

Connecting with the Power of WATER

ASSIGNMENT FOUR – Dream Pillow – Messages from Water

For this assignment, you are going to create a dream pillow. It's The practice of placing herbs under one's pillow dates back centuries, and was done to protect against evil, calm bad dreams, activate healing dreams and foresee the future. Can be used to allow a person to fall asleep easily, induce pleasant dreams. You will tuck the dream pillow inside your pillowcase and enjoy empowering dreams.

What you will need:

- 1 Piece of Fabric for pillows, about 8 inches by 4 inches (folded once so you only need to stitch three sides) If you want your pillow to look more “finished” you can turn it inside out once you have stitched 2 sides, and before you stuff it.
- needle & thread
- Batting or cotton balls
- crystals
- herbs and essential oils

Fill your pillows with your choosing. You can use any herbs, crystals, oils and other ingredients depending what you want to charge your pillow with.

Here is a short list of ones we like to use:

- Rose Petals (love, healing & luck)
- Jasmine (prophetic dreams, love & money)
- St. John's Wort (health & happiness)
- Mandrake Root (fertility & protection)
- Mugwort (astral travel, strength & psychic powers)



- Lavender (peace, purification & love)
- Cedar (money, healing & purification)
- Rosemary (lust, mental powers & purification)
- Cloves (protection, banish negativity & money)
- Cinnamon (spirituality & success)
- Angel Calcite (harmony & peace, connects with higher self and goddess)
- Clear Quartz (magnifying)

Fill the bag with batting, then with your dried herbs. Sew your pillow closed. While you are sewing in a rhythmic fashion, recite the following verse like a prayer or mediation, so that you are placing your energy and intent into the pillow as you stitch.

Recite:

*Spirits of the west, powers of water
I call on you to lend a hand
As I sleep, send me visions
So, I might see and understand*

*Give me messages and visions
Clarify confusion's mist
Send me guidance as I'm sleeping
Which awake I might resist*

*Let my dreams be crystal clear
Show me knowledge that I need
Intuition & Healing through the night
For wise dreams, I plant my seeds*



Place your dream pillow inside your pillowcase of your pillow you sleep on. Keep a pen and paper by your bed so that you can record any messages or details from your dreams when you first wake up.

Dream well!

