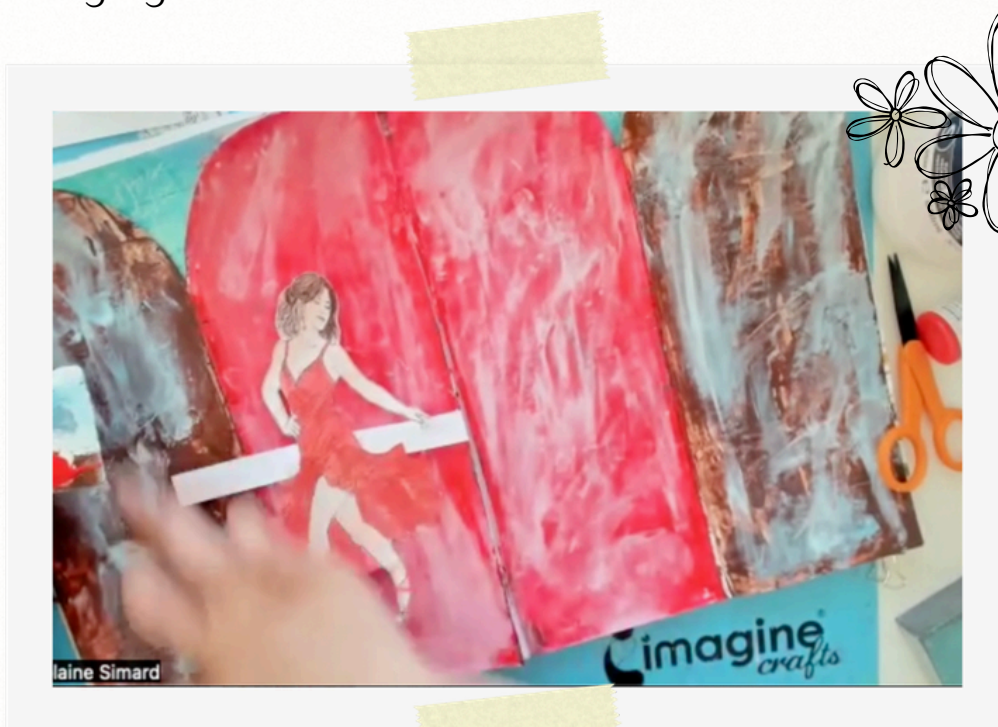
Glue one side of that strip to your dancer (around the waist works well).

Before attaching the other side, close the door slightly and test where the dancer sits so she can tuck in properly.

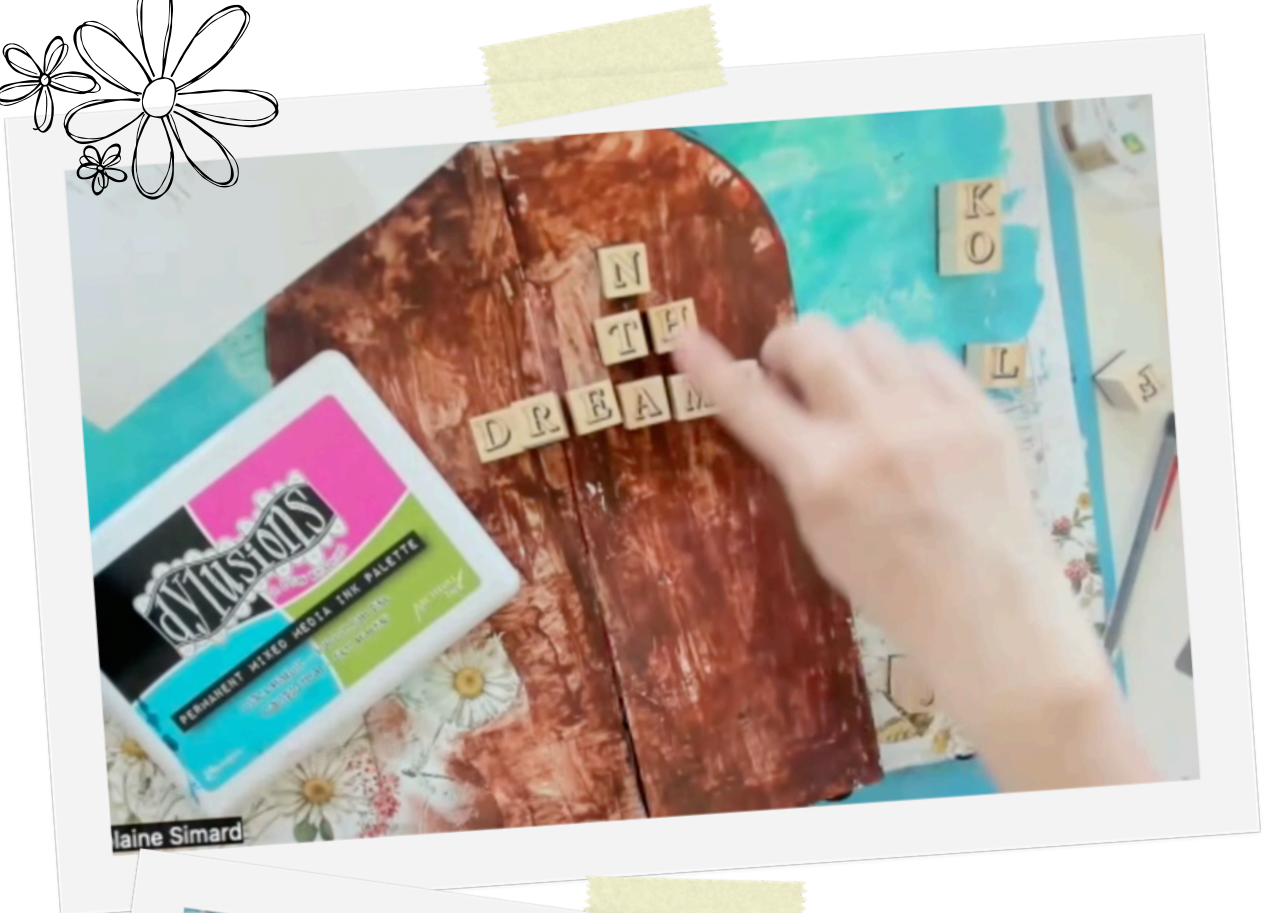
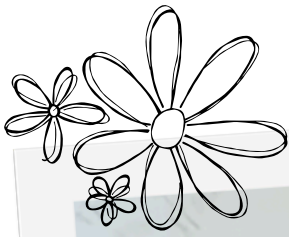
Once it feels right, glue the other end of the folded strip to the inside of the door around where a doorknob would be.

When you open the door, the dancer will pull forward and “pop out.”

Take your time adjusting this part. It’s a bit of trial and error to get the spacing right.







laine Simard



laine Simard

**DREAM BIG!**



## STEP NINE: CLOSE THE DOORS

Focus: Holding things gently

Thought: Not everything needs to be exposed all at once. Some things can be held and revisited.

Scripture: Luke 2:19

“Mary treasured up all these things and pondered them in her heart.”

Question: What feels worth holding onto, even if I’m not ready to fully share it?

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Take your two buttons and some thread or string.

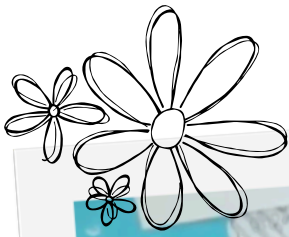
For each button, thread the string through one hole, bring it through the back, and back up through another hole so both ends of the string are even.

Repeat this for both buttons.

Then glue the buttons onto the front of your doors where the doorknobs would be. Let them dry completely.

Once the glue is dry, you can use the string to tie a bow, which will hold the doors closed.





**DREAM BIG!**





# LEAVE THE DOOR OPEN

LET THIS ART JOURNAL PAGE CONTINUE TO SPEAK TO YOU.

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Before you close your journal and move on, just take a minute and look at what you made. Notice what your eyes go to first, what you like, what feels interesting, even if you don't fully understand why.

Bring it to God and ask, "What do You see here?" or "Is there anything You want to show me?" and then sit with it a bit and see what comes up. It might not make sense right away. Come back to it later and something might click that you didn't catch the first time.

This isn't about whether your page turned out good or not. Be kind to it. There's no need to pick it apart or point out everything you would change. And be kind to yourself too. You don't need to prove anything here.

You don't have to figure out what this means, but you did open the door, and that's already more than staying on the outside wondering about it.

Just leave it there for now, come back to it later, flip through it again in a few days, and see what stands out then.

Isaiah 45:2

"I will go before you and make the crooked places straight; I will break in pieces the gates of bronze and cut the bars of iron."