

**Psycho Aroma Remedies – From
Exotic Cultures Unit 5G
Dreams**



Dreams (5G)



Transformations:

- 1) Create a Dream Pillow.
- 2) Make an Eye Pillow.
- 3) Start a Dream Journal to encourage your inner dreamer.
- 4) Write in it every time you remember a dream.
- 5) After reading the article in your e-course on dreams and listening to the video, look for a message in one of your dreams, or get a dream consultation with a dream worker, or take a dream course.
- 6) Try essential oils on your pillow to aid the dreamer.
Mugwort and frankincense are two favorites.

Eye Pillows



Eye pillows are a wonderful way to block out light.

I love them for travel or just for day-time napping, which I am a big fan of.

Ingredients:

1.5 cup whole flax seeds

½ cup lavender, rose and or chamomile flowers.

1 drop essential oil of rose, lavender or chamomile.

Stir very well, to ensure the essential oil is well distributed.

This pillow is designed to go over your closed eyes, before sleep.

It makes the room look darker and adds a lightly aromatic weight to your eye area.

Choose a fabric you love the feel and look of. I like something smooth, like satin or bamboo. Ensure the material you use is not porous, as little bits of plant or flax coming through could scratch your eye. You may make your own pattern- generally a rectangle, 4-5 inches wide and 12 inches long is good. This allows ½ inch for the seam. Hem 3 sides, leaving a small opening to fit the stuffing. Alternatively fold the fabric, so you only need to cut 3 sides.

To make the stuffing, add all the ingredients into a bowl and blend in the essential oils, thoroughly. Spoon the mixture into the narrow opening of the eye pillow, ensure it is full and tight, but still floppy, so it can form to your face. Then tuck the unsown edge inside and stitch the seam closed by hand. Keep your eye pillow in a plastic bag in a cool place to keep it fresh. Eventually the flax seeds will go rancid, but you should get a few years out of it, before this happens. If you put the eye pillow in the freezer before using it, it will help dull a head-ache.

You may google eye pillow patterns and find different patterns and instructions-if you wish more detail ☺

Here are a few choices to start with:

www.sew4home.com/projects/fabric-art-accents/scrapbusters-soothing-eye-pillows

<https://stitchingcircle.com/2012/12/27/lavender-eye-pillow/>

Dream Pillows-



Dream pillows are different than eye pillows, as they do not go over your eyes, to help make it darker. Rather they are small pillows made to deepen sleep and encourage dreams. These pillows may be left on your bed, but are usually tucked into the pillow.

Dream pillows are really fun and allow for much creativity in the choice of shape, fabric and ingredients.

The design in the picture above is common in Provence, France. This type of fabric is porous and allows scent to come out easily. I personally prefer an even softer fabric.

Sizes of dream pillows commonly vary from 4 inches by 4 inches to 6x6, but they can also be round, rectangular, or any shape and size you wish.

The larger they are, however, the more stuffing you will need.

They can be stuffed with any dried herb you like, but I like to keep the ingredients to sedative herbs, which include, chamomile, lavender, lemon balm, linden flowers, orange, lemon and lime flowers, mugwort and rose

petals.

Ensure the plant material you stuff the pillows with is well dried, with a pleasant scent and no mold. I would discourage you from using hops and especially valerian.

Although both are sedating they have an unappealing scent.

One time when a friend and I made our first batch of dream pillows, we stuffed them with a mixture that included valerian. Although, beautifully designed and sewn, by my seamstress friend,



they were so valerian dominant that they actually distracted, from sleep. I now choose to omit that ingredient from my pillows!

Instructions:

Decide on your material, size and shape. Get enough dried herbs to stuff them thoroughly. Make your pattern. Cut out your fabric. Sew three sides together.

Place your herbs in a bowl and stir well. Add 2-3 drops essential oil per pillow. Stir again. Stuff thoroughly. Sew up the opening. Tuck your pillow into your pillowcase, or keep it on top of the bed, to sniff.

Be aware, kitties or other pets may also like your creation. If so, keep it tucked in a pet proof place, until using.

You may refresh with essential oil as often as needed, but do not get the essential oils directly in your eyes.



Sometimes people will fill a muslin bag or small gift bag with a drawstring with herbs and use this as their dream pillow- this can be an easy way to create this.

Dream Reflection:



Are you much of a dreamer?

Have you had significant dreams in your life?

Do you feel your dreams have meaning for you?

Are there times when your dreams are more prolific and meaningful?

If so, under what circumstances?

What might help encourage your dream retention and meaningfulness?

Open this discussion on the Facebook Private Group Page!

