

## Dream Magick

"Dreams are the source of creativity. They are expressions of experiences that are seeking to become real. When you practice dream magick, you do not just focus on what your dreams mean, you use magickal techniques, in the context of your dreams, to help them come to fruition."

### Dream Magick - basics/definitions

Every spell and ritual involves three basic steps. First, you set your expectation, then you fill it with your desire, and finally you merge with the divine, to help your goal or desire to become a reality.

1. Expectation – Having a clear image of the outcome you desire and then setting the stage for this outcome to occur. Knowing what you want
2. Desire – How much you want something to happen. Use all of your senses, to see it, feel it, taste it, smell it, hear it, and intuit it. Be passionate!
3. Merging – Once you build your desire while doing a magical work and it reaches the point where you feel you are about to burst with energy, the time has come to merge with your goal. When you merge, you become one with divine energy, whatever name you give it.

### Dream Magic Altar

This is the magickal working surface that holds your tools, components, and other items you will use in magick making. It can be any sturdy surface even a bedside table, but it should be in the north quarter as the north quarter is the realm of midnight, deities, dreams and magick.

### Astral Dream Magic Altar

This altar is fueled with your imagination and thus remains unhampered by physical laws. This is the place where you enter, connect and depart from the dream world.

### Dream Guardians

Like the traditional Watchtowers and four Wards, which are the lesser Goddesses and Gods who watch over the corners of the sacred circle. These deities can be very helpful during magick-making. They weave a protective shield around your circle. These dream guardians are ancient beings who protect you during night spells and rituals by standing guard at the four corners of your sacred dream circle. The difference between these Dream Guardians and traditional Watchtowers is that they not only stand guard while you are making magick, they also specifically watch over and protect you during sleep and dream.

These watchful guardians were originally the lesser Goddesses and Gods who were to watch over Earth and all the celestial realms. A different dream guardian rules and guards each gate or portal of the four elemental directions leading to the Otherworld.

## Dream Magick - Preparation

### Smudging your sacred space

You can purify your sacred space by smudging. The smoke of an herbal mixture of sage and cedar, sometimes blended with lavender, copal or sweetgrass, cleanses your room, altar, tools, magickal components, and yourself of unwanted energies. I do this before ritual as a way to cleanse everything. It also helps prepare me for ritual. To smudge your room, begin by lighting the smudge stick and blowing on it softly until it starts to smoke. Hold the burning smudge over a fireproof bowl or dish because a certain amount of the burning herbs will drop down. Allow the smoke to waft over your altar. Pass each of your altar tools through the smoke three times.

Move in a clockwise circle around the room and say:

May the Goddess and God

Protect and Bless this Sacred Space

And rid it of all negativity.

Blessed be! Blessed be the Gods.

When you finish smudging the room, altar, tools, and yourself, douse the stick in water to put it out completely.

#### To Create Your Dream Magick Altar

Gather together all the items you want to include on your altar. Then spread an altar cloth out on the altar surface, and arrange your altar tool and other magickal components. The altar cloth is usually made of a natural material such as linen, cotton, silk, or wool. It can be any color, although midnight blue, black, silver, and white are natural choices for dream magic. The left side of your dream altar is the creative, nurturing side, dedicated to the Goddess, while the right side is traditionally the active, power side, dedicated to the God. Customarily, a status or other image representing the Goddess is placed on the left side of the altar and an image of the God on the right side. You perform your invocations and gestures before these images, and you turn toward their direction when casting spells and doing rituals. Keep your altar fluid changing it to reflect the different season, phases of the moon, your hopes, and desires. Also, be sure to place all the items on your dream magic altar so that you can conveniently reach them even in a darkened room.

#### To Create your Astral Dream Magic Altar

Items necessary:

~ Small smooth white stone

~ Bowl of saltwater

~ Active imagination First, place the stone in the saltwater for a few minutes to clear it of any unwanted energies.

Rinse the stone with cool water for one minute, and after drying it, hold the stone in your receiving hand (left hand if you are right-handed) while you sit or recline in bed.

Empower the stone by saying:

Magickal altar seen but not seen.

Sacred stone table of my dreams,

May I stand before you tonight,

Beneath the starspun moonlight.

So be it! So dream it so!

Now close your eyes and visualize the stone becoming larger and forming into a natural stone altar resting in a sacred grove of stately oak trees. See and sense yourself standing in front of your astral dream altar, placing each of your imaginary tools on it one by one. Start simple and then elaborate, and make it more personal and unusual over time. After laying your dream tools out, mentally connect them with a thread of brilliant white light. Move your attention and the radiant white light from one object to another, filling them with light. Continue connecting the tools together with light, and as you do this sense yourself filling the stone in your left hand with the image of your astral dream magic altar. Now lie back and continue to hold the stone in your hand. As you drift to sleep, repeat silently "Dream it so." In the morning, give the stone a place of honor on your bedroom altar. Anytime you want to return to your astral dream altar, simply hold the stone in your left hand, close your eyes, and imagine yourself standing in front of your astral dream magic altar.

#### Dream Magic Altar Tools

~ Athame – Double edged knife used for magickal work

~ Bell – Feminine symbol of the Goddess

~ Bowl – traditionally made of clay, this corresponds with the north

~ Cauldron – Three legged pot that represents the Goddess and the water element

~ Chalice – Symbol of Water and West

~ Incense Burner or Censer – Representing fire and air elements

~ Robe – Your magickal skin. Made of any fabric, color or design. Used only for magic

working

~ Wand – Associated with the east and the air element

To consecrate your sacred tools

To consecrate your bowl, fill it with earth, hold it upward toward the north point of your sacred space and say three times:

Generous and divine powers of earth,  
Fill this tool with your sacred energy;  
I ask this in the name of the Goddess and God,  
Blessed be! So shall it be!

To consecrate your incense burner, hold the censer upward toward the east point of your sacred space and say three times:

Generous and divine powers of air,  
Fill this tool with your sacred energy;  
I ask this in the name of the Goddess and God,  
Blessed Be! So shall it be!

To consecrate your candleholder, hold it upward toward the south point of your sacred space and repeat three times:

Generous and divine powers of fire,  
Fill this tool with your sacred energy;  
I ask this in the name of the Goddess and Go,  
Blessed be! So shall it be!

To consecrate your chalice, cup, or cauldron, hold each one of them upward toward the west point of your sacred circle and say three times:

Generous and divine powers of water,  
Fill this tool with your sacred energy;  
I ask this in the name of the Goddess and God,  
Blessed be! So shall it be!

You can also rub scented oils on your tools and set them out in the moonlight to empower them even more.

Drawing a Sacred Dream Circle

Begin by determining the four directions of your bedroom by using a compass. Generally the altar is placed in the north point, so you can use it for a reference point and once this is determined dispense with the compass.

Start in the North point and spinning clockwise very slowly with your arms stretched outward to your sides, imagine a clear, cobalt blue light washing out the entire room. As you do this, say aloud:

May all evil and foulness be gone from this place  
I ask this in the Lady's name.  
Be gone, now and forevermore!

Starting and ending in the north direction, the direction of your deity, use your athame to draw a clockwise circle around your bedroom, and be sure to include your altar and sleeping area. As you do this, see and sense a blue-white flame flaring from out of the blade like a laser beam, creating a bright energetic circle. If you don't have an athame handy, you can also use you wand or your dominant, power hand for this purpose. Just imagine the light flaring from the tip of the wand or from your fingertips.

Next, purify the four corners with salt by taking a pinch of salt from the bowl, tossing it gently toward the north point, and saying:

Ayea, Ayea (pronounced eye-yay)Kerridwen!  
Ayea, Ayea Kernunnos!  
Ayea, Ayea, Ayea!

If you prefer, you can use a sprig of greenery dipped in saltwater in place of the pinches of salt. After purifying the north point, repeat this process at the east, south, and west points, in that order.

At each point sprinkle a pinch of salt and repeat:  
 Ayea, Ayea (pronounced eye-yay)Kerridwen!  
 Ayea, Ayea Kernunnos!  
 Ayea, Ayea, Ayea!

Then face the altar and say in a firm voice:  
 I consecrate this dream magic circle of power  
 To the Ancient Ones, to Goddess and God,  
 May they bless this circle with their presence.  
 Blessed Be! Blessed be the Gods!  
 Blessed be all who are gathered here.  
 Knock nine times on the altar with the handle of your athame, in three series of three. Your dream circle is now set in place. While working magic in the circle, move clockwise, not widdershins (counterclockwise).

Calling in your Dream Guardians  
 Begin by facing North toward your altar, and then stretch your hands upward toward the moon and stars.

Merge with earth elements and say:  
 Dream Guardians of the north,  
 Generous Powers of earth,  
 Protect the dream door of the North Ward,  
 And guard this circle and all within.  
 Come, I summon you!

Now turn and face Eastward, and stretch your arms toward the night sky. Merge with the air elements and say:  
 Dream Guardians of the east,  
 Generous powers of air,  
 Protect the dream door of the east Ward,  
 An guard this circle and all within.  
 Come, I summon you!

Next, turn toward the south, stretching your arms upward once again. Merge with the fire element and say:  
 Dream Guardians of the south,  
 Generous powers of fire,  
 Protect the dream door of the south Ward,  
 And guard this circle and all within.  
 Come, I summon you!

Then face to the west, and stretch your arms toward the moon and stars. Merging with the powers of water, say:  
 Dream Guardians of the west,  
 Generous powers of water,  
 Protect the dream door of the west Ward,  
 And guard this circle and all within.  
 Come, I summon you!

Now stand in the center of your sacred dream circle and say:  
 Dream guardians of earth, air, fire, and water,  
 Grant me your power and protection tonight

### Cutting a Gate

Once your circle has been cast, you should try not to break it. However, there are times when this is inevitable. If you need to break the circle, you can cut a gate or door. Be sure to always close the door after using it and then re-open it to get back in. Use your athame or your dominant hand and starting just below the east point of your circle cut a doorway. Once you have exited the circle, again be sure to close the doorway. A good suggestion is to cut the gate at your bedroom door so you can easily come and go when doing night spells and rituals.

### Pulling up the Sacred Dream Circle

Once the ritual is completed it is time to pull up your sacred Dream Circle. Do this by spinning counter clockwise while imagining the blue-white light of the circle being drawn back into your athame, wand, or hand. Make sure to release the energy back into the ground after you have released the circle so that it is grounded.

### Releasing your Dream Guardians

After pulling up the circle, it is time to release your dream guardians. \*Note: It is crucial that you release your dream guardians when you are finished making magick. It is egotistical to think that these ancient energies are just waiting around to do your bidding. They come because they want to, because they are attracted to your field of energy and are willing to help you. They are not willing to be divine victims of misuse.

\* Start at the north point and say:

O Generous power of earth, depart in peace.  
Many blessings and thanks for your presence.

Then face east and say:

O generous powers of air, depart in peace.  
Many blessings and thanks for your presence.

Then turn to the south point and say:

O generous power of fire, depart in peace.  
Many blessings and thanks for your presence.

Then face west and say:

O generous powers of water, depart in peace.  
Many blessings and thanks for your presence.

After you are done releasing the guardians, knock three times on the altar with the base of your wand or athame. Your ritual or night spell is complete.

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"To work magic is to weave the unseen forces into form; to soar beyond sight; to explore the uncharted dream realm of the hidden reality; to infuse life with color, motion and strange scents that intoxicate; to leap beyond imagination into that space between the worlds where fantasy becomes real; to be at once animal and god. Magic is...the ultimate adventure."

~Starhawk

### To Dream Magick - Health, General Wellness & Beauty Spells

This page is devoted to health, General Wellness, and Beauty spells. Remember beauty is not only skin deep. These spells focus on inner beauty. If you have a contribution, please feel free to e-mail me and I will add your submission to this site.

### Inner message dream spell

This spell can be used to find an answer to a personal question. It taps directly into the power

of the Goddess and the divine wisdom of Oneness. For best results, spin this spell on a Saturday night on a new moon.

Items Needed

1 silver candle

1 cauldron

1 Chalice or cup filled with juice to put inside the cauldron

patchouli incense and censer

The Spell draw a sacred circle and call in your dream guardians. Light the incense and candle, dedicating them to your favorite Goddess.

Facing west, say:

guardians and ancient ones come tonight,  
protect and bless and clear my sight.

Guardians of North, East, South, and West,  
generous dream spirits of the Inner Quest,

assist me now, this sacred night,

as I seek the inner message of light.

O blessed Lady of wisdom ( State the goddesses name),

I , ( State your name), seeking the answer to ( State your question or concern).

Please share your wisdom with me now!

Take a few minutes and listen for the answer from the Goddess. It may come as a silent voice or a sensation, or an image of the Goddess may appear in front of you and speak with you.

Hold the cup of juice in front of you in both hands and say:

blessed be this cup of wisdom.

Put to the cup of juice inside the cauldron, hold your hands over it and say three times:

great lady, fill this cup

with the wisdom I desire!

Now drink the juice, and as you do, imagine the answers to seek flowing through your being.

See and sense the power of the Goddess filling you.

Say these words:

knowledge and wisdom

about and around.

Reasons and answers everywhere abound.

within and without,

Green, Red, and white, circle front and center,

Goddess, dream with me tonight.

Allow the candle to burn down on it's own, and as you drift to sleep, repeat silently, " more

answers in my dreams. " In the morning, write down any answers that you recall in your

dreams. Then thank the Goddess, pull up the circle, and release your dream guardians. You'll most likely discover the answer to question within three nights.

Mirror, mirror, on the wall spell

In ancient times, Celtic women considered their personal mirrors so carriers and were buried with them. In more recent times, famous medium's used mirrors to interact with Angels other spirit guides. Both folklore and fairy tales talk of how the MIRROR acts as a magical entryway or poor soul between this world and other realms, as described in Lewis Carroll's a wonderful story through the looking glass. In the folk tale " sleeping beauty, " the spirit who who reside in the mirror that hangs on the wall actually speaks, a divining who's the fairest of them all. In this spell, you will use the mirror to gain personal perspective and reflect on who you really are as a person. After all, mirrors reflect the world of form of around you. This spell is spun on three consecutive nights, beginning on a Friday night in spring or early summer just before a full moon. You can also do this spell with your children, a partner, and friends.

Items Needed

8 in. by 10 in. mirror or larger

1 pink taper candle

patchouli oil

Jasmine incense and censer

bowl of potting soil

flower pot

package of flower seeds

The Spell begin by drawing a sacred circle and calling in your dream guardians. Next dress the candle with the oil and said it in the center of the ball of soil. Prop the mirror up on your altar so you can see reflection when you are standing in front of it. Then position the ball of earth so that the Candle sets in between the mirror and your body.

Light the candle, and then gaze into the mirror, focusing on a reflection while saying three times:

inside out, outside in,

looking out, looking in.

ask yourself about your order and inner beauty. What are the most beautiful qualities of your body, mind, and soul?

Address the mirror, and ask three times:

mirror, mirror, on the wall,

what are my fairest qualities of wall?

Keep raising it to reflection, fully concentrating on your beautiful aspects for about 10 minutes.

Feel good about yourself, realizing a lot to offer. Then snuff out the candle, pull up the circle, and release your dream guardians. Do this spell for three consecutive nights, and on the last night to allow the candle to burn down on it's own as you drift to sleep. In the morning, remove any remaining wax from bowl of soil, and put the soil in the flower pot. Plant the flower seeds in the soil according to the directions on the package, and then water and care for the potted seed said they germinate and thrive. As their beauty grows, your inner and outer beauty will also grow and flourish. Keep the mirror in a place you will look into it now and again.

Letting go of grief dream magic

Do this work and during a waning moon phase on a Saturday night.

Items Needed

sage and Cedar smudge

3 black candles

dragon's blood oil

silver bell

18 inch length of black ribbon or string

censer or caldron

Scissors

The Spell

smudge yourself and all the items to be using for this spell. Next draw triple sacred circle, laying down white light first, cobalt blue light second, and white light third. Then call in your dream guardians. Rub a fine film of the dragon's blood oil over the three candles, and as you do, imagine yourself letting go of your grief. Then light the candles one at a time.

Next fold the silver belt over the altar, ring it three times, and say:

I call upon the powers of the Goddess this night.

Ring the bell three more times and say:

I call upon the powers of the God this night.

Ring the bell for three more times and say:

I call upon the ancient powers that be.

Place the bill back on the altar, and then pick up the ribbon, holding an end in each hand.

Imagine that the right end represents you while the left end represents your grief. Name the ends as such by holding up the right end and saying your name three times, and then holding up the left end and naming your grief three times. Set the Ribbon back upon the altar. Take a few minutes to center yourself completely, aligning your being with the energies of peace, love, and harmony.

Pick up the Bell, ring it three times, and say:

below and above, Earth and Sea,

I awaken these energies in me.

With this tonight that I now release my grief and painful feelings about( name grief).

By the will of the ancient ones,

by the will of the one, as I will, it is done!

Now saturate the ribbon or strain in the dragon's blood oil and cut it in half. Like the ribbon in the candle flame, and then burn both pieces in your censer or caldron.

As the ribbon burns, chanting these words:

Sacred flame, take my Pain!

Sacred fire, consumed my grief!

Once the smoke has cleared, take a few deep breaths. See and sense yourself breathing and bright white light and breathing out your feelings of grief into a cobalt blue balloon. This balloon can be filled more and more without ever popping. The keep filling the balloon with any painful feelings, imagining it expanding more and more. Do this for as long as it takes to exhale all your grief into the balloon, and then release the balloon into the sky, watching it disappear into the night. Next pick up the Bell and ring it nine times. Snuff out the candles, and thank the divine powers that help you with your work. Pull up the triple circle of light in the order that you laid it down, and then release your dream guardians. Next smudge yourself for a few minutes, and then smudge your tools, altar, and bedroom. Complete the work by taking a warm salt water bath, using 1/2 cup of sea salt in your bathwater. As you soak, imagine any residual feelings of grief been absorbed by the water. Within the next three days you'll be able to release a good deal of your grief. This will lighten your load and energize you. Top

Bathing beauty aromatherapy spell

Using the magic of aromatherapy, this spell can help you look and feel more beautiful, both outside and inside. It works by combining the natural beautifying powers of yellow and rose with the Divine beauty of the Goddess or God to encourage your inner beauty to surface and become more visible outwardly. You are bound to feel more confident, and you will find people began noticing and complimenting you on your growing beauty. If you prefer showering, just put the all of Iraq, rose, and Camille into a shower Mix and softly rub your skin with a beautiful line Herbal blend. If you want to draw upon the powers of beauty of the God, you can easily alter the gender accordingly. Feel free to do this spell any time you want to feel and look more beautiful.

Items Needed

1 rows coloured Candle

1 orange candle

a warm bath

3 cups aloe vera juice

3 chamomile tea bags

rose oil

1 rose

The Spell

you will most likely be doing this spell in the bathroom, so set up a temporary altar on the surface that will accommodate the two candles and holders. Draw a sacred circle of Rose coloured light around the bathroom, and then light the candles. Next draw a warm bath and at the Alfred Use, camomile tea bags, and three drops of rose oil. Place the rose next to the tub, and then get into the water. After you get settled in, hold the rose in both hands and then pull the petals of, one at a time, dropping them into the bath water.

With each petal you pull, say:

flower of beauty and Delight,

Share loveliness with me tonight!

The sit back in the tub, close your eyes, and focus all your attention on your best features.

Make your best features even better, and allow everything else to diminish.

Continue to concentrate only on your best features as you say:

O beautiful lady of the night,

bright Goddess of jeweled starlight,

generous mother of the Earth,

swift sister of the wind,

passionate lover of the sea,

Weaver of the elemental Spirit,

Grant me your love and beauty,

Beauty within, Shining without.

May I become one with you

And reflect your Divine beauty.

Great lady, please make me brighter,

Beauty be drawn, and beauty come.



Oh beautiful lady of the night,  
 I thank you and give you love.  
 Remain with me, now and forevermore.  
 So be it! So mote it be!

Soak for a few more minutes, and then get out of the tub and drive off with a fluffy towel. Snuff out the candles, and use them when you do this spell again. Next pull up the circle. Then Anoint yourself with the rose oil by putting three drops on each wrist and on the inside of both ankles. Snuggle into bed, and as you drift to sleep imagine your inner beauty blossoming like a beautiful rose.

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Welcome to Dream Magick - Empowerment

We dance around in a ring and suppose, but the secret sits in the middle and knows...

~ original author unknown

This page consists of Dream Magick Spells for Empowerment. If you have any submissions, please feel free to e-mail me and I will gladly add your spell to this page.

Creating a dream magic garden

Creating a dream magic garden is a way for you to bring experiences and your dream world. Like your astral dream altar, your dream magic garden does not have to conform to the laws of nature. I know need to water, wheat, or mote this garden. Instead, lie back and watches it magically gross.

Items Needed

1 White Candle  
 rose incense and censer  
 picture of a favorite garden  
 your imagination

The Spell

light the candle and incense, and place the garden picture on your altar so you can see it easily. Focus all your attention on the picture, feeling almost as if you could step inside the picture and enter the garden. Now close your rising gradually begin to imagine your dream garden. What kind of garden space appears in your mind's eye? Is untamed orderly, a sunny or partly in the shade? What kinds of plants, flowers, and trees are in your dream garden? Is there ponders dream? Are there birds, insects, and animals? Any special colors, a garden bench, or trellis? What otherworldly qualities appear in your garden? Allow the candle and incense to burn out on their own, and as you drift to sleep, see and feel yourself in the middle of your dream garden. You feel Peaceful and at one with everything as the beauty of the garden envelopes you in its vibrant energy. A visit this garden any night to revitalize yourself. It's healing energies can help relieve daily stress, ensuring more personal energy and a better night's sleep.

Secret name dream spell

Names a sacred income uses magical tools for personal empowerment as well as for protection from heart attack. To discover the name of a person or supernatural being such as an elf or ferry is to gain power over that being. Tales and legends abound with individuals who needed to discover true name of someone to be saved, and many of the ancient deities had secret names, which they only revealed to mortals of certain times. From these beginnings arose the use of hidden or secret names.

Your secret name arises out of the eternal now, from that point between world we can see and find everything. When you discover and begin using your secret name you become, in essence, a new person with a new name.

The optimum time for doing this spell is on a Monday, on or just before a full moon.

Items Needed

1 of silver candle

bowl of sea salt

sea shell

The Spell

draw a sacred circle of white light around your bedroom, and then take the bowl and sprinkle circle of sea salt or run your altar and yourself, always moving clockwise. Next call in your dream guardians and then light the candle, dedicating it to a Goddess and God of the sea for protection and power. Good choices are the Celtic Sea God and King of the oceans, Ilyr, and the great sea mother, the wise and powerful Morrigan. These divine powers of the sea can help awaken psychic abilities and provide insights, prophetic dreams, and lunar wisdom.

Hold the seashell in your hands, merge with the ocean energy, and say three times:

helpful powers of the sea,

bring my secret name to me.

still holding the shell, speak aloud yourself, repeating this question over and over again:

what is my secret name?

Many names will come to mind, but make an effort to hone in on the one name that keeps popping up in your mind. It may be named or words were familiar with, or it might be named or were to have never heard before. Once you know your secret name, perform the following steps to strengthen your names protective power as a safe harbor:

1. State allow the two are now known by your secret name (say the name) and that all the previous names you've been known by are not really your true names. Only one name represents the true you, and that is your secret name (say the name).
2. State allowed that you are safe from harm and from any negative thoughts from anyone unless that person knows your true name. Say your sacred name once again.
3. Creativity trinity clause in your secret name by setting up impossible task that would have to be performed by any person who discovered a secret name and wanted to use it against you. For example, you might say aloud, " before anyone can use my secret name against me, there would have to count the atoms, one by one, of all the celestial bodies of the Cosmos over and over again, backward and forward, for ever and a night."
4. Repeat steps 1 to 3 a minimum of three times to reinforce a pattern or shield of strength, providing you with a safe harbor whenever and wherever you may need one.

Also remember, never write down or tell your secrets came to another person, even your maker best friend. Allow the candle to burn down completely. As you drift to sleep, silently repeat your secret name over and over again. In the morning, place the shell on your altar to remind you of your safe and protected harbor. Thank the Divine energies to help you with this spell, pull up the circle, and release the dream guardians. Leave the salt circle in place for three nights, and then vacuum or sweep it up, tossing the salt outside your front door for at protection. Use your secret name whenever you need protection.

Warm, fuzzy feeling spell

this spell help you track your most treasured desires are identifying your wants, hitting that warm, fuzzy feeling in place, and letting the energy flow, flow, flow! Most of us have an amazing inventory of hidden desires and long forgotten fantasies that are just waiting to be taken out of the closet and dusted off. Take some time to give each one of your deepest desires another long, hard look. Choose those desires that make you happy, and you will vibrate them into your life. Using this spell, you can also learn to discern positive vibrations from negative ones and to immediately flip the switch from feeling bad to feeling good. The waxing or gibbous moon is the best time to do this spell.

Items Needed

1 purple Candle  
lavender oil  
warm, fuzzy blanket

#### The Spell

apply lavender oil to the candle body, and place it in its holder on the altar. Anoint yourself with lavender oil for peaceful sleep or protection by rubbing three drops on the top of your head, drops on your wrists and ankles. Draw a sacred circle, call in your dream guardians, like the candle, and dedicated to one of your favorite deities. Gaze at the candle flame for a few minutes we think about your deepest desires, particularly those that make you feel all warm and fuzzy inside. Make certain your desire comes, not out of fear based need, but I want, which derives from Desire and breeds excitement. The phrase your desire and a positive way to make it so. Stay tuned in to how you feel when you say your phrase. If what you're saying which you feel warm and fuzzy all over, like sailing into the heavens and sheer delight, you are on the right track.

For example:

I want the happiness in my life to expand into ongoing and boundless joy.

Or,

I want my creative talents to expand and grow a hundredfold.

When you find the desire and positive statement that makes you feel all warm and fuzzy inside and out, you plug into your power source. Now rethink, rephrase, and we feel your desire until it feels terrific. Then take your warm, fuzzy blanket and snuggle into it. Envelopes yourself in the softness, and feel its warm, cushy texture next your skin. Cuddling tear blanket as if you are cuddling your warm, fuzzy desire until you feel completely safe and sound of their. As you snuggle into blanket, feel your desire getting stronger and stronger. Feel it, and keep feeling it, until it's completely warm and fuzzy. If you can feel it, you can make it so. Snuggle into the blanket and drift to sleep, allowing the candle to burn down on its own.

In the morning, thank your favorite deity, pull up the circle, and release your dream guardians. Keep the blanket on your bed, and use it to get that warm, fuzzy feeling whenever you want. Remember to take it at least five minutes every evening, and dear to desire, dream, watch, and intend. Take a few minutes to flow energy toward your most treasured desires. Realize that their forming, happening, and on their way. Get that warm and fuzzy feeling, and know it, which your body, mind, and soul!

#### Forgivenesses dream spell

when anger comes between family members and friends, everyone involved often finds it difficult to get past their negative feelings and resolve their differences. Even after an apology, a certain amount of residual anger and distrust may linger. The forgiveness stream spell helps you rid yourself of these negative feelings. Cast during the waning moon.

Items Needed

1 blue taper candle  
lavender incense and censer if  
honeysuckle oil  
ballpoint pen or quill  
cup or chalice filled with water

#### The Spell

wash the candle in cool salt water, dried, and place it on your altar together with the chalice of water. Next draw a sacred circle of blue light, call in your dream guardians, and light the incense. Use the pen or quill to inscribe the word forgiveness on the candle body three times, and then dress the candle with honeysuckle oil. White hands and light the candle. Hold the chalice of water between your hands, and then pour out all your negative feelings into the water. Let the water absorb all your painful and hurt thoughts and feelings. Say the word forgiveness' nine times a loud, and then take the water and flush it down the toilet. Pull up the circle and release your dream guardians. Allow the candle to burn down naturally as you drift to sleep. Within the next nine nights you'll feel relief and release.

Slipknot mistake proof magic

also known as the "stupid human spell," because "to err is human," this is a form of strain magic that helped to undo mistakes by undoing and tying them.

Items Needed

1 black votive candle

Sage and Cedar smudge

13 in. length of black String, Yarn, or cord

Scissors

The Spell

Thoroughly smudge the area with the sage and cedar. Next draw a sacred circle and call in your dream guardians and also any favorite gods and goddesses. Light the candle. Now think about one mistake to have made that you really want to let go of and forgive yourself for. Next take the black string from the altar and make a slip knot in the middle of it, but not representing the mistake. Hold an end in each hand, but don't pull the knot out yet. Focus all your awareness on detaching from the mistake and releasing it and all the feelings surrounding it into the universe. Transfer all the energy of the mistake into the slipknot, and then suddenly yank the knot out, knowing that as you pull out the knot, the mistake is released and forgiven. Know this with all your being. Really let go of it once and for all. Use your scissors to cut the black string into tiny pieces. Do this over the bowl, catching all the pieces. Then carefully burn all the pieces, a couple at a time, in the flame of the candle. Smudge the area briefly once more to get rid of any residual-energies. Pull up the circle and release the dream guardians before you go to sleep. Allow the candle to burn down completely on its own, throwing it in the garbage in the morning.

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To Goddess Names

This page provides a comprehensive listing of Goddesses and their attributes. These are the Goddess names you may use in your Dream Magick Spells. They can also be used for other spells. If you know of any other listings that you would like on this page, please feel free to e-mail me the information and I will happily add it to this page.

If you can't find what you're looking for here, then check out Encyclopedia Mythica. This is a comprehensive listing of all Goddess and God names by background. Searchable entries for Greek, Celtic and other Goddesses and Gods.

ABNOBA (Gaulish): Goddess of the hunt

ABTAGIGI (Sumerian): Goddess of desire and promiscuity

ADSAGSONA (Celtic): Goddess of the underworld and of magic

AGRAT BAT MAHALAT or IGIRIT (Jewish): Goddess of sex

AIFE or AOIFE (Celtic): Consort of the sea God Manannan

AILINN (Celtic): Goddess of affection, romance, and love

AINE (Celtic): Goddess of Earth and Sun, queen of the Faery, mate to Lugh

AIRMED (Celtic): Goddess of witchcraft and herb lore

AKUPERA (Hindu): Goddess of moonlight

ANADYOMENE (Greek): Sea-born Goddess of sexuality

ANAT (Assyro-Babylonian): Intense, warlike Goddess of passion and desire

ANDRASTE or ANDRASTA (Celtic): Goddess of fertility, warriors, and victory

ANNAPURNA (Hindu): Great Mother Goddess of abundance; giver of plenty

ANU or DANU (Celtic): Mother Goddess of knowledge, healing, and fertility

ANUKET or ANUKIS (Egyptian): Goddess of the river and fertility

AOBH (Celtic): Wife of Llyr, the sea God

APHRODITE (Greek): Goddess of love, pleasure, and beauty

ARDWINNA (Celtic): Goddess of the forests and woods

ARIANRHOD (Celtic): Stellar and lunar Goddess; her palace is the Corona Borealis, known as Caer Arianrhod (Northern Crown); consort to Nwyvre  
 ARTEMIS (Greek): Goddess of the moon and hunting, twin sister of Apollo  
 ARTIMPAASA (Scythian): Goddess of love, associated with the moon  
 ARTIO (Celtic): Goddess of fertility and wildlife, portrayed as a bear  
 ASTARTE (Assyro-Babylonian): Great Mother Goddess, associated with the planet Venus  
 ATHENA (Greek): Goddess of wisdom and warriors in battle

BADB or BADHBH, BADB CATHA, BAV, BOV, BODHBH (Celtic): Druidess of the Tuatha De Danann and Goddess of war, inspiration, fury, and wisdom  
 BANBA (Celtic): Goddess of the sacred land  
 BEBHIONN (Celtic): An Underworld Goddess of pleasure  
 BAST (Egyptian): Cat Goddess of fertility, pleasure, dancing, music, and love  
 BELISAMA (Celtic): Young Goddess of fire whose name means "like unto flame" and "the bright and shining one"; wife of Belenus  
 BELISANA (Celtic): Goddess of healing, laughter, and the forests; associated with the sun's warmth and woodland plants and animals  
 BLATHNAT (Celtic): "Little Flower," Goddess of sex  
 BLODENWEDD (Blodewedd, Blodeuedd) (Celtic): Beautiful and treacherous sun and moon Goddess, associated with the white owl, the dawn, primroses, broom, cockle, oak, and meadowsweet  
 BO FIND (Celtic): Goddess of fertility  
 BOANN or BOI, BOANNA (Celtic): Mother of the herds, Goddess of fertility, inspiration, and the River Boyn, wife of the Dagda  
 BRANWEN (Welsh): Goddess of love, called the White-Bosomed One and Venus of the Northern Sea; her name means "white raven"  
 BRIDGET or BRIDE, BRIGHID, BRIGANDU, BRIGET, BREDE (Celtic): Fertility Goddess of the sacred fire, the sun, hearth, and home; bride Goddess of inspiration, poetry, medicine, healing, and smithcraft  
 BRIGANTIA (Celtic): Goddess of nature and the sun, associated with the rivers, mountains, and valleys of the countryside  
 BRONACH (Celtic): Goddess of cliffs and precipices

CAER (Celtic): Swan maiden, wife of Angus  
 CAILLEACH (Pre-Celtic): Goddess of Earth, sky, moon, and sun, who controlled the seasons and weather  
 CALLIOPE (Greek): Muse of epic poetry  
 CHERUBIM (Hebrew): Goddess/God of sexuality and intercourse  
 CILLEAC BHEUR (Scottish): Goddess of winter, whose staff can freeze the ground and wither the crops  
 CLIODNA (Celtic): Bird Goddess and Faerie Queen associated with extraordinary beauty, shapeshifting, apples, and accompanied by three magical birds  
 COVENTINA (Celtic): Goddess of the well and the womb of the Earth, associated with healing springs, sacred wells, childbirth, renewal, and the Earth  
 CREIDDYLAD or CREUDYLAD (Celtic): Daughter of the Sea god Llyr

DAMONA (Celtic): Goddess of fertility and healing; her name means "divine cow"  
 DANA or DANU, DANNU, ANU, ANA, ANNA, ANN, DON (Celtic): The Mother Goddess from whom Tuatha De Danann were descended; Goddess of nature, wisdom, and creation  
 DEIRDRE (Celtic): "One who gives warning" or the older form, Derdriu, "oak prophet"; a humanized Goddess in the Red Branch tale of the Exile of the sons of Uisnach; daughter of the God Morgan  
 DEMETER (Greek): Goddess of fertility, marriage, and prosperity  
 DIA GRIENE (Scottish): The daughter of the sun  
 DIANA (Roman): Goddess of moonlight and the hunt

EDAIN or ETAIN (Celtic): Goddess of beauty and grace; wife of King Mider; one of the "White Ladies" of the Faery  
 ELAYNE or ELEN, ELEN LWYDDAWG (Celtic): Powerful Goddess of leadership and war

EOSTRE or OSTARA (Celtic): Goddess of spring and fertility  
 EPONA (Celtic): Goddess of fertility, power, and abundance  
 ERI OF THE GOLDEN HAIR (Celtic): Goddess of love and sexuality  
 ERIN (Eriu): (Celtic): The triple Mother Goddess of Erin, sometimes known as Ir, from which Ireland-the land of Ir-is derived; a shapeshifter and Goddess of sovereignty of the land

FAND (Celtic): Shapeshifter and Faery Queen of Ireland, associated with the sea gull  
 FELICITAS (Roman): Goddess of good fortune  
 FEN (Celtic): A war Goddess associated with Morrigan  
 FEND (Celtic): The sea Goddess and consort of Manannan mac Llyr  
 FINDABAIR (Celtic): Goddess of Connacht and the Otherworld, of beauty, grace, and love  
 FLIODHAS (Celtic): Goddess of the woodlands, protector of animals and forests, associated with the doe  
 FLORA (Roman): Goddess of fertility, sex, promiscuity, and spring  
 FORTUNA (Roman): Lady Luck, Goddess of love and sexuality  
 FREYA (Norse): Goddess of love, beauty, passion, and fertility  
 FRIGGA (Norse): Goddess of feminine arts, associated with hawks and falcons

HATHOR (Egyptian): Goddess of love, Mother of creation, and mistress of everything beautiful  
 HEKET (Egyptian): Frog Goddess of childbirth and creation  
 HELEN (Greek): Moon Goddess of childbirth, love, and fertility  
 HERA (Greek): Goddess of matrimony  
 HERTHA (Celtic): Goddess of fertility, spring, the Earth, rebirth, and healing  
 HYPATIA (Greek): Goddess of knowledge

ISHTAR (Babylonian): Goddess of love, beauty, and war; associated with Venus, the morning star  
 ISIS (Egyptian): Mother Goddess, embodiment of femininity  
 ISONG (African): Goddess of fertility

JUNO (Roman): Goddess of matrimony

KERRIDWEN or CERRIDWYN, CERIDWYN (Celtic): Goddess of knowledge and wisdom who possessed the cauldron of inspiration  
 KWAN-YIN (Buddhist): Goddess of compassion and beauty

LAKSHMI (Hindu): Goddess of beauty and good fortune  
 LETHA (Celtic): Midsummer harvest Goddess  
 LILITH (Hebrew): First wife of Adam, Winged, wind Goddess  
 LOFN (Scandinavian): Love Goddess who brings lovers together and smooths over love's difficulties

MACHA or EMHAIN MACHA (Celtic): Threefold sun Goddess of fertility, war, and ritual games; associated with the horse, raven, and crow  
 MARY (Christian): Daughter of Hannah and mother of Jesus; later became queen of heaven, with the greater portion of Christian churches dedicated to her, not her son  
 MAYA (Hindu): Goddess of creativity  
 MEDB or MAEVE, MAB, MEDHBH (Celtic): Warrior Queen and Goddess of sex, power, fertility, and sovereignty  
 MEI or MAI, MEIA (Celtic): Mother of Gwalchmei; a solar and Earth Goddess  
 MESKHENET (Egyptian): Goddess of childbirth  
 MODRONA or MODRON, MADRONA, MATRONA (Celtic): The Great Mother of Mabon (light)  
 MORGAN LE FAY (Celtic): Faerie Queen, sorceress, shapeshifter, and beautiful enchantress  
 MORGANA (Celtic): The Death Mother; Goddess of war and fertility  
 MORRIGAN or MORRIGANA (Celtic): The Phantom Queen or Great Queen, also a sea Goddess and triple Goddess of war; shapeshifts into a raven  
 MORRIGU (Celtic): Dark Gray Lady and Queen of the Sea; Goddess of life, death, and magic

NANA BULUKU (West African): For the people of Benin, she is the spirit of the first creation  
 NANTOSUELTA (Celtic): River Goddess  
 NEMETINA (Celtic): Protectress of the sacred Drynemeton; warrior Goddess of the oak groves; patron of thermal springs  
 NEPHTHYS (Egyptian): Goddess of dreams, divination, and hidden knowledge  
 NIAMH or NEEVE OF THE GOLDEN HAIR (Celtic): Goddess of love and beauty  
 NIMUE or NINIANE, NIVIENE, NYMENCHE (Celtic): Student of and teacher to Merlin, her consort  
 NUT (Egyptian): Great sky Goddess, sister of Geb  
 NYX (Greek): Mother Goddess; the personification of night and the offspring of Chaos

OMAMAMA (Cree): Ancestral Goddess of beauty, fertility, gentleness, and love  
 OSHUN (African): Goddess of love, pleasure, beauty, wealth, fountains, and dancing

PARVATI (Hindu): Goddess of marital blessing  
 PENELOPE (Greek): Spring Goddess of fertility and sexuality  
 PSYCHE (Greek): Goddess of love

RHIANNON (Celtic): Queen Mother, Queen Mare, or the Great Queen  
 ROSEMERTA (Celtic): Goddess of fertility, beauty, and love

SADV (Celtic): Ancient deer Goddess of the forests and nature  
 SARAH (Hebrew): Goddess of beauty and sovereignty  
 SELENE (Greek/Roman): Moon and love Goddess  
 SHAKTI (Hindu): Great Mother Goddess, who embodies feminine energy  
 SHEILA NA GIG (Celtic): Goddess of sex, birth, passion, and laughter  
 SIRONA (Celtic): Solar and astral Goddess, consort is Borvo

TAILLTE (Celtic): Earth Goddess and foster mother to Lugh  
 TIAMAT (Mesopotamian): Great Mother Goddess, who took the form of a dragon  
 TLAZOLTEOTL (Peruvian): Goddess of love  
 TRIANA (Celtic): The Triple Goddess; Sun-Ana, Earth-Ana, and Moon-Ana; Goddess of healing, knowledge, higher love, and wisdom  
 VAR (Scandinavian): Love Goddess  
 VENUS (Roman): Goddess of love and sexuality  
 VIVIANA or VIVIAN, VIVIEN (Celtic): Goddess of love, birth, life, mothers, childbirth, and children; consort is Merlin  
 VOLUPTAS (Roman): Goddess of pleasure and sensuality

#### Dream Magick - Page 5

#### To God Names

This page provides a comprehensive listing of Gods and their attributes. These are the God's name you may use in your Dream Magick Spells. They can also be used for other spells. If you know of any other listings that you would like on this page, please feel free to e-mail me the information and I will happily add it to this page.

ADONIS (Greek): God of beauty and love  
 AENGUS MAC OG or ANGUS, ANGUS OG, OENGUS (Celtic): God of love and beauty; healer of souls; associated with romance and courting  
 AMAETHON (Celtic): Agriculture and harvest God called the Harvest King; associated with the fruits and tools of the harvest  
 APOLLO (Greek): Sun God of poetry, creative arts, music, healing, and divination; twin brother of Artemis  
 ARAWN (Celtic): Death, war, and ancestral God; King of Annwn, the Underworld; associated with the swine, magical beasts, the ancestral tree, water springs, shapeshifting, and the cauldron.

BEL or BILE, BELENUS, BELENOS (Celtic): Sun God of light and healing, referred to as "The Shining One" husband of Belisama

BEL/BAAL (Assyro-Babylonian): Sky God of fertility

BHAGA (Hindu): God of marriage, fortune, and prosperity

BODB DERG or BODB THE RED (Celtic): Son of Dagda and Boann; bard to the Tuatha De Danann; king of the Sidhe

BORBO or BORMO, BORMANUS (Celtic): Healing God of unseen and concealed truth and inspiration through dreams; the golden God, associated with hot springs and a golden harp; consort of Sirona

BRAGI (Norse): God of poetry

BRAN or BRON (Celtic): God of music and prophecy; protector of bards and poets; associated with singing, the bard's harp, and the Sacred Head

BRES (Celtic): God of fertility and agriculture BUDDHA (Indian): The energy of knowledge and wisdom

CAMULUS (Celtic): God of war

CHANGO (African): Great love God, drummer, dancer, king

CONDATIS (Celtic): Water God

CORDEMANON (Celtic): God of knowledge, ancestry, and travel, associated with the Great Book of Knowledge, stone circles, and sacred sites

CREIDNE or CREIDHNE, CREDNE (Celtic): Master sword maker named "The Bronze Worker" associated with smiths, wrights, metalworking, and craftspeople

CROM (Celtic): God of storms, lightning, and thunder

CUPID (Roman): God of love

DAGDA (Celtic): God of abundance, love, pleasure, and plenty; husband of Boann

DEWI (Celtic): The Red Dragon God, the emblem of Wales

DIANCECHT (Celtic): God of herbalism and healing; physician to the Gods; associated with the mortar and pestle

DIONYSUS (Greek): From pastoral beginnings, associated with goat herding; became the God of ecstasy, sex, revelry, and pleasure

DUMIATIS or DUMEATIS (Celtic): God of creative thought and teaching

DWYANE (Celtic): God of love

DWYN (Celtic): God of love and mischief

EROS (Greek): God of passionate love

ESUS (Celtic): Woodland God associated with hunting, the sword, the Golden Tull (Tarvos), and the bow and arrow; pictured as a woodcutter

FAGUS (Celtic): God of all beech trees

FREY (Norse): God of fertility, joy, peace, and happiness

GEB (Egyptian): Earth God, whose sister is Nut, the sky Goddess

GOBANNON or GOVANNON, GOIBNIU, GOIBHNIE, GOIBNLL (Celtic): The divine smith and God of magic, also called "Gobban the Wright" and Gobban Saer, "The Master Mason"

GWALCHMEI (Celtic): God of love and music; son of the Goddess Mei

GWYDION (Celtic): Shapeshifter; God of the arts, eloquence, kindness, and magic

GWYN AP NUDD (Celtic): God of the Otherworld, the death chase, and the Wild Hunt

HEIMDALL (Norse): White God, known for his sight and hearing

HELLITH (Celtic): God of the setting sun and protector of souls of the dead

HERMES (Greek): God of flocks and music; guides travelers; divine messenger

HYPNOS (Greek): Mesmerizing God of sleep and dreams

JUPITER (Roman): God of the light sky, wielder of thunderbolts

KAMA or KAMADEVA (Hindu): God of love, "Seed of Desire"

KERNUNNOS or CERNUNNOS (Celtic): Father God of virility, prowess, and nature



KHNUM (Egyptian): God of fecundity and creation  
 KHONS (Egyptian): God of the moon; father is Amon-Ra  
 KRISHNA (Hindu): God of erotic delight and ecstasy

LLYR or LER, LIR, LEAR, LEER (Celtic): Sea God of music and king of the oceans; husband of Aobh  
 LUCHTA or LUCTA, LUCHTAINNE (Celtic): Carpenter God and shield maker for the Tuatha De Danann  
 LUGH or LUG, LLEU, LLEW LLAW GYFFES (Celtic): Sun God and master of all arts; God of poets, bards, smiths, and war

MABON or MAPON, MAPONUS (Celtic): "The Divine Son" and "The Son of Light"; God of sex, love, magic, prophecy, and power  
 MANANNAN or MANANNAN AP LLYR, MANANNAN MAC LLYR (Celtic): Shapeshifter, teacher, God of magic, the sea, and travel; consort of Fend  
 MATH, SON OF MATHONWY (Celtic): Seasonal King God of magic, wisdom, enchantment, and sorcery  
 MERCURY (Roman): God of safe travel and communication  
 MERLIN or MYRDDIN (Celtic): Woodland and nature God, consort of Viviana  
 MIDER or MIDIR (Celtic): The Faery King, God of the Underworld, and consort to Edain; bard and chess player; associated with the Isle of Man, the faery hill of Bri Leith, the chessboard and game pieces  
 MIN (Egyptian): God of sex, fecundity, and crops  
 MITRA (Hindu): God of friendship  
 MORPHEUS (Greek): God of sleep and dreams; small pebbles were left by the bedroom door to welcome him

NODENS (Celtic): God of dreams and sleep  
 NUADA or LLUDD, NUDD, LLUDD LLAW EREINT (Celtic): The Good Father, first king of Tara; consort to Fea, the war Goddess, and to Morrigan  
 NWWYRE (Celtic): God of space and the firmament; consort to Arianrhod

ODIN (Norse): Father God of wisdom and inspiration  
 OGMA or OGMIOS (Celtic): "The Binder": God of eloquence, knowledge, and literature; invented the Ogham script or letters  
 OSIRIS (Egyptian): Father God of civilization and rebirth

PAN (Greek): Nature God of lust, love, play, and pleasure  
 PRYDERI (Celtic): Youthful shapeshifter God and son of the Goddess Rhiannon and the God Pwyll  
 PWYLL (Celtic): Prince of Dyfed and King of the Otherworld; a pack of hounds accompanies him

RA (Egyptian): Sun God, father of all Gods; has an all-seeing eye  
 ROBUR (Celtic): Forest King and tree God of the forests, particularly oaks

SHIVA (Hindu): God of creation; embodies masculine energy  
 SILVANUS (Roman): God of forests and agriculture, especially woodland clearings  
 SMERTULLOS (Celtic): The Preserver and Lord of Protection; God of the abyss and the unmanifested  
 SUCELLOS (Celtic): River God and twin to the Dagda; shapeshifter and God of fertility and death

TALIESIN (Celtic): Son of Kerridwen; poet, prophet, and bard  
 TARANIS (Celtic): God of thunder, storms, and the seasonal cycle  
 TARVOS TRIGARANOS (Celtic): God of vegetation and virility  
 TETHRA (Celtic): Sea God of magic  
 THOR (Norse): God of thunder, protector from chaos

THOTH (Egyptian): God of writing; moon God; magician  
 TYR (Norse): God of war and justice

ZEUS (Greek): Leader of the Gods of Olympus

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Dream Magick - Page 6

To Dream Magick - Love Spells

The first step in loving another person is understanding who you are as a person. Before delving in the spells and rituals for finding and attracting love, first take some time and think about your own characteristics, needs, and desires.

By doing so, you begin to understand the qualities of the person who would best match your own needs and desires and also the nature of the relationship you would want with this person. People often put the needs of others before their own, with the best of intentions, but this is not practical and only creates frustration and resentment in the long run. Love dream magic, like all magic works best when it is done for the greater good and not against anyone's will. It is most effective when you influence events to unfold as you desire rather than manipulating others against their will. For easy reference, the following do's and don't's are some basic guidelines to follow when doing dream magic for love, romance, and attraction:

- Do use love magic to strengthen your relationship
- Do use love magic to spice up your relationship
- Do use love magic to bring more love into the world
- Do use love magic to find the best possible lover and mate
- Do use love magic to keep you faith in love alive.

- Don't use love magic to harm others or break up marriages or existing relationships
- Don't use love magic on celebrities, famous personalities, or people you don't know
- Don't use love magic to manipulate people into loving you.
- Don't use love magic as a replacement for real love
- Don't use dream love magic to make up for a lack of love in the waking world

Bridget's Eve Love Wish

This spell is best done on Bridget's Eve, which is usually February 2nd, or 3rd, the perfect time for asking Bridget to grant you one special wish. She is the Celtic Goddess of love, creativity, and healing. Bridget's name means "Bright One" for she kindles the need-fire, in this case the loving fire in your heart and in your lover's heart.

Items Needed

Lavendar incense and censer

Fresh Flowers

1 White Beeswax candle and holder  
 Silver Needle or pin  
 Small piece of red cloth

#### The Spell

After placing flowers on your bedroom altar, draw a sacred circle and call in your dream guardians. The light the incense, dedicating it to Bridget by chanting her name three times. Next bathe the silver needle or pin in the incense smoke for a few moments. Then take the silver needle or pin and pierce the wick of the unlit candle.

Now light the candle and chant three times:

Goddess Bridget of the sacred fire

Bring to me my heart's desire.

Sacred Lady, Sacred Light

Bring to me this wish tonight!

(Say what your love wish is)

By divine will, so mote it be!

Sit or lie back comfortably, and merge with the candle flame. Imagine your wish coming trues as the candle burns all the way down. As you drift to sleep, keep focusing your wish coming true.

In the morning, take the silver needle or pin, fasten it to the small piece of red cloth, and put it under or next to your bed, leaving it there until your love wish comes true. Then thank the Goddess Bridget, pull up the circle, and release your dream guardians.

#### Lover Attraction Spell

Perfect for Valentine's Day eve, this spell can be used to really heat up the passions in your relationship. Love is the most sacred gift we can give each other and ourselves. Desire and emotion fuel and ignite all magical adventure. If you want to draw your lover to you for a night of romance and passions, use this lover attraction spell.

#### Items Needed

Photograph of your lover or proposed lover

Chocolate candy

Vanilla Incense or diffuser with vanilla oil

1 Red candle

Rose Oil

2 Rose petals

Small red pouch or sock

#### The Spell

Draw a sacred circle and call in your dream guardians. Then set the photograph in front of the candle on your altar. Place the candy and rose petals next to the photograph, and light the incense. Next dress the candle with rose oil and light it, dedicating it to a favorite love Goddess or God. Then take the rose petals and hold them in your hands. Focus on the candle flame, and begin to see your lover's image in it.

As you do this repeat three times:

Sacred petals, sacred fire,

Bring to me my heart's desire.

Put the rose petals in the red pouch or sock and tuck it inside your pillowcase.

Now take the chocolate candy in your hands, and again focus on the candle flame as you say three times:

Bring to me love so sweet,

Blessed love, what a treat!

Unwrap the candy and begin eating it slowly, savoring each mouthful just as you savor the sweetness of your lover. Allow the candle to burn down completely, and as you drift to sleep, visualize your lover's image. Within the next twenty four hours, your lover will come to you. In the morning, thank the deities, pull up the circle and release your dream guardians.

#### Finding your Soul Mate Spell

Your soul mate is that special someone who feels like a divine and essential part of you. Soul mate relationships are sacred relationships and often long lasting. Best spun on a Friday night

on a full moon, this spell can be used to find your soul mate by walking through the dream door of Oneness.

#### Items Needed

Sheet of paper and pen  
White votive candle and holder  
Rose Oil  
Your dream altar stone

#### The Spell

Draw a sacred circle and call in your dream guardians. On the piece of paper, write down all the aspects you would like your soul mate to have. Place the paper on your altar where you can see it. Next take the candle and cover it with rose oil, all the while visualizing your soul mate. Place the candle in it's holder and light it. While staring into the flame, see each one of the characteristics of your soul mate coming to life in the fire.

Say these words:

Who is my soul mate?  
Show my soul mate to me,  
In this flame, n this dream,  
In this life, so mote it be!

Now take your dream altar stone from the altar. Hold it in your receiving hand (Left if you are right handed) and lie back in bed. Close your eyes get comfortable, and visualize yourself lighting a white candle at your natural stone dream altar. Again stare into the cnalde flame at the dream altar and imagine your sould mate coming to life in the fire.

Repeat the words,

Who is my soul mate?  
Show my soul mate to me,  
In this flame, in this dream,  
In this life, so mote it be!

See yourself enter in to the flame as if it is a doorway into another dimension. You see images before you that begin to come in focus. Your senses feel heightened as you see the image of your soul mate before you. Allow the candle to safely burn down on it's own. As you drift to sleep, repeat the words "Soul mate dreams"

In the morning, write down your dreams in your dream magic journal;. Then pull up the circle and release your dream guardians. By the next full moon, you will meet your soul mate in your waking life.

#### True Love Spell

You can do this spell any night just before going to sleep to draw your true love closer to you, whether you have met this person or not. A fireplace or campfire works great in place of the incense burner for burning the bay leaves. In ancient times, priestesses at the Oracle of Delphi used bay leaves to induce a prophetic trance.

#### Items Needed

1 White Candle  
Incense censor with charcoal block  
4 Dried Bay Leaves  
a Romance novel or book of love poems

#### The Spell

Draw a sacred circle, set your dream guardians in place, and call in a favorite love Goddess or God. Next light the candle, the incense, and the charcoal block. Then crush three of the four bay leaves one at a time between your fingers, over the charcoal block, so that the pieces fall on the ignited block and burn. Each time you do this, focus on your true love's image if you know what he or she looks like. If you haven't yet found your true love, then focus on the candle flame, and allow whatever images come forth to drift in and out of your mind.

Each time you crush and burn a leaf, say:

Bay Leaves flaming in the fire,  
Bring to me my heart's desire.  
Blessed Earth, Moon, and Stars,  
Bring my lover, near or far.

So dream it! So mote it be!

Do this three times with three of the bay leaves. Take the last bay leaf, hold it in your hands, and say:

Sacred scented Bay leaf so green

Bring the true love of my dreams.

So dream it! So mote it be!

Do not burn this leaf. Place it inside the pages of your romance novel or book of love poems. Select a page with a favorite passage or poem. Allow the candle to burn down completely. As you drift to sleep, repeat silently to yourself, "Bring the true love of my dreams". In the morning, write down what you recall of your dreams in your dream magic journal, thanks your favorite Goddess or God, and then pull up the circle and release your dream guardians. During the next four months, your true love will come to you. He/she may also have a passion for the smell of crushed bay leaves.

### Mending a Broken Heart

Do this spell on a Monday night during the waning moon.

Items Needed

2 Orange Candles

Clove Oil

Sheet of paper

Pen Chalice

### The Spell

Smudge your sacred space, and then draw a sacred circle and set your dream guardians in place. Position the candles side by side about 8 inches apart. Place the chalice on the altar between the candles. Use the pen to draw a heart in the center of the piece of paper. Then tear the paper in half and think about the pain, sadness, disappointment, and hurt you want to leave behind. Put the paper halves inside the chalice. Hold the chalice in both hand, high in the air, and lower it to your lips as if to take a drink. Whisper into the chalice exactly why you feel broken hearted and then state all the negative feelings that you want to be rid of in order to feel better. Do this three times. When you are finished, turn the chalice upside down and place it firmly back on the altar between the candles.

Now say:

The contents of this cup,

Are no longer mine.

Go, dark memories,

Scatter far and wide,

Into the night,

Be gone forevermore.

Broken heart, mend

And love again,

So mote it be!

Allow the candles to burn out on their own as you drift to sleep. When you awaken, turn the chalice right side up, take the paper halves, and fold them together three times. As you do this, feel a burden being lifted from you so that you feel more lighthearted. Pull up your circle, thank the Goddess or God, and release your dream guardians. Then bury the paper in the ground outside.

### Lover Protection Spell

Best done on Imbolc (February 2nd), you can use this spell to protect your lover, yourself, your family, and pets. Simply alter a few words in the incantation to fit it's purpose. The main ingredient in this lover protection spell is sweet basil. It protects your lover from fear, no matter how perilous the dangers. Many people grow this herb to provide protection for loved ones in the home. The scent of sweet basil invokes the elemental creatures of fire called salamanders and also mighty dragon energies. These powers are called upon for courage, strength, and fortitude.

### Items Needed

1 White Candle  
 Lavendar incense and censor  
 A wand  
 A chalice filled with sweet basil water

### The Spell

To make the basil water, simply steep a pinch of sweet basil in a cup of boiling water for about 10 minutes. Draw a sacred circle, sprinkling the basil water around it's edges in a clockwise motion. Then call in your dream guardians. Light the candle and incense. Next sprinkle the basil water around your bedroom, on your bedcovers and sheets, under your bed, in your hair, and everywhere.

As you do this, say:

Sweet water of protection,  
 Keep this place of love safe.

Set the chalice back on your altar when you are finished sprinkling the area with basil water. Then face North, and use your wand to draw a pentacle or five pointed star in the air, first upright, and then reversed, representing as above, so below. Then circle the energetic pentacles three times, drawing the circles in a clockwise direction with your wand.

Say these words:

By the powers of Earth, Air, Fire, and Water  
 By the power of the boundless One,  
 My lover is divinely protected from all harm,  
 In waking and in dreams,  
 In all times and all spaces.  
 Everything negative, named or unnamed,  
 Is dissolved and turned to positive.  
 Protect my lover, now and forevermore.  
 As above, So below.

So be it! So mote it be!

Blessed be, blessed be, blessed be!

Take a few minutes to gaze at the candlelight, communicating intuitively with the spirit of the flame. When you are finished, pull up the circle, release your dream guardians, and snuff out the candle. As you drift to sleep, see and sense a protective cocoon of white light edged in cobalt blue surrounding your lover and yourself. Each year on Bridget's Day (Imbolc) repeat this protection spell to reinforce it's power and reaffirm your intention and expectation to protect those you love.

### Crystal Dream Castle Love Spell

One of my favorites, the spoken recast any night to like. It's purpose is to help you reach out, touch, and dream about romantic fantasies, especially in relation to love. Remember, what may began as a fantasy fast becomes a dream. And dreams, with a little bit of magic, can become very real.

The Dream Castle is a personal power center that you create with your mind to do magical works. It may resemble a place to have visited in your waking life or place to seen in a picture. It can also be a completely original castle, made of Crystal, a trees, flowers, or gemstones, that don't exist anywhere but in your mind. The Dream Castle stands in the realm between the world, a magical place where dreams always come true. You can visit your dream castle right now and creature love life just as you would like it ahead to be.

Items needed

1 clear quartz crystal point  
 2 white candles  
 Soft instrumental music entered

### The spell

Wash your Crystal in " salt water, and then rinse it under cold clear water board least one minute. do this with the tip pointed down to watch out any negative energies. Dried the Crystal, and place it in the center of your altar with the point towards you. Draw a sacred circle, call in your dream guardians, and put on some soft instrumental music. I suggest listening to instrumental Celtic music. Place the candles on either side of the Crystal, about 4

in. apart. Light to them slowly, dedicating each candle to a favorite love Goddess and God. Begins to gaze at the Crystal, breathing deeply and allowing your mind to center and focus. Now take the Crystal in your hands, looking into it, and merge with the stone. Become one with a crystal, and begin to see and sense a beautiful dream castle with in its center. In your mind's eye, and to the castle. See, touch, smell, hear, and even taste your surroundings. The air. Walk through the different rooms or areas of your dream castle, exploring the many hallways in rooms. Just spend a few minutes observing activity inside your castle, seeing how this is meeting for your life. If there are other people or animals in the castle, they may represent helpers' in your life.

As you do this, chant these words over and over:

Magical Castle, home of dreams,

Bring love's inspiration to me.

As I will, so mote it be!

Now visualize and sends going into the master bedroom of the castle. Remember to use your mind to create the most romantic room you can think of, and then see and sense your lover (waking or dream lover) reclining on the bed, inviting you to join him or her. Watch the best romantic love scene you've ever seen or experienced unfold slowly. Keep in mind that there is no limit to the love, joy, pleasure, and bliss you can experience in the bedroom of your dream castle. Allow the candles to burn all the way down, and as you drift to sleep, and visualize yourself exploring the many nooks and crannies of your dream castle hand-in-hand with your lover. In the morning, pull up the circle and release your dream guardians. Keep the Crystal on your altar, using it each time you enter your dream castle. Every night you visit your dream castle served to deepen your lovemaking experiences there and in your waking life.

Flying free love adventure

The best nights for doing this work on Monday, Wednesday, and Friday.

Items needed

1 White feather

Silver chain

Imagination

The spell

Put the silver chain around either your left wrist or left ankle. Within lie back in bed and close your eyes, holding the white feather in your left hand. Begin to imagine yourself shapeshifting into a swan and flying freely through the afternoon sky. The ground below you flies by, and you can see beautiful blue-green lake in the near distance. You fly over to lake, where another swan joins you in flight. This swan's eyes are exactly the same as the eyes of your lover. You and the other swan circle the beautiful lake clockwise three times, and you can feel the tremendous freedom and joy from flying through the sky with your love. As you drift to sleep, continue flying in swan form, winging your way toward love. In the morning, write down your dreams, and place the chain and feather on your altar for a year and a day to remind you of the infinite love and pure joy you experienced while flying free. Anytime you would like to fly again, just put on the chain, hold the white feather in your left hand, and repeat the process.

Dream Knot marriage spell

This spell is best done on a full moon in May or June. Lavender oil and incense are added to bring a sense of harmony, the joy, and peace, qualities that can help make every marriage a more loving and sensual union.

Items Needed

1 pink candle

All point pen or quill

Will - enter lavender incense and censer

1 Yard long piece of red string, cord, or ribbon

Your favorite love song

The Spell

Draw a sacred circle and call in your dream guardians. Late in the incense. Next watched the candle in cool salt water, and then carved your initials and your beloved initials' on the body of the candle. Rub the candle body with oil. And then and lead your forehead, the road, priests,

and ankles. After word, take the red string and of its length thoroughly with the will. White your hands completely. Light the candle, dedicating it to your beloved. Put on a favorite love song, and hold the ends of the string in both of your hands. Tie 6 knots in the string, spacing them evenly apart. Then tie the ends together.

As you tie each knot, say:

By the light of the stars and the silvery moon,  
May my beloved (insert name) and I'd marry soon.

According to free will and for the good of all  
Over the years, but in winter, spring, summer, and fall  
Our love will endure through eternity  
So be it! So mote it be! Blessed be!

Allow the candle to burn down completely. As you drift to sleep, repeat the words "dreams of marriage as I sleep". In the morning, write down anything you recall of your dreams in your journal. Then pull up the circle and release the dream guardians. Keep the knot on your dream altar. Within the next six months, you in your beloved will likely reach the decision to marry.

### Samhain Love Magic Spell

On Samhain, the veil between time and space draws to its biggest point. The portholes to other worlds of experience open, and the Goddesses and God's as well as the elemental Spirits interact freely with mortals. On this eve, stretched across a great river, the great Sea mother Morgan made love with the master of life and death, Dagda. This makes Samhain even a particularly auspicious night for any kind of magic, especially Samhain love magic.

#### Items Needed

1 White Candle  
1 Red candle  
6 cloves  
2 cinnamon sticks  
2 separate cups of warm apple cider  
2 cookies  
large plate

#### The Spell

Place everything on your altar, and then fill two separate cups with warm cider. Next add three cloves to each cup as well as one cinnamon stick. Stir each cup nine times, clockwise, with the cinnamon stick. As you do this, say:

May Dagda and Morrigan bless

This cup of apple and spices,

So mote it be! So be it!

Place one of the cups on a large plate with one of the cookies. Take the plate with a cup of cider and cookies and the white and red candles outside. Set the plate in candles and a place with the candles can safely burn completely down. Make certain you do not said anything but the candles on fire! Now go back inside and drink a cup of cider and eat the remaining cookie. I thank the Goddess and got as you drift to sleep, see yourself drifting on a slow-moving river or on a moonbeam, making love with that special someone. In the morning, compost any remaining food and drink in the Earth, they can the Goddess and God for their guidance, blessings, and love. For the next year, the Goddess Morrigan and the God Dgda will bless and protect your union.

### Canceling a love Spell

As we all know, "to err is human". We all make mistakes, and relationships are no exception. Blindness in love is the human tendency, and at some time or the other you may find you have attracted the "wrong" person. If so, use this spell to cancel a Love Spell and rid yourself of any unwanted suitors. The best time to do this work is before midnight on the first Saturday night after a full moon.

#### Items Needed

Cedar and sage smudge  
One black candle  
Large incense burner with charcoal block, or a fireplace, wood stove, or campfire



With three large handfuls of Dried vervain  
Three pinches sage

#### The Spell

Set bowl of vervain on the ground just outside her front door. Next smudge your bedroom and then the rest of your home, moving in a clockwise direction and ending back at your bedroom. Extinguished the smudge. And then draw a sacred circle around your entire home, making sure you cut an energetic Gate in the circle to your front door so you can go outside without breaking the protective circle of light. When doing this spell outdoors, light a small, safe fire, draw the circle so it includes the fire, and then place the bowl of vervain just outside the circle, again cutting the gate to exit and enter, call in your dream guardians, and then call in your favorite Goddess and got by speaking their names and nine times. Ask them for their guidance, protection, and blessing. And then light the candle and the charcoal block of your incense burner. Next exit your front door after the energetic gate, and take a handful of the Dried vervain in your dominant hand. Hold a handful of herbs high above your head, face in the opposite direction as your front door. Then loudly shout the name of the person you want to be free of, and turn widdershins (counterclockwise) of three times. Go back into the house, and cast the dried herbs into the lead to incense burner, fireplace, or wood stove.

As you do so, say with passion:

In the past, I cast a Love Spell

Now, the effect I must quell.

May this spell be undone and (name of person) be gone!

I asked this by Earth, water, wind, and light,

By the stroke of midnight tonight,

(Name of person) shall never again return.

Make it so it as these leaves burn!

Repeat the process of going outside and gathering the leaves, shouting the name, turning widdershins, going inside, casting the leaves into the fire, and chanting a total of three times. Snuff out the candle when you are finished, breaking it into small pieces and then throwing it in the garbage can. Next pull up your circle and release your dream guardians. In the morning, sprinkle the sage into the ashes and the incense burner or from your fire, and then bury the ashes at least 9 in. underground, stepping on the ground over the covered ashes three times.

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### To Miscellaneous Spells

This page is devoted to spells that just didn't fit on any particular page. If you have any submissions, please feel free to e-mail me and I will gladly add your spell to this page.

Solving a problem in your dreams, the best time to do this work is a Monday or Wednesday night on or just before a gibbous moon phase.

#### Items Needed

your dream stone  
 yellow votive candle and Fireproof holder  
 quill or ballpoint pen  
 patchouli oil

#### The Spell

pick a problem that you want to solve. In your mind, begin examining all sides of the problem. Do this for a few minutes. Then keep thinking about the problem while you watch the candle with cool salt water, dry it, and set it on the altar. Take a few minutes to become familiar with the objects by observing and touching the candle, holder, and quill or pen and smelling the oil. Now draw a sacred circle and call in your dream guardians. Use the quill or pen to write the word problem on the body of the candle. On the other side of the candle, write the word solution with a thin film of oil over the candle before letting it.

Next, gazing into the candle, repeat these words three times:

as I dream I discover and remember

the solution to my problem.

( State the problem aloud)

in my dreams, I discover and remember.

So be it! So dream it! Blessed be!

Focus on the flame of the candle for a few minutes. Either snuff out the candle or allow it to burn out on its own in the fireproof container. Lie back in bed, holding your dream stone in your left hand. Close your eyes and move your mind to your astral dream altar. See yourself repeating all the steps of the ritual at your dream altar as you drift off to sleep. Upon waking, break down what to remember of your dreams. Then pull up the circle and release your

dream guardians. Repeat the process every night until you receive a solution. You may find a solution the first night, within a week, or in a month. Most find some solution within a few days.

#### Question/ answer DREAM Ritual

The best time to spin this spell is on a Monday or Wednesday night just before a full moon.

#### Items Needed

piece of citrine  
 rosemary oil  
 your imagination

#### The Spell

Draw a sacred circle, call in your dream guardians, and invoke Artemis, the Greek goddess of the Moon, by saying:

Artemis, Lady of the night sky, with the  
 with your silvery white beams,  
 shine upon this circle tonight  
 and unlock the sacred doors of dream.

Blessed be Artemis, come, I pray you!

Next Anoint your body with the rosemary oil pipeline three drops to the top of your head, hands, and feet. Then rub three drops of the oil into the piece of citrine.

Merge with the stone, and empower it by saying three times:

questions I ask,  
 answers I seek.

now lie back in bed, holding the stone in your left hand. Take three deep breaths by breathing into the count of three, holding your breath for three counts, and then exhaling completely.

The close your eyes and begin to imagine yourself slowly descending a beautiful stairway. With each step he take, you feel more and more comfortably relaxed and in tune with your surroundings. As you reach the bottom of the stairway, you notice a very long hallway with colored doors all along both sides of the corridor. Behind each of the color coded doors is an answer to one of your questions. Behind the pink doors are answers about friendship, romance, and love, with the Red doors holding answers about sex and your lover. Behind the green doors are answers about prosperity, fertility, creativity, and healing. Behind the yellow doors are answers about new opportunities, business matters, and pursuits in learning, while the orange doors open to questions regarding courage, strength, and luck. Behind the blue doors are answers to questions concerning healing, protection, and travel, whereas the purple doors contain answers to questions about your high yourself and psychic abilities. The brown doors open questions about the home, your pets, and power animals, while the White doors open to questions of a spiritual nature . Now imagine yourself very slowly walking down the hallway of coloured doors, thinking of one question at a time and opening the appropriate door for the answer. I for example, if you have a question regarding your lover, open a red door for the answer. For questions regarding your spirituality, open a white door. Match the door to the nature of your question. Be sure to make a mental note of the answers your receive, or, better yet, jot them down on a piece of paper or tape record them. Keep asking questions and opening doors and to you drift to sleep. In the morning, write down your dreams in your journal and thank Artemis, the moon goddess. Then pull up the circle and release your dream guardians. Keep the citrine on your altar, and repeat this work whenever you need answers to pressing questions.

#### Finding your magical DREAM number

Each person has a birthday and, and most people who practice the art and craft also choose a magical name. This name is a reflection of you and can be changed whenever you choose. It can be the name of the Goddess or God or totem animal or any other name. This work can be done on any night, and you can use your magical DREAM number whenever you choose.

#### Items Needed

your birth name  
 your craft or magical name  
 pen  
 sheet of paper

### The Spell

find your birth number by adding together the month, day, and the year you were born. Treat the year as a succession of four digits, and reduce it to a single digit. For example, if you were born in 1967, you add  $1 + 9 + 6 + 7$  and get 23. Then you reduce that number by adding its digits together:  $2 + 3 = 5$ , so the number you use for the year is five. If you were born on Nov. 1 of that year, you add 11 (November is the 11th month) to 1 (the day you were born) to 5 (the year), again reducing that number to a single digit:  $11 + 1 + 5 = 17$ , and  $1 + 7 = 8$ . Your birth number would be 8. If your number is 10 or more, reduce again by adding the digits. Next find the numerical value of your first name (birth name) and then the numerical value of your magical name using the table below. Simply match the letters in both of your names to the corresponding numbers in the table and add them up.

For example, someone named Anne would add like this:  $1 + 5 + 5 + 5 = 16$ , and  $1 + 6 = 7$ . And if your craft name is Lugh, the numbers would be  $3 + 3 + 7 + 8 + 1 = 22$ , and then numerical  $2 + 2 = 4$ . Next add your birth number, in this case 8, + your birth name number, in this case 7, + your magical name number, in this case numerical 4. The total of  $8 + 7 + 4 = 19$ , and numerical  $1 + 9 = 10$ , and  $1 + 0 = 1$ . your magical DREAM number is Then 1 now close your eyes and focus on your dream number and its basic qualities. Do this for at least 5 minutes. Then silently repeat the number and to you drift to sleep. Do this for at least 21 nights, a recording your dreams every morning. During this time, also posted DREAM number where you will see it regularly, for example, on your desk, front door, the dashboard of your car, or your bathroom mirror. This will trigger dream recall and also reinforce the magical power of your DREAM number.

The following is a brief listing of the basic qualities of dream numbers:

- 1- Oneness, individuality, beginnings, independent, initiation, and creativity.
- 2- partnership, balance of polarities, the marriage of two elements into one, working with others, weaving elements together.
- 3- The threefold nature of Divinity, a number of divine power, the otherworld, communication, expansion, expression, and optimism.
- 4- a number of foundations, before sacred directions, construction, productivity, strength, structure, organization, and unity.
- 5- a magical number of the pentacle, associated with curiosity and travel, excitement and change, power, adventure, and resourcefulness.
- 6- home and family, love, compassion, beauty, the arts, and children.
- 7- with him, the seven chakras, birth and Rebirth, good luck, contemplation, and spiritual faith.
- 8- material prosperity, the number of an affinity, abundance, reward, success, and leadership.
- 9- universal compassion, tolerance, completion, knowledge, and humanitarianism.

There are also three master numbers and numerology.

Prefer to the following if your dream number adds up to any of these three master numbers:

- 11- intuition, telepathy, spiritual healing, and psychic abilities.
- 22- of limited potential of mastery in all areas and endeavors, physical, mental, or spiritual.
- 33- oneness, where all things are possible.

### Pet Protection moon spell

This spell will help you protect your pet. Most of us feel that our pets are part of our families because they are near and dear to us, much like our children. Many of us who practice the craft feel this bond even more acutely as many times pets become familiar, helping with our magic and dreaming with us. This is all the more reason to make sure our pets are protected, healthy, and happy. As the caretakers of her pets, we are responsible for ensuring their loving familiar as have the best life possible. Casts this spell on the first full moon after a Sabbat, especially after Bridget's Day, for the strongest protective powers.

Items Needed

rosewater  
your pet(s)

### The Spell

to work this spell, said or recline with your pet outside under the break moon or in your bedroom or you can see the moon and stars outside. Talk with her animal companion, using

kind words of praise. Tell your animal friend just exactly how much you care for him or her. Most of us have little nick names and words of an image for pets. Use those now, and then imagine a protective a of bright white light surrounding your pet. Next take the rose water, and knowing your animal friend with nine drops, stroking the water into the animals for skin.

As you do this, merge with your past and say:

I call upon the moon goddess and horned god,  
 I call upon the star spun powers of Oneness,  
 I call upon all living creatures of the Earth,  
 By divine will, by Earth, Air, Fire, and water,  
 I ask that you work this goodly protective spell,  
 please guard( insert name of Pet) while sleeping and waking,  
 and protect this animal from all negativity and harm.  
 Bless my bond of love and friendship with this animal.  
 May our bodies, minds, and spirits always know each other,  
 In all worlds, In all times! So be it! Blessed be!

Tell your pet how much you love him or her, and then let the animal do what he or she wants to after the protective blessing. Clap your hands three times, and then enjoy the rest of the evening. I also suggest using brown or blue dog collars with a hematite ring and a tag of identification securely fastened to the collar. I haven't had much luck using colars with my cats. They always manage to pull them off no matter how well fastened. Before you go to sleep at night, to reinforce the protective energy of this protective spell, take a few minutes and imagine your pets, yourself, and other loved ones being surrounded with protective, divine white light. This will help keep them safe from harm.

#### Twinkling magic

twinkling is the practice of walking between the mortal and faery Worlds. the faery realm mirrors our world is one step away from ordinary reality, just out of our range of perception and normally but not always invisible. The portals between worlds are open on the eaves of Beltane, Midsummer, and Samhain, the best times to try your hand at twinkling. One of the traditional ways of twinkling is to place your foot on top of a faery's Foot, and by virtue of contact the Otherworld of the faery reveals itself to you. Since a faery Foot is not always available, the following is a more accessible method of twinkling. It word of warning: never, under any circumstances, eat or drink anything in the faery realm, for to do so may cause you to remain stuck between Worlds.

#### Items Needed

upbeat Celtic music  
 1 green candle  
 5 small stones  
 altar bowl filled with earth  
 pinch of fresh or dried thyme  
 1/2 cup warm milk with 2 teaspoons honey mixed in

#### The Spell

put on the music and draw a sacred circle, visualizing a pure forest green light flowing out of the tip of your athame. light the candle, put the bowl in the center of the altar, and cover the top of the Earth with a pinch of thyme. Then position the stones in a star or Pentacle pattern around the bowl. Close your eyes for a few moments and See yourself descending a long natural rock stairway into the earth. At the end of the stairs is a circular doorway. The open your eyes for a few moments and take a cup of milk from the altar.

Pour the milk and honey over the Earth and time in the bowl as you say:

to the woods and wild land,  
 with a faery hand-in-hand.  
 Mind and spirit, now set free,  
 open the faery door, so mote it be!

Once again, close your eyes and see the circular doorway in your mind's eye. See and sense yourself opening the door and stepping into magical world of the fairies allow the candle to burn down and music to continue play as you drift to sleep. If you dream of faeries, your wishes will all come true. In the morning pull up the circle and take the earth and stones and lay them in a clockwise circle around the plant will whistling or humming a little tune. When you are done, be sure to thank the faeries.

### Shapeshifting dream magic journey

shapeshifting is an expression of your wild and free nature and an inherent human skill that has been all but forgotten except in folklore, mythology, and the craft. To shapeshifting into someone or something else is to be privy to the secrets of the state of be a we can feel the inexplicable and mysterious. Human reason and logic to not necessarily apply. Shapeshifting allows for richer and fuller perspective on life and experience. As a way to gather information and build magical skill, it connects you with your creative ability and spiritual center. The shamanic art of shapeshifting is based on the idea of assuming the characteristics, traits, and talents of someone or something else, such as an animal, for a limited time and for particular purpose. The ultimate potential for shapeshifting is to bring humankind closer to nature and animals so people can begin to understand that they do not stand apart from nature but are very much part of it. Take this dream journey during the waxing moon, on a Monday or Friday night. Remember, merging is the key to shapeshifting.

#### Items Needed

a stone you found in a natural area  
your imagination

#### The Spell

draw a sacred circle of green light, and then call in your dream guardians. Next sit back or recline comfortably, holding the stone in your non dominant hand. Take a few deep breaths, relaxing a little more with each breath. Close your eyes, and continued to breathe slowly and rhythmically. Imagine yourself sinking into the stone in your hand. Start with your toes, moving up your body, your ankles, calves, knees, hips, stomach, back, arms, neck, and head, sinking even further into the stone. Let all your muscles go, and feel your flesh and bone sink completely into the lattice of the stone. Melt with the stone and become one with it. A band in the normal structure is a reality, and allow the stone to become fluid and soft, creating a gateway to Oneness, a threshold of awareness and creativity. Once you move through that threshold, you are transformed. Now in your mind's eye, a fully sense the animal you want to shapeshift into, before beginning to change shape. Make an animal that you are very fond of, and see and sense the animal from every angle and move around in your mind's eye. Imagine yourself becoming that image for example, if your choice is a dolphin, say aloud at least three times, " I am the dolphin, the dolphin is me, we are one. " Like a dolphin, see and sense yourself moving just below the surface of the water. Your bodies in and out of the water, and your fins and tail move ever so slightly, changing your direction as you continue gliding along your way. The idea here is to feel yourself becoming a dolphin, pretending and using your imagination at first, if necessary, and paving the way for shapeshifting dreams about being a dolphin. See, feel, and sense the total experience. Be there completely. Merge and melt into the animal, into the other, and be one with it. Now take a deep breath and merge a little deeper. As you drift to sleep in the shapeshifted form, the yourself the suggestion to remember your dreams when you wake up. When you awaken, rub the stone in your hands, and write down or record those details you recall about your dreams. Then pull up the circle and release your dream guardians.

#### Dream foretelling ritual

ancient peoples such as the Sumerians, Mesopotamians, and Egyptians have a sophisticated knowledge of the symbolic and metaphysical nature of dreams, often using dream messages to foretell the future. The winter solstice, also called Yule, is the longest night of the year time to use your dreams to foretell the direction of your life for the upcoming year. In this ritual you ask Nodens, the Celtic god of dreams, to grant you insight and Vision.

#### Items Needed

Warm Mint tea  
clary sage essential oil  
your dream stone

#### The Spell

draw a sacred circle and call in your dream guardians. Make the tea, and sip it for a few minutes. Next Anoint yourself with the essential oil, applying it to your third eye, to the " soft spot " on the back of your head, behind both ears, and on the inside of both your wrists and ankles.

Hold your dream stone in your right hand and charge it with these words:

Nodens, guide and protect me, I pray you,  
 Lord of dreams, grant me vision and clarity  
 turn my bed chamber into a cloud of dreams  
 and cause my soul to take flight tonight.  
 Show me the future bright and clear,  
 tell me what I need to know of the coming year.  
 Ayea, Ayea, Ayea Nodens! so mote it be!  
 Now put the dream stone in your left hand. Lie back, and as you drift to sleep silently repeat one question: " what good things will the new year bring? " When you awaken in the morning, he is still as possible. Don't move a muscle or open your eyes for a few minutes. Think back on your dreams, recounting everything you could remember. When you a rise, immediately write down anything you can recall. Those are your dream messages for the upcoming year. Thank Nodens, and then pull up the circle and release your dream guardians. Put your dream stone on your altar to use and other spells.

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All About Dreams & Their Magick

All About Dreams and Their Magick  
 by Celeste

Exploring the possibilities of Dream Magic is a powerful and effective way of breaking away from linear consciousness and allowing magic into your life. Prospective magicians may even be identified by virtue of the content of their dreams, and it is not unusual for people to meet their mentors in dreams. We tend to think of dreams as a very personal aspect of our experience, so it is sometimes disconcerting when someone that we know appears in our dreams. In dreams, historical time is abolished, and distance is no object. We may witness events from the past, future, or alternative presents. Dreams are a useful starting point for entering the innerworlds. It can be useful to induce prophetic dreams, or meetings with spirits so that you can discuss a particular problem. A friend of mine who makes incense and perfumes reports that she occasionally dreams of a unique smell, which on waking, she can then analyse and manufacture. The magical artist Austin Osman Spare wrote that he would sometimes awake to find himself standing in front of a finished picture, having drawn it in his sleep. Dreams can bring new ideas, revelations, and many shades of magical experiences. Having some practical experience in Dream Magic can be an aid to developing the techniques of so-called Astral Magic.

### The Language of Dreams

I find, reading through my dream-diary, that there seem to be different types, or grades, of dreaming. Some dreams appear to be meaningless - unrelated to other areas of my life. Some may seem to be somehow related to things that have happened to me. Other dreams may have a different quality - an internal consistency which makes them more memorable. Some dreams may contain imagery or events which relate to your magical work. it is generally taken as a 'good sign' of progress is you start to dream about your magical practice.

The language of dream is not always clear - it is often cryptic and personal. The significance of your dreams becomes very much a matter of personal judgement. You will find, over time,

that the 'message' of some dreams will be very clear, whilst you will intuitively recognise that some are clearly meaningless. Others however, may not be so clear-cut, and may require further interpretation. There are many books which attempt to provide general 'interpretations' for dreams, but overall, it is more effective if you learn to understand and interpret your own personal dream-imagery. If a dream seems ambiguous yet significant, you could, for example, turn to your tarot cards or another form of oracle for 'clues'.

### Basic Approaches To Dream Control

It is remarkably easy to make the content of dreams conform to expectation. People who are undergoing Freudian analysis tend to have 'Freudian' dreams, whilst people who are undergoing Jungian psychotherapy will tend to experience 'Jungian' dreams. You might choose to begin experimenting with Dream Control by setting a 'theme' for your dreams - such as a particular subject, location, or person. There are several different approaches to intentionally guiding dream content.

#### Dream Control Using Sigils

Firstly, prior to sleep, perform a relaxation exercise and clearly formulate the Statement of Intent with regard to your dream-experience. For example, "It is my will to dream of my father." Once this is done, you can allow your mind to 'wander' until you fall asleep. Alternatively, you could try visualising a scene or image as you fall asleep. This need not be a strong visualisation, just the subject of attention as you fall asleep. A third way of willing dream-content is to use a graphic or mantric sigil. Whatever technique you use, remember that the point is not to impose your will into your dreams, but to be relaxed at the same time as formulating your intention.

#### Dreamscaping

This is a basic technique for inducing the repetition and extension of a dream-fragment. You simply write down what you can recall of a dream and then, the next time you lie down to sleep, imagine yourself to be re-experiencing that dream. I have found that it does help if you are tired, and can slip into the half-dream, half-aware state when all kinds of sensory images - voices, faces, places etc., seem to whirl around you. Again, on awakening, you record any fragments you can remember, and use them to extend what you dreamt about previously. Over time, this approach can enable you to generate your own dream landscapes - which can be used in a similar way to astral temples.

#### Dream Telepathy

The possibility of transmission of telepathic information into dreams has been the subject of a good deal of parapsychological research, usually in the form that a "sender" attempts to project some kind of information to a dreamer. However, it can happen that you will have a dream about someone in a particular situation, which they do experience.

Of course, the only way that you can find out whether a not a dream had telepathic content is to check out the person(s) concerned and find out if your dream has any meaning for them. Another possibility is to establish a telepathic link between yourself and another person by using smell. If two people use a particular fragrance or perfume, to the extent that the scent of it evokes the image or memory of the other person, then this can be used to create a dream-link. If the scent is inhaled prior to sleep, whilst relaxed and formulating an image of the other person, and a Statement of Intent for the dream, then it is possible that the other person can experience that smell in their dream, and be more receptive to telepathic experience. I have used this technique in a series of experiments, where a partner and I found that we could awaken each other during a pre-arranged hour of the night, by using scent as a telepathic signal 'booster'.

#### Shared Dreams



A shared dream is an event wherein two or more people experience the same dream, or elements of a similar dream. Alternatively, you might dream about yourself and another person in a dream, and find out later that they too dreamt about you with them, perhaps in a different context. Again, the only way to validate this is to inform the people concerned. Attempts to orchestrate group shared-dreams can be an interesting exercise, perhaps using a semi-structured pathworking to provide the basic setting which participants could later attempt to dream themselves to. Some experiments in shared dreaming, for example, focus on all participants attempting to meet each other in a commonly-known setting - which may be a real place, or an imaginary one known to all taking part in the experiment.

### Dreaming The Future

That dreams have the power to warn us of the future is an ancient idea, and precognitive dreams played an important role in ancient civilisations. On the basis of a dream, the destiny of a country or state could be shaped. Dreams about the future can be symbolic, distorted, or even highly detailed and clear, but it is often difficult, beforehand to distinguish the important elements of the dream. A few years ago, some friends of mine decided to undertake an experiment in dreaming the future. They planned a visit to a town that none of them had ever visited before, and then attempted to dream themselves there. One person kept seeing the recurrent image of a long-necked cat, but for the life of him couldn't figure out how this was relevant. When he actually visited the town, almost the first thing he saw, after getting out of the car, was an antique shop. In the window was a glazed model of a long-necked cat.

### Lucid Dreaming

A basic definition of a lucid dream is that you know at the time that you are dreaming - as though you 'wake up' to awareness of the dream. The term 'lucid dream' was coined in 1913 by a Dutch psychiatrist, Frederik van Eeden. Surveys enquiring into the incidence of lucid dreams have found that more than 50% of people have at least one lucid dream in their lives. Lucid dreams are also distinguished from ordinary dreams in that, when you wake up, there is much more of a sense of continuity from the dream, to the waking state.

#### Approaches To Triggering Lucid Dreams

##### 1. Incongruity

Lucid dreams can be triggered by the sudden recognition of incongruous imagery within a dream. For example, I once dreamed that I was in a house which I had not lived in for over a decade. The dream was perfect in every detail, except that when I looked down at my feet, I saw that I was wearing a pair of shoes that I did not possess at that time. This incongruity jarred me into realising that I was dreaming.

2. Mnemonic Induction of Lucid Dreaming (MILD) This approach is done on waking in the early morning from a dream. After waking, try reading or walking around for a while, then lie down for sleep again. Imagine yourself asleep and dreaming - rehearse the elements of the dream which you have just had, and say to yourself "next time I dream this, I will remember that I am dreaming."

Lucidity can also be brought about by metaprogramming oneself so that if a particular image or scene appears, this will trigger lucidity, i.e. "I will become lucid whenever I see a yellow sphere floating towards me."

Also, it is not uncommon for people to become lucid in a dream when they realise that they have had the dream before, can remember how it develops, and do not want to re-experience it.

##### 3. Lucid Awake-ness

A German psychologist, Paul Tholey, has suggested that if we are more 'lucid' when awake, then perhaps we will be more lucid during our dream-life. He suggests asking yourself many times throughout the day, "Am I dreaming or not?" I have not met anyone who has tried this method, but the sheer determination and persistence that constantly reminding yourself of this each day would take, could act as a form of self-programming.

##### 4. Recognition of an Image

Recognition of an image or symbol appearing in dream that one has meditated upon can

trigger lucidity. Carlos Castaneda's brujo Don Juan advises his student to learn to look at his hands in dream, and thereby achieve lucid consciousness of the dream.

### Creation Of A Dream-Tulpa

A 'tulpa' is a consciously-projected thought-form or servitor, which may perform a particular task for a magician or act as a general 'helper'. They are of a similar nature to Spirit Desire-Forms. A Dream Tulpa takes the form of a shadowy figure - Tibetan shamans, from whom the name derives, often projected these figures in the form of monks - whom you should gradually begin to embellish with features over time.

For example, you could spend some minutes working with the Dream Tulpa each night. Your aim should be not so much to impose features onto the shadow-form - but to let them arise. For example, you might notice, the first time you do this, that the Tulpa is a man. Mentally note one or two features (write them down when you can) and leave it at that. The next night, you might find yourself deciding that the man wears heavy gold rings on his hands. The trick is to let the shape build up gradually, taking on more detail and its own 'life', until it spontaneously crosses over into your dream experience.

Knowing that you have dreamt about the Tulpa is itself, a great step forwards. If you can reach that stage, then you may consider working with the Tulpa consciously, in waking, semi-waking, and dream states. You could for example, ask the Tulpa to act as a 'trigger' to bring you to lucid awareness in dream, or to guide you in travelling to different realms in the lands of dream. It is important that you build up a relationship of trust and confidence with the Tulpa, that you recognise it as an individual entity, albeit one that you are responsible for.

### Bridging The Conscious Divide

It can be rewarding to try and approach dreaming from a non-western point of view, such as that of the Australasian Aborigines. The Ancient Egyptians believed that sleep is a 'rehearsal' for death, and that the pathways through the lands of the dead could be mapped through dreaming. The Chippewa of Canada and the Northern United States believed that the origin of all their tribal skills, customs and values came from dreams or visions.

### The Magical Applications Of Dream Revelation & Oracle

The search for revelation of one kind or another - or for an answer to a pressing issue or problem, may often terminate in a dream. In 'primitive' societies, the course of an individuals' life may be drastically changed by a dream. In some Native American societies for example, the transgender role of Berdache (man-woman) was often confirmed through the interpretation of a candidates dreams.

### Dream Incubation

As is a practice by which significant dreams are obtained by sleeping at a sacred site related to a particular cult or spirit. This practice features in many cultures, from Ancient Egypt to Tibet. By the 3rd Century A.D, it became popular in Greece to ask for physical healing through dream - the cult of Aesculapius became the most widespread cult of dream incubation. Pilgrims would, following purification rites and preparation (such as sacrifice, prayer etc.), sleep on the skins of sacrificial animals, surrounded by yellow snakes (a symbol of the god), in order that they might dream of the god Aesculapius - which was in itself a marvellous cure. Later, in Rome, the dream was no longer in itself a cure, but a source of medical advice.

Similarly, it is not uncommon for people having taken part in a magical ritual, to dream of it continuing. It has been reported that sleeping in the area where group ritual has been worked can facilitate this.

### Seeking Answers Through Dream

Answers to specific questions or issues can be sought through dreams using, for example, a sigil of some kind. One is not however, guaranteed of an unambiguous answer.

### Power Objects & Spirit Names

Personal Power objects may be obtained through dreaming. Symbols or images beheld in dream may be transferred into the waking world as talismans or fetishes. Such artifacts 'contain' the essence of the dream - perhaps a reminder of the heightened awareness experienced within it.

Also, spirits and other entities may name themselves in dreams. A friend of mine received his 'magical name' in a dream. Entities encountered in dreams could be given form - such as a drawing, poppet, or carving, and worked with on a conscious level.

These are just a few of the applications of Dream Magic, but there is enough here to make a start in exploring this fascinating area of magical work

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### Dream Pillows

### Dream Pillows

Dream pillows have been around for many many years, it was common place for our grandmothers to stitch up a headache pillow to erase the pain of headaches or have a dream pillow on every bed filled with natures bountiful herbs and flowers.

#### Materials:

100% Cotton or Silk Fabric 5" x 5" (or slightly larger if you wish)

Mesh bag for herbal insert (muslin is a perfect type of fabric for this project)

Herbs & Flowers: 1 part Rose Petals, 1 part Dried

Chamomile, 1 part Dried Lavender

Essential Oils : choose any of the following - Yarrow, Sandlewood, Jasmine, Geranium, Basil, Lavender, Peppermint or Rose. 5-7 drops.

Needle & Thread

Velcro

#### Pillow stuffing Directions:

1. Cut your fabric into 2 pieces, one for the top of the pillow, the other for the bottom.
2. Sew the pieces together with the wrong side of the fabric on the outsides.
3. Sew 3 sides together then turn inside out so right sides are now showing.
4. Fill mesh bag with a mixture of the flowers and herbs as well as a few drops of essential oil. Insert into a mesh bag, tie off with a string.
5. Place inside your pillow form and fill with pillow stuffing...dont overpack as it needs air

circulation to release some of the scents.

6. Finish pillow off by adding velcro to the open end of the pillow, this will allow you access to change the herbs and flowers when needed or to wash the pillow itself.

Its best to keep the pillow in a flat shape not round. It will be inserted into a regular pillowcase for a scentsational nights sleep.

#### Love and Happiness

Maidenhair for grace, beauty and love  
 Meadowsweet to cheer the heart  
 Anise to keep nightmares away, and  
 Sage for peace, wisdom and healing.  
 Place it on or by your pillow.

#### Prophetic Dreams #1

Sage for peace, wisdom and healing  
 Wormwood for psychic powers  
 Mugwort for prophetic dreams, and  
 Sweet Woodruff for refreshment.  
 Place it on or by your pillow.

#### Protection and Peace

Club Moss for power, strength, protection  
 Solomon's Seal for protection  
 Burdock to cast away negativity, and  
 Maidenhair for grace, beauty and love.  
 Place it on or by your pillow.

#### Prophetic Dreams #2

3 ounces of Mugwort, dried  
 2 ounces of Lavender flowers, dried  
 1 ounce of mint, dried  
 1 ounce of rose buds or petals  
 To be use on the 3 days of the full moon.

#### Healing Blend

2 ounces Eucalyptus, dried  
 1 ounce Sage, dried  
 1 ounce Rosemary, dried  
 1 ounce thyme, dried  
 3 drops of Eucalyptus oil

#### Headache Blend

2 ounces of Lavender flowers, dried  
 2 ounces of bergamot, dried  
 2 ounces of mint, dried  
 2 drops of lavender essential oil

#### Nightmare Prevention

2 ounces Basil, dried  
 2 ounces Pennyroyal, dried  
 1 ounce Mugwort, dried  
 1 ounce Thyme, dried  
 3 drops of Lavender essential oil

#### Hops Sleep Blend

2 ounces Hops, dried  
 2 ounces of chamomile, dried  
 1/2 ounce Eucalyptus leaves, dried  
 1 ounce Lemon Balm

1 ounce Orris Root powder  
 3 drops Lemon Balm essential oil  
 Sweet Lavender Blend

2 ounces Lavender, dried  
 1/2 ounce Bay leaves, dried, crushed  
 1 ounce Lemon Thyme, dried  
 1 ounce Rosemary, dried  
 1/2 ounce Lemon Balm, dried  
 1 ounce Orris Root powder  
 3 drops Lavender essential oil  
 Restful Sleep

1/4 cup lavender flowers  
 1/4 cup mugwort  
 1/4 cup sweet hops  
 Sleep Inducing

1/2 cup sweet hops  
 1/2 cup mugwort  
 1/8 cup sweet marjoram  
 Peaceful Slumber

1/4 cup roses or rose petals  
 1/4 cup rosemary  
 1/4 cup lavender flowers  
 1/4 cup sweet hops  
 Relaxing Dreams

1/2 cup Mugwort  
 1/2 cup lavender flowers  
 Convalescent Rest

2 tbsp lavender flowers  
 2 tbsp catnip  
 2 tbsp lilac or mimosa blooms  
 2 tbsp mugwort  
 2 tbsp marjoram  
 1 tsp mint (any pleasing variety)  
 2 tbsp heliotrope blossoms (optional)  
 Pleasant Dreams

1 cup mugwort  
 1/2 cup rose petals  
 1/2 cup chamomile  
 1/3 cup lavender flowers  
 1/3 cup catnip  
 2 tbsp mint  
 Sweet Dreams

1/4 cup mugwort  
 1/2 cup rose petals  
 1/4 cup rosemary  
 2 tbsp mint  
 6 whole cloves or clove stems  
 2 tbsp mimosa flowers (optional)  
 Romantic Evening Dreams

1/2 cup rose petals  
 1/2 cup rosemary  
 1/4 cup lavender flowers  
 2 lemon verbana leaves, crushed  
 1 tsp mint  
 4 whole cloves  
 1 small piece of cinnamon stick,  
 1 inch long, broken up  
 3 mimosa flowers (Optional), for a slightly more sensual mixture  
 Sensual Dreams

3 cups rose petals  
 2 cups rosemary  
 1 cup lavender flowers  
 1 tbsp mint  
 Small pinch ground cloves (less than 1/2 tsp)  
 Even smaller pinch commercial chili powder  
 2 lemon verbana leaves, crushed  
 1 piece cinnamon bark, 1 inch long, broken up  
 Amorous Dreams

2 tbsp sweet hops flowers  
 2 tbsp calendula petals  
 2 tbsp rose petals  
 2 tbsp jasmine flowers  
 1 tbsp catnip  
 1 tbsp marjoram  
 2 tsp lemon verbana leaves  
 2 tsp lavender flowers  
 2 tsp mint  
 Romance Novel Dreams

2 cups rose petals  
 4 cups calendula flowers  
 4 cups rosemary  
 1 cup lemongrass, cut in short pieces  
 1 cup sweet woodruff  
 1/2 mugwort  
 1 tbsp mint  
 1 tbsp marjoram  
 1 tsp fennel seed  
 1 lemon geranium leaf (Such as Mabel Grey)  
 1 piece cinnamon bark, about 1/2 " long broken  
 Tiny pinch of commercial chili powder (optional), if you want even more complexity and action  
 Traveler's Comfort

1/2 cup mugwort  
 1/2 cup rose petals  
 1/4 cup lavender flowers  
 1/4 cup marjoram  
 1 tbsp passionflower, leaves or petals  
 Vacation Bliss

1 cup rose petals  
 1 cup mugwort  
 1/2 cup hops flowers  
 1/2 cup lemon verbana leaves  
 1 tbsp lemon grass, cut in pieces about 1/2" long  
 1 tbsp jasmine flowers

1 tbsp chopped mimosa flowers  
 1 tbsp mint  
 2 whole cloves  
 1 small piece dried orange peel 2 tbsp marjoram (optional)  
 Prophetic Dreams

1/2 cup thyme  
 1/2 cup vervain  
 1/2 cup rose leaves (R. eglanteria) or fragrant rose petals  
 1/2 cup peppermint  
 1/2 cup mugwort  
 1/4 cup marjoram  
 1/4 cup mimosa flowers  
 1/8 cup sweet woodruff

Note that the above recipes make 5-6 dream pillows a piece.  
 Headache Pillow warm or cold

3 parts Lavender, the flower heads, dried  
 1 part Eucalyptus.  
 1-2 cups Rice

Stretchy velvet (crushed velvet)

You can make it long to be wrapped around the Neck or just about a foot long to be placed on the forehead. All you do is make a tube rectangle on the sewing machine, leaving room for it to be opened. Mix the herbs together with the rice and pour into the tube. Sew top on. \*\* I usually add a silver loop, or tie the ends with the ribbon.

You can zap this in the microwave for about 100 on defrost (med) or keep it in the freezer.

Just mosh it around to get the natural scents to come out. <A

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Lucid Dreaming 101



### Step One) Doing the Mental Prep-Work

This step involves setting up the right mental foundation and building a mental framework that will maximize your success. In order to do this, you must take a look at your belief systems. I can't emphasize enough the crucial role that our belief systems play in determining our experience. As you develop your ability to lucid dream, you will be directly interacting with your thoughts and your belief systems, and you will be able to experience first hand how important it is to manage your thoughts. Here are four key questions that you need to ask yourself. Do you think you can do this? Do you think dreams are important? Do you really want to have lucid dreams? Do you know what you will do when you become lucid? Not only should you be asking yourself these questions, but you should also be taking an active part in strengthening these beliefs, or changing them if that is the case. Let's go over each of these questions to emphasize what kind of mental prep-work you need to be doing. "Do you think you can do this?" For starters, you must always have a positive attitude. If you have any doubts, then your first assignment is to replace each and every doubt with a self-empowering belief. If you think lucid dreaming is some rare phenomenon, realize that it is a natural ability. If you think it is going to be difficult, assure yourself that it will come naturally. Just remember, tying your shoes as a child was difficult but with time it became second nature, and so too will lucid dreaming. As soon as you have your first lucid dream, it'll be that much easier to have a second one, and a third one, and in due time you will be having them consistently. "Do you think dreams are important?" Once you have a positive, confident attitude, the next step is to make dreaming a top priority. The simple act of believing that your dreams are important will dramatically increase your results. Most people don't place any emphasis on their dreams so they in turn don't recall many dreams, and not surprisingly most of these people are not even aware that it is possible to have lucid dreams. They don't know any better because they haven't made dreaming a priority. You, on the other hand, will view your dreams as important, and this will speed up your progress substantially. "Do you really want to have lucid dreams?" The key to this question is desire and enthusiasm. The more you cultivate your desire to have lucid dreams, the more emotionally charged your intent will be. The more charged your intent is, the more likely that these desires will produce results. Along the same lines, the more enthusiastic you are towards learning how to lucid dream, the more you will absorb and the more you will be actively drawing this experience towards you. Sending messages to your subconscious that you think dreams are important and that you enthusiastically want to have them will speed up your progress dramatically. "Do you know what you will do when you have a lucid dream?" The point of this question is to be purposefully prepared. It sounds so simple, but just by having a plan you increase the odds of becoming lucid. If you have a goal or a mission planned, you will have that much more reason to become lucid and carry out your mission. The plan should be well thought out and thoroughly embedded in your mind. Throughout the day and before going to bed, remind yourself of your goal, and in keeping with



the last question, cultivate a desire to fulfill your goal. In the beginning, you may want to keep your plan simple. Your goal may be as simple as looking at your hands or surveying the dreamscape or maybe you would like to fly. As you develop the ability to prolong your lucid dreams, you will be able to carry out more elaborate missions.

So be positive. Replace doubt with confidence and skepticism with belief. View your dreams as being important. Make dreaming a priority. Cultivate your desire to reach your goal. Be enthusiastic. Be prepared and have a plan. As you can see these mental prep-work concepts do overlap and intertwine, so start making all of them work for you today. This mental conditioning will not only help speed up the lucid dreaming process, but you can apply it to any other aspects of your life that you want to develop.

### Step Two) Increasing Dream Recall

As mentioned earlier, if you can't remember your dreams it makes it that much harder to have lucid ones. So this step focuses on increasing your dream recall. You may be one of the fortunate ones who remembers a lot of dreams, but if you are not, don't be discouraged. There are many tried and tested methods for developing your dream recall. There are so many effective tips for increasing dream recall that you can count on remembering more and more of your dreams with a few weeks practice. For starters, do you really want to remember your dreams? Why? Could you be subconsciously blocking your own recall because you may be afraid of what you see? These are legitimate questions to be asking yourself. Be honest with yourself. You must make the commitment to yourself to increase your dream recall because it is important to you and it is something that you want to develop. You need to make it a conscious priority. After taking this step, it is just a matter of incorporating these techniques into your morning schedule.

Here is a list of tips and techniques that will help increase your dream recall:

- 1.) Wake Motionlessly. Upon awakening, don't open your eyes. Don't move. Lie completely still.
- 2.) Wake Slowly. Allow yourself time to naturally remember your dreams. Don't start thinking about what you are going to do for the day. Don't allow your mind to be flooded by your waking thoughts or your dreams will start fading or may even disappear entirely like bursting dream bubbles. Let your mind be focused on whatever you were just dreaming.
- 3.) Let your mind drift. Allow your thoughts to meander through whatever mental imagery you may have. Once you remember one part of a dream. Relax and allow the rest of the pieces to fall into place.
- 4.) Drift through your dream checklist. If you have absolutely no initial recall, then start running through a dream checklist in your mind. This list should include people you know, activities, places, foods, smells, music, anything that may trigger a dream fragment to surface. Allow your mind to drift through this list and ask yourself if this person or this place was in your dream. Movement is very common in dreams so try to think about action. Were you walking or running or climbing or flying? Emotions are also very prevalent so try to think about your moods. Were you happy or afraid or surprised or confused? The more familiar you are with your dreams the better you will know which questions will most likely trigger your memory, but in the beginning you can use any list as long as it is a big one.
- 5.) Think and question backwards. Try to work your memory backwards from what you can remember. You will usually remember the most current dream scenario first so for maximum retrieval it is helpful to think backwards, or think in terms of effect and cause instead of cause and effect. If you can remember one part of the dream, ask yourself how you got there? Or where did a certain dream object come from? Did you find it? Was it given to you? One dream fragment will usually lead to another until the whole dream starts to take shape, and your dream memories can be jogged by questioning yourself about what you already remember.
- 6.) Try different sleeping positions. Try all your common sleeping positions before getting out of bed to maximize your recall. You will have the best recall when you are lying in the same position that you were in when you were dreaming. If you wake up on your right side don't move until you recall all you possibly can, and then repeat this process on your left side, then your back, and your front. This may jar loose some memories and it certainly speeds up your recall.

7.) Keep Trying. Sometimes, you may have no morning recall but flashes of dream memories will surface during your day. Be prepared to jot down any time-released memories. They may unlock your access to more memories.

If you are still having trouble recalling your dreams, here is a sure-fire method that will have your remembering your dreams in no time. We know that most of our dreams occur in the last hours of our sleep so we can safely assume that this is the target time to be exercising our recall. We also know that we have a much greater likelihood of remembering a dream if we awaken directly from it, and this leads us to the ultimate method, the Alarm Clock Method.

The Alarm Clock Method:

Using an alarm clock is one of the quickest and easiest ways to start increasing your dream recall especially if you rarely remember your dreams. The idea is to set your alarm for a time when you will be dreaming and awaken yourself from a dream while fresh memories are still in your head. The earlier morning hours are the best time to use this method since this is when you are most likely to be dreaming. Your alarm clock will become a valuable tool for increasing your dream recall, and in a later section I will mention how it can be used to induce lucid dreams. Here are a few ways to take full advantage of your alarm clock. Try them all to see what works best for you

"The Early Morning Technique"

Set your alarm for two hours before you normally would awaken. When it goes off, reset it to go off in a half an hour. Do this each time it goes off and you will have instant and plentiful recall. This is one of the most effective techniques because it takes full advantage of your natural dreaming cycle and it creates a daily target time when you habitually practice your dreaming skills. These few hours before you normally awake are going to become your new training grounds. This target time zone will be described in much greater detail when we cover lucid dream induction methods and again when we take a look at the lucid dream terrain.

Depending on how poor your recall is you may want to immediately write down your dreams each time you wake up. If you don't, you may experience what I refer to as dream superimposition. It happens when you wake up during the night and have vivid recall of your dreams, so vivid that you are sure you will remember them later; however, when you go back to bed you have more dreams and upon reawakening these recent dream memories have replaced the previous ones. As you exercise your dream recall you will find your memory will become better so that less dream superimposing takes place, but even after years of training it still happens to me sporadically.

"The Waking at Odd Hours Technique"

This technique is pretty self-explanatory. Set your alarm to go off at any random times throughout the night. The advantage of this technique is that if you are extremely eager to develop your dreaming skills you may not want to settle for only two hours of practice a day. So you can use this technique along with the previous one to maximize your exercise.

"The Snooze Button Method"

Set your alarm for a time before you would normally wake up and then continually hit the snooze button until you have to get out of bed. This is probably the most common technique, and the odds are that you have already had some experience with this one unless your alarm does not have a snooze button. By hitting the snooze button you are constantly coming in and out of dreams so you dramatically increase your recall, and it is very helpful for inducing lucid dreams as well, but let's not get ahead of ourselves.

Step Three) Keeping a dream journal

The single most important thing that you can do to increase your dream recall and to maximize your lucid dreaming progress is to keep a dream journal. This increases your recall by engraining the idea that dreams are important into your subconscious mind. It also helps

you become familiar with your dreams which is the focus of the next step. The habit of writing down your dreams soon becomes a habit of recalling your dreams. If you seriously want to learn how to lucid dream, you MUST keep a dream journal. It is not an option.

I strongly emphasize this because I know from experience that keeping a journal is a crucial part of the process. I had been trying to lucid dream for a year with little success until I started keeping one. Shortly after I started consistently making my dream journal entries, I began to recall more dreams with greater clarity and detail, and this led to my first lucid dreams. Even now after years of lucid dreaming, I still see a correlation. If I neglect my dream journal, my lucid dreams become less frequent. All it usually takes is a few days of making entries and I will be back on the lucid track.

Here are some tips on keeping your journal. Record all of your dreams with as much detail as you can. Even if something seems trivial, you should still write it down because it may turn out to be significant when viewed in the long run. Write down not only what happened during the dream but also what you were feeling and what you were thinking at the time. These emotional and mental notes will help you later when you are becoming familiar with your dreams. This will also help you see how your daily affairs and your waking mind influence your dreams. For example, you may notice during times of stress that you will have stress-influenced dreams. You may dream of being late for an exam or being unprepared for a business meeting. The point is that your dreams are sending you a message. They are reflecting what you think and feel at a subconscious level. Looking at the patterns of your dreams and examining the recurrence of certain dream themes will tell you a lot about yourself. This is yet another reason why keeping your dream journal is so important. It allows you to have an overview of your dream patterns which are actually reflections of an ever-changing you.

When keeping your journal, it is best to write your entries in present tense instead of using past tense. For example, you would write, "I'm walking down this street and I see a man" instead of "I walked down this street and I saw a man." By writing in the present tense, you may be able to remember even more of your dreams as you are recording them. Also, when working with some of the methods we will cover later like dream reentry and dream incubation, it is best to be thinking and recording in terms of now not then. As an added bonus, writing in the present tense also makes for better reading at a later date.

With each dream journal entry, you should include a date, a time if you can, and a title for each dream. To find a suitable name for your dream, imagine if it were a movie and choose the most appropriate title. Something simple is usually best as long as it captures the essence of the dream. Anything from "Red ants in a rainforest" to "Class reunion on an airplane" will be fine. If you have several different dreams during the night, it is best to separate and title each one. Mixing separate dreams together may make the dream's message harder to find and may make choosing a distinctive title nearly impossible. The main purpose of titling your dreams is to make them easier to access at a glance when you are looking through your dream journal.

Now, if you are like me or like most people, I am assuming one of two things. You are either going to think you can learn to lucid dream without keeping a dream journal or else you will start keeping a dream journal and before you know it, it will be gathering dust next to that book you meant to read. I say this only because I thought the same way. Not to say that it could not be done, anything is possible, but why not increase your odds, maximize your results, and speed up the process with a proven method. Once you get into the habit of keeping your journal, it will become as routine as putting your clothes on in the morning. Although it gets easier with time, in the beginning it is helpful to have some pointers.

Keeping a dream journal is not the easiest thing to do. I have spent many a day thumbing through random pieces of papers scribbled with dream accounts. To make the beginning of the process easier I have several suggestions based on several different approaches I have tried combined with the advice of others. It seems like such a simple thing. You dream, you wake up, and you write down your dreams. Well, there's more to it. For example, when you

awaken if you start writing in your journal as you are recalling the night's dreams, it is hard to remember everything accurately in the right sequence. You may have already moved on to a new scene but then you remember something you had forgotten. This prompted me to write everything I could remember on a sheet of paper and then after doing this I would write an organized account of it in my journal. This works fine if you have lots of free time but with time being a valuable commodity it is rather inefficient.

Along with the difficulty of balancing your time and determining how organized you need to have your journal, another problem you will encounter is the simple fact that you have to do a lot of writing which in itself can become monotonous. The best approach is to recall all that you can in your head before writing anything, but even so you probably will remember more as you are writing it. By recording your dreams only on the right-hand pages of the journal, you can write late arriving memories on the left-hand page and conveniently draw an arrow to the portion of the dream in which it occurred. You can also use the left-hand pages to draw pictures of any dream objects or maps of the dreamscape. This tip may require you to buy double the amount of journals, but if you want more organized entries it certainly works.

If you do choose to use this method, you should use the left-hand pages to record what you did while awake that day, where you went, who you saw, etc... Whether you use the left/right page method or not, you should include this daily information somewhere in your journal, preferably on the same page as your dream entries. This can be very helpful when you are looking for patterns in your dreams. For example, I have found that I will often dream about things from two days before or two days after the dream. If I watched a program about natural disasters on Monday, I would not be surprised if I dreamed about it on Wednesday. If I dream about a person who I have not heard from in a while, they will usually call me two days later. I don't know why it happens, but by analyzing my dreams and the journal entries of what I did for the day, I have found this to be one of my patterns.

Many people recommend using a dictaphone to record your dreams. Upon awakening you can just speak your dreams aloud into the recorder, and enter them into your journal later. I've tried this method and find that for me at least it is not the way to go. It is not very time efficient. It certainly is easier to record them verbally, but the problem comes when you are transcribing these tapes. It takes far too long to listen to these recordings and write them down in your journal, and you still have the problem of trying to keep the dream's sequence in order which becomes even more troublesome when you use a tape recorder.

There are many different styles of journal keeping and everyone may have a natural preference, but if you want to save some time. Learning mostly through trial and error, I have developed the easiest and most efficient method. Prompted by the idea of how wonderful it would be if the dictaphone could write up my journal entries for me, I employed the help of my personal computer. I purchased a speech to text recognition program called ViaVoice. It will convert what you say into text on your computer screen. You speak at a normal pace and it does all the typing for you, and you can use it directly with Microsoft Word, my word processing program. The speech to text program was on fifty dollars and it works just fine for a dream journal. It may make an occasional error but the journal entries are extremely legible and the time saved is enormous. It completely removes the burden of writing down your dreams and it totally solves the problem of jumbled dream sequences because you can cut and paste any misplaced dream fragments into their appropriate place. If you have the resources, this is by far the easiest and most efficient way of keeping a dream journal.

#### Step Four) Becoming familiar with your Dreams

As your dream journal grows and your dream recall increases, naturally you will become more familiar with your dreams. Certain people, certain places, and certain activities may be more likely to appear in your dreams. For example, you may have a majority of dreams in which you are at your office or at school or at the beach. Certain dream themes might also be more common than others. You might dream of being a hero or you might dream of being chased. These recurrent patterns in your dreams are your dreamsigns, and they will be the first stepping stones on your path to lucid dreaming.

By learning your distinctive dreamsigns, you will be able to further increase your recall. Making a list of your dreamsigns is a great idea. If you are having trouble recalling any dreams, you can run down your list of dream signs and question yourself to see if any of them will spark a memory. Sometimes, by jarring just one dream fragment loose you can recover the whole dream, so knowing and using your dreamsigns will give you just the edge you need to overcome a morning bout of dream amnesia.

By working with your dreamsigns, you will develop an intimate relationship with your dreams. They will become more accessible and easier to understand. It is helpful to ask yourself why you are dreaming what you dream. What do these dreamsigns mean to you? The more you understand not only your dreamsigns but what they mean, the more you will benefit from them in both your dream life and your waking life.

If at first you are having trouble identifying your dreamsigns, realize that your dreamsigns don't have to be something unordinary. As a matter of fact, they may be the most ordinary thing. For example, you may have dreams about your previous day or you may dream of cleaning your house. Whatever it is that you dream about, you need to be noting the patterns and commonalities. You can start with whatever patterns you notice no matter how insignificant they seem. Using these as a springboard, you will soon begin to notice more patterns developing. The process of looking for patterns may in fact create the patterns themselves so if you are having trouble finding your dreamsigns, just keep looking and they will emerge.

The quest to discover and understand your dreamsigns is a lifelong journey because your dream signs are continually evolving just like you. Some themes may last for only a week and then disappear, only to resurface a month later. Other dream signs will last much longer. As times change and you change, your dreamsigns being a reflection of you and your thoughts will change as well. Keeping up with your dreamsigns will keep you in touch with yourself.

With the help of your journal, you can easily spot the recurrent dreamsigns and you can get an overview of how they are changing. As you are making entries to your journal, you should make note of any dreamsigns that you spot. You can underline them or put a star next to them. Any notation will do as long as it is consistent and noticeable. The idea is to have them accessible at a glance so when you pick up your journal in a year you can easily see the change in the pattern of patterns, your ever-changing dreamsigns.

Identifying your dreamsigns also plays a crucial part in the lucid dreaming process. Your dreamsigns are in effect "signs that you are dreaming", and as you will soon learn in the sixth step, you can train yourself to notice your dreamsigns while you are dreaming and this will be the springboard into lucidity.

#### Step Five) Adding Awareness to your Waking Consciousness

This step alone could be the source of countless books. It is almost a method in itself, but used in conjunction with the other steps, it becomes an optimal way to learn lucid dreaming. As a matter of fact, the whole process of lucid dreaming is achieved by training your awareness. The idea is to increase our daily awareness in order to benefit from the carryover effects it will have on our dreaming awareness. If you are more aware during the day, you will become more aware while dreaming.

There are many ways to increase our awareness, and we will delve into many of them in this section. The handling and manipulation of our awareness will become one of the central issues for the rest of this manual. As you exercise your awareness, you may realize that you are not usually aware of how unaware you are most of the day.

Since this is such an important aspect, it is crucial to have a workable understanding of these concepts. The ultimate goal is learning how to apply these principles to create results. First, we will deal with the concept of awareness and then we will learn the practical applications.

The term awareness as we will be referring to it applies to your consciousness. How conscious are you? It alludes to your current level of self-observation. How aware are you of your awareness? It refers to your level of mindfulness. How centered is your awareness? It refers to your waking mental state of affairs. How truly aware are you? For our purposes here, these questions will culminate in your dreams when you become aware that you are dreaming by asking, am I dreaming?

For many people these reflective questions go unasked and in turn they remain unanswered. They were never taught that there are differing levels of awareness nor were they ever taught how to cultivate a heightened sense of awareness. To them, either one is awake or one is sleeping. The fact is that you can be fully conscious, semi-conscious, and not conscious at all in your dreams as well as in your waking life. It is all a matter of mindfulness. It all boils down to your level of awareness.

Do you ever realize you've been listening to the radio and haven't heard it for minutes? Do you ever drive somewhere methodically and not remember the drive once you arrive? How about misplacing your keys? Moments of "zoning out" like this occur when your awareness strays from the moment at hand. It is a result of losing your mindfulness, becoming attentionally uncentered. You may have been day-dreaming or planning your day or truly "in a zone", but the resulting experience is that you were not aware of your position in your current surroundings.

There is nothing wrong with day-dreaming or planning your day. The point is that we often overlook the transition of our awareness from one moment to the next. The thoughts we have often flutter through our minds without us even taking note of them, let alone actively taking part in their creation and guidance. The point is not to be obsessed with your surroundings but to be aware of your awareness. Becoming aware of your thoughts and thinking patterns is just as important as identifying your dreamsigns and dream patterns. Changing your thoughts will change your awareness, and the idea is to have your awareness programmed and locked on self-observant aware mode instead of running on a non-reflective auto-pilot mode.

It is as if we are normally aware of riding the crest of a wave produced by external factors instead of guiding our awareness ourselves. We react more than we reflect which leads to automatized behavior. We become less questioning which in turn reduces our awareness to what we already know, or think we know. We identify with our position on this crest so habitually that after a while we fail to realize that there even are any other ways of viewing it. We overlook our part in the ocean. We overlook the active role that we play in guiding our awareness.

Try to remain aware of your awareness as if you were a by-stander just watching where it goes and how it flows. The longer you can sustain this level of awareness, the better. But it isn't as easy as it sounds, and if you think it is, try sustaining it all day long and then realize how often you lose your mindfulness. The fact is that we aren't in the habit of being aware, but this is a habit that must be changed. How is your awareness flowing from one point to the next? How often throughout the day are you aware of your awareness as well as your position in your surroundings? It is this kind of mindfulness that you need to cultivate. It is this kind of centering and grounding of your awareness in awareness that you need to practice and develop until it becomes second nature, or hopefully even first nature.

Practicing meditation is an excellent way to exercise your awareness. Studies done by Jayne I. Gackenbach, a notable lucid dream researcher, show a direct correlation between meditation and lucid dreaming. People who meditate have a greater likelihood of having lucid dreams compared to non-meditators. Both meditators and lucid dreamers "are able to become "caught up" in an experience, and are aware of their inner thoughts and internal processes." (\* Dreamtime, Dreamwork, pg244-45) This could be due to the emphasis put on consciously developing of one's awareness. By exercising your awareness, you are more able to be "in the moment", an ability that greatly enhances your lucid dreaming ability. "In addition, meditators and lucid dreamers find it easier to recall their dreams and tend to be "field independent" (that is, they could find their way out of a forest more easily than "field

dependent" people, because they are not as easily influenced by people or objects in their environment.)" (\*Dreamtime/work, pg 245) Other studies by Alexander, Boyle, and Alexander have shown that both lucid dreamers and meditators "have less stress-related personality characteristics" than their non-meditating and non-lucid dreaming counterparts. If lucid dreaming and meditating can have these beneficial effects on our waking self, imagine what can be accomplished by practicing both of them symbiotically.

Meditation and lucid dreaming are intimately linked. By learning more about meditating and practicing it regularly, you will be stacking the odds in your favor when it comes to lucid dreaming. Many of the principles involved in meditation have a direct bearing on lucid dreaming. Meditation can be used to induce profound states of relaxation, and these relaxed states are extremely beneficial for inducing lucid dreams. Also, the goal of many meditational approaches is to silence the mind. Creating inner silence and stopping one's internal dialogue is an important technique we will be covering later on when we discuss some of the methods of inducing lucid dreams. Meditation also develops the ability to have a detached awareness, an awareness that allows itself to operate like a slightly removed observer. Once again, this ability to have a detached awareness will be extremely useful when attempting many of the lucid dream induction techniques. Meditation in and of itself requires developing a certain amount of control over your awareness. Since this is also a prerequisite for learning how to lucid dream, it is highly advisable to incorporate meditation into your lucid dreaming regime.

Now that you have an understanding of these concepts, the best way to create results is to apply them toward our goal, lucid dreaming. In order to learn how to lucid dream, you must be able to differentiate between what is "reality" and what is a dream. You must develop a questioning awareness. While awake you should be regularly doing "reality checks". There are two parts to a reality check. The first part is asking yourself if you are dreaming or not, and the second part is testing your surroundings to verify if in fact you are dreaming or not.

These reality checks should be done frequently throughout the day. The idea is to engrain this habit into your daily routine so that it will spill over into your dreams. If you practice this consistently, it is just a matter of time until you perform a reality check while dreaming, and if you test your surroundings carefully enough you will realize you are dreaming. In the beginning, I would set the alarm on my wristwatch to go off every half hour as a constant reminder to do my reality checks. Another technique is to write one letter on each hand or wrist and each time you notice the letters you perform a reality check. You could use an L on one and a D on the other to stand for Lucid Dream or B and C for Become Conscious. The letters themselves mean very little. It is remembering to do the reality check that matters, and if this is a method you use regularly, it will surely make its way into your dreams to remind you to question your surroundings.

Asking if you are dreaming is the easy part. The trick is to be able to distinguish whether you are really dreaming or not. The idea is to look for strange or non-sensical things that could only occur if you were dreaming, but sometimes it is hard to tell. For example, the idea of pinching yourself to make sure you are not dreaming does not hold any weight in the dream realm. You will actually feel the pinch in your dream so it may lead you to believe that you aren't dreaming unless you perform other tests.

For some reason, we are much more accepting and much less analytical of inconsistencies while dreaming so performing multiple reality checks maximizes our odds of becoming lucid if in fact we are dreaming. It is also very helpful to always assume that you are dreaming even if the tests indicate otherwise. You should keep testing and keep trying all of the different reality checks until one works, and only after you have exhausted all options should you conclude that you are not dreaming. As you get some experience, you will see first-hand how important it is to be questioning and persistent. But luckily due to all the research into lucid dreaming, reality checks are no longer a hit or miss scenario. Many of them show wide-ranging effectiveness among all dreamers.

Here is a list of the most effective reality checks:

1.) The Common Sense Test: This is the first and most obvious check. Examine your

surroundings for anything that logically should not be there. Ask if this could happen in your normal life. Look for inconsistencies. Are you somewhere you have never been before? Are you with people who live on the other side of the country? Is there an elephant in your kitchen? These are the kinds of questions that can spark your lucidity.

2.) The Reading Check: This is one of the most effective checks. Simply look around and find something to read. After reading it, look away and then look back again to reread it. Do this several times. If you are dreaming, the text or numbers will usually change after several glances. It may become garbled or may have changed completely or it will not remain stable while you are reading it. Anything containing words or numbers will work: a book, a street sign, an address. Many people use the dial on their dream watch.

3.) the Flying or Levitation Check: This is another very effective check. See if you are able to fly. If you are not able to fly, try to levitate or hover slightly above the ground. As you become more skilled at lucid dreaming, this may become your favorite check as it is mine. The only down side is that at times you may try this and be unable to fly or levitate, yet you still may be dreaming. Always remember to use this in combination with other checks unless of course it works, which in most cases it will.

4.) The Light Switch Check: This is usually a quite reliable check. Find a light switch and turn it on and off. If it malfunctions then the odds are you are dreaming. Try it several times and pay close attention to when it should be on and when it should be off. It usually will not take long before it malfunctions or operates correctly while in the wrong position.

5.) The Memory Check: This is a very effective but largely unknown method. Simply backtrack in your mind where you have just come from and what you have been doing. Keep thinking back as far as you can and eventually you may find that there are inconsistencies in your memory. By backtracking your dream memory, you may also become aware of something illogical that has happened which you overlooked at the time. You also may find that you have an amnesia-like block that prevents you from remembering accurately. In all of these cases, you can safely assume that you are dreaming.

6.) The Mirror Check: This is not only an extremely effective method but as an added bonus, it usually results in quite a remarkable experience. Find a mirror and while gazing at yourself, ask if you are dreaming. You may become startled by your reflection. You may be younger or older or have different hairstyle and hair color or you may even be someone different entirely.

7.) The Self Observation Test: This is also a very useful check. Just take a look at yourself. Examine your hands, arms, legs, and clothing. Usually you will immediately be tipped off that are dreaming because you will be wearing clothes that you do not own. Other times, simply looking at your dream body will spark your lucidity.

8.) The Penetration of Matter Check: This is not the most reliable method but it has helped me on many occasions. Simply try to push your finger through something solid like a wall or a door or a glass. At first, it may not work but if you believe that you can do it, you eventually will be able to pass your finger right through any solid. As an added bonus on this check, you are also developing your ability to allow your beliefs to directly influence your experience.

9.) The Gravity Check: This is a somewhat reliable check. Find something that you can throw into the air and catch safely. Start tossing it up and down and you may just find that it isn't obeying the laws of gravity as it should if you were in "reality". To maximize the success of this check, while tossing it into the air try to effect the object's rise and fall with your mind.

10.) The Questioning of Dream Characters Check: This may not be the best thing to try while awake but sometimes it can be effective if in fact you are dreaming. In "reality" if you asked people if we were in a dream, their response would be to accuse you of being insane, yet in the dream realm, it is sometimes a different matter. Usually the dream characters will deny that it is a dream, but they deny it with an air of denial. They usually never question your sanity, and in some cases, they don't even understand what you are saying and disregard you entirely. Also, on rare occasions, someone in your dream will admit that it is in fact a dream.

As mentioned earlier, these reality checks should be practiced regularly throughout the day. The more they become embedded into your daily routine, the sooner they will appear in your dreams. If there were one word that sums up what you need to develop in order to speed up the lucid dreaming process, it would be awareness, awareness, awareness. Working on your awareness will have direct carryover effects into your dreams, and once you become more skilled at lucid dreaming you will realize that your awareness combined with your intent is your passport into the dream realm.



## Step Six) Linking your Awareness to your Dreams

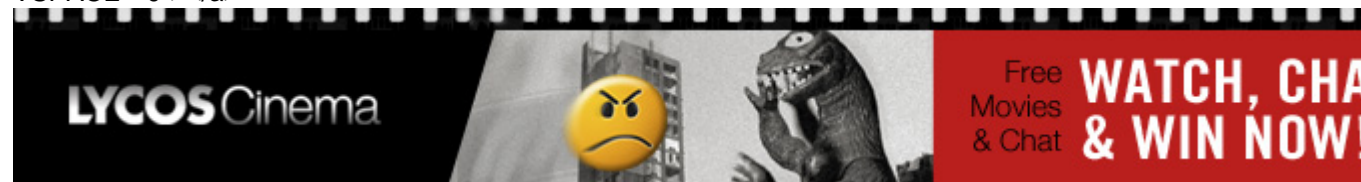
This last step is rather simple and easy compared to the previous steps, and due to its simplicity you should have no problem incorporating it into your daily regime. But before we move on, let's review where you should be at right now. At this point, you have done the mental prep-work, you have been increasing your dream recall, and you have been keeping your dream journal. You are becoming familiar with what you dream about, noticing your dreamsigns, and exercising your awareness by meditating and doing your reality checks consistently.

The final step is to combine what you have learned about your dreams with what you have learned about your awareness. Put simply, you need to merge your reality checks with your dreamsigns so that whenever you encounter one of your dreamsigns you automatically start doing reality checks. If you dream of classrooms or beaches or driving fast in a car, whenever you see a classroom or a beach or whenever you are driving in a fast car you will be programmed to do a reality check. The end result will be this: Inevitably you are going to dream about one of your dreamsigns and eventually you are going to remember to do a reality check and eventually you are going to realize that you are dreaming.

It is helpful to stay updated on your current dreamsigns and dream themes. If you have been having dreams of being chased for the past week, you need to activate a trigger onto the idea of being chased so that whenever you are being chased you will realize that you need to do a reality check. By becoming intimately acquainted with your dreamsigns and linking reality checks to these dreamsigns, you will be laying a solid foundation for future lucid dreaming adventures.

As you can see, these six steps are all interwoven into one basic process. Leaving out just one step will diminish the effectiveness of all the other steps, and in turn, it will decrease the actual results of the entire process. Almost all of the other techniques and methods mentioned for inducing lucid dreams are based on this process to a certain extent. Often, they are offshoots of this process or are limited versions of one or more of these six basic steps. Study them and internalize them. Practice them diligently and consistently and your subconscious will become engrained with them. By following these six basic steps, you will inevitably have a lucid dream. Eventually these habits will carry over into your dreams, and hopefully the final payoff will be when you say, "Yes, I am dreaming!"

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Getting Places In Dreams

Getting Places In Dreams

On a more basic level, to get the most out of lucidity, you need to know how to get around in the dream world. For many lucid dream applications, you may wish or need to find a particular place, person, or situation. One way to achieve this is by willing yourself to dream about your topic of choice. This is often called "dream incubation." It is a timeless procedure used throughout history in cultures that consider dreams valuable sources of wisdom. In ancient Greece, people would visit dream temples to sleep and find answers or cures.

Dream temples are probably not necessary for dream incubation--although they certainly would have helped sleepers to focus their minds on their purpose. This is the key: make sure you have your problem or wish firmly in mind before sleep. To do this, it is helpful to arrive at a simple, single phrase describing the topic of your intended dream. Since for the purposes in this book, you are trying to induce lucid dreams, you need to add to your focus the intention to become lucid in the dream. Then you put all of your mental energy into conceiving of yourself in a lucid dream about the topic. Your intention should be the last thing you think of before falling asleep.

The following exercise leads you through this process.

#### Exercise: Lucid Dream Incubation

1. Formulate your intention Before bed, come up with a single phrase or question encapsulating the topic you wish to dream about: "I want to visit San Francisco." Write the phrase down, and perhaps draw a picture illustrating the question. Memorize the phrase and the picture (if you have one). If you have a specific action you wish to carry out in your desired dream ("I want to tell my friend I love her."), be sure to carefully formulate it now. Beneath your target phrase, write another saying, "When I dream of [the phrase], I will remember that I am dreaming."
2. Go to bed Without doing anything else, go immediately to bed and turn out the light.
3. Focus on your phrase and intention to become lucid Recall your phrase or the image you drew. Visualize yourself dreaming about the topic and becoming lucid in the dream. If there is something you want to try in the dream, also visualize doing it once you are lucid. Meditate on the phrase and your intention to become lucid in a dream about it until you fall asleep. Don't let any other thoughts come between thinking about your topic and falling asleep. If your thoughts stray, just return to thinking about your phrase and becoming lucid.
4. Pursue your intention in the lucid dream When in a lucid dream about your topic carry out your intention. Ask the question you wish to ask, seek ways to express yourself, try your new behavior, or explore your situation. Be sure to notice your feelings and be observant of all details of the dream.
5. When you have achieved your goal, remember to awaken and recall the dream. When you obtain a satisfying answer in the dream, use one of the methods suggested earlier in this chapter to awaken yourself. Immediately write down at least the part of the dream that includes your solution. Even if you don't think the lucid dream has answered your question, once it begins to fade, awaken yourself and write down the dream. You may find on reflection that your answer was hidden in the dream and you did not see it at the time.

From: S. LaBerge & H. Rheingold, (1990). EXPLORING THE WORLD OF LUCID DREAMING. New York: Ballantine. ISBN 0-345-37410-X From NIGHTLIGHT 1(1), 1989, Copyright, The Lucidity Institute.

#### Design Your Own Dreams

(Segments of an introduction statement:) "Most people don't realize they've been dreaming until after they've awakened and the dream has come to an end. Some people, however, are conscious that they're dreaming. These people, called lucid dreamers, can literally direct the content of a dream..." "Some people may succeed in having a lucid dream the first night they use the techniques; others ... may need to practice for several weeks before getting results."

#### Exercise One: Affirmation

A number of techniques facilitate lucid dreaming. One of the simplest is asking yourself many times during the day whether you are dreaming. Each time you ask the question, you should look for evidence proving you are not dreaming. The most reliable test: Read something, look

away for a moment, and then read it again. If it reads the same way twice, it is unlikely that you are dreaming. After you have proved to yourself that you are not presently dreaming, visualize yourself doing whatever it is you'd like. Also, tell yourself that you want to recognize a nighttime dream the next time it occurs. The mechanism at work here is simple; it's much the same as picking up milk at the grocery store after reminding yourself to do so an hour before. At night people usually realize they are dreaming when they experience unusual or bizarre occurrences. For instance, if you find yourself flying without visible means of support, you should realize that this happens only in dreams and that you must therefore be dreaming. If you awaken from a dream in the middle of the night, it is very helpful to return to the dream immediately, in your imagination. Now envision yourself recognizing the dream as such. Tell yourself, "The next time I am dreaming, I want to remember to recognize that I am dreaming." If your intention is strong and clear enough, you may find yourself in a lucid dream when you return to sleep.

#### Exercise Two: Dream Flying

Many lucid dreamers report dreams in which they fly unaided, much like Superman. Some lucid dreamers say that flying is a thrilling means of travel; others, that it has helped them return from one of the more harrowing dream experiences -- the endless fall. Flying is so important because it's a form of dream control that's fairly easy to master. It gives the dreamer an exhilarating sense of freedom. And it's a basic means of travel in the dream world. During the 2-week period of your experiment, try to focus on dream flight. If you're falling, turn that fall into flight: Remember, there's no gravity in dreams. And if you're simply going from here to there, do it with flight. This simple activity will cue you in to the fact that you are, after all, in a dream.

How do you make dream flight happen at all? We suggest that before you retire for bed, you simply repeat these words: "Tonight I fly!" Then, while still awake, imagine that journey. If you find yourself flying, it will be a clear sign that you are in a dream. In any case, when you realize you're dreaming, remember that you want to fly. When you actually feel yourself flying, say, "This is a dream." Make sure you start modestly, by simply floating above the surface of your dream ground. As you gain confidence both in the notion that you are dreaming and in your ability to control that experience, you might experiment with flying a bit more. Run, taking big leaps, and then stay aloft for a few seconds, so that you resemble an astronaut walking on the moon. Try sustained floating and then flying at low altitudes. As your confidence increases, so will your flying skills. While asleep, work on increasing your altitude, maneuverability, and speed. As with speed sports, you should perfect height and maneuverability before speed. Of course, you couldn't really hurt yourself -- it's only a dream. But you COULD get scared. After you have become proficient in dream flying, remember to ask yourself these questions: "How high can I fly? Can I view the earth from outer space? Can I travel so fast that I lose awareness of my surroundings and experience the sensation of pure speed?" Throughout your efforts in dream flight, remember that you're in a dream. With this in mind, your fear will be held at bay, and your control over the dream will be greatly enhanced.

#### Exercise Three: Dream Spinning

Even if you're a frequent lucid dreamer, you may not be able to stop yourself from waking up in mid-dream. And even if your dreams do reach a satisfying end, you may not be able to focus them exactly as you please. During our years of research, however, we have found that spinning your dream body can sustain the period of sleep and give you greater dream control. In fact, many subjects at Stanford University have used the spinning technique as an effective means of staying in a lucid dream. The task outlined below will help you use spinning as a means of staying asleep, and, more exciting, as a means of traveling to whatever dream world you desire.

As with dream flying, the dream spinning task starts before you go to bed. Before retiring, decide on a person, time, and place you would like to visit in your lucid dream. The target person and place can be either real or imaginary, past, present or future. Write down and memorize your target person and place, then visualize yourself visiting your target and firmly resolve to do so in a dream that night. When following this procedure, it's possible that you might find yourself visiting your target in a nonlucid dream; you will be aware that this has happened, of course, only after you awaken. Nevertheless, you should strive for lucidity by following the techniques outlined in exercise one. Then proceed to your goal.

To do so, repeat the phrase describing your target in your dream, and spin your whole dream body in a standing position with your arms outstretched. You can pirouette or spin like a top, as long as you vividly feel your body in motion. The same spinning technique will help when, in the middle of a lucid dream, you feel the dream imagery beginning to fade. To avoid waking up, spin as you repeat your target phrase again and again. With practice, you'll return to your target person, time and place. When spinning, try to notice whether you are moving in a clockwise or counterclockwise direction.

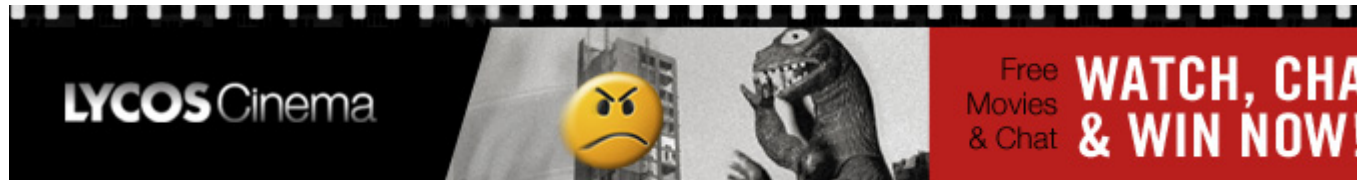
#### Exercise Four: Creative Dreaming

Up until now we have had little control over the occurrence of creative dreams. But with lucid dreaming it may be possible to intentionally access the creativity of the dream state. You can help determine the feasibility of this idea by attempting to solve a problem in a lucid dream. Before bed, decide on a problem you would like to solve. Frame your problem in the form of a question. For example, "What is the topic of my next book?" "How can I become less shy?" If you have an illness, you might consider the problem, "How can I regain my health?" Once you have selected a problem question, write it down and memorize it. When doing the lucid-dreaming introduction exercises, remember your question and see yourself looking for the answer in your next lucid dream. Then, when in a lucid dream, ask the question and seek the solution. You might be most successful at problem solving if you try a direct approach. For instance, if your problem is health, try to heal yourself in your dream. Then reflect on how your dream solution relates to the waking problem. It may help to question other dream characters, especially if they represent people who you think might know the answer. You can even combine this task with the dream spinning and flying tasks, visiting an expert on your problem. You can also just explore your dream world with your question in mind, looking for any clues that might suggest an answer.

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#### Dream Spinning

#### Dream Spinning

Some years ago I had the good fortune to discover a highly effective technique to prevent awakenings and produce new lucid dream scenes. I started by reasoning that since dream actions have corresponding physical effects, relaxing my dream body might inhibit awakening by lowering muscle tension in my physical body. The next time I was dreaming lucidly, I tested the idea. As the dream began to fade, I relaxed completely, dropping to the dream floor. However, contrary to my intention, I seemed to awaken. But, a few minutes later I discovered I had actually only dreamed of awakening. I repeated the experiment many times and the effect was consistent--I would remain in the dream state by dreaming of waking up. However, my experiences suggested that the essential element was not the attempted relaxation but the sensation of movement. In subsequent lucid dreams, I tested a variety of dream movements and found both falling backward and spinning in the dream to be especially effective in producing lucid dreams of awakening.

Here is a method for spinning to remain in the dream state:

## The Spinning Technique

1. Notice when the dream begins to fade When a dream ends, the visual sense fades first. Other senses may persist longer, with touch being among the last to go. The first sign that a lucid dream is about to end is usually a loss of color and realism in your visual imagery. The dream may lose visual detail and begin to take on a cartoon-like or washed-out appearance. You may find the light growing very dim, or your vision becoming progressively weaker.
2. Spin as soon as the dream begins to fade As soon as the visual imagery of your lucid dream begins to fade, quickly, before the feel of your dream body evaporates, stretch out your arms and spin like a top (with your dream body, of course). It doesn't matter whether you pirouette, or spin like a top, dervish, child, or bottle, as long as you vividly feel your dream body in motion. This is not the same as imagining you are spinning; for the technique to work, you must feel the vivid sensation of spinning.
3. While spinning, remind yourself that the next thing you see will probably be a dream Continue to spin, constantly reminding yourself that the next thing you see, touch or hear will very probably be a dream.
4. Test your state wherever you seem to arrive Continue spinning until you find yourself in a stable world. You will either still be dreaming or have awakened. Therefore, carefully and critically test which state you are in (see Chapter 3).

### Commentary

If I think I have awakened, I always check the time on the digital clock beside my bed. This usually provides a foolproof reality test.

Frequently, the spinning procedure generates a new dream scene, which may represent the bedroom you are sleeping in, or some more unusual place. Sometimes the just-faded dream scene is regenerated in all its vivid glory.

By repeatedly reminding yourself that you're dreaming during the spinning transition, you can continue to be lucid in the new dream scene. Without this special effort of attention, you will usually mistake the new dream for an actual awakening--in spite of manifest absurdities of dream content!

A typical false awakening would occur if, while spinning, you felt your hands hit the bed and you thought: "Well, I must be awake, since my hand just hit the bed. I guess spinning didn't work this time." What you should think, of course, is "Since the spinning hand that hit the bed is a dream hand, it must have hit a dream bed. Therefore, I'm still dreaming!" Don't fail to critically check your state after using the Spinning Technique.

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## How To Remember Your Dreams





Remembering your dreams is the starting place for learning to have lucid dreams. If you don't recall your dreams, even if you do have a lucid dream, you won't remember it! And, in order to be able to recognize your dreams as dreams while they are happening, you have to be familiar with the way your own dreams work. Before it will be worth your time to work on lucid dream induction methods, you should be able to recall at least one dream every night. Getting plenty of sleep is the first step to good dream recall. If you are rested it will be easier to focus on your goal of recalling dreams, and you won't mind so much taking the time during the night to record your dreams. Another benefit of getting plenty of sleep is that dream periods get longer and closer together as the night proceeds. The first dream of the night is the shortest, perhaps 10 minutes in length, while after 8 hours of sleep, dream periods can be 45 minutes to an hour long. We all dream every night, about one dream period every 90 minutes. People who say they never dream simply never remember their dreams. You may have more than one dream during a REM (dream) period, separated by short arousals that are most often forgotten. It is generally accepted among sleep researchers that dreams are not recalled unless the sleeper awakens directly from the dream, rather than after going on to other stages of sleep.

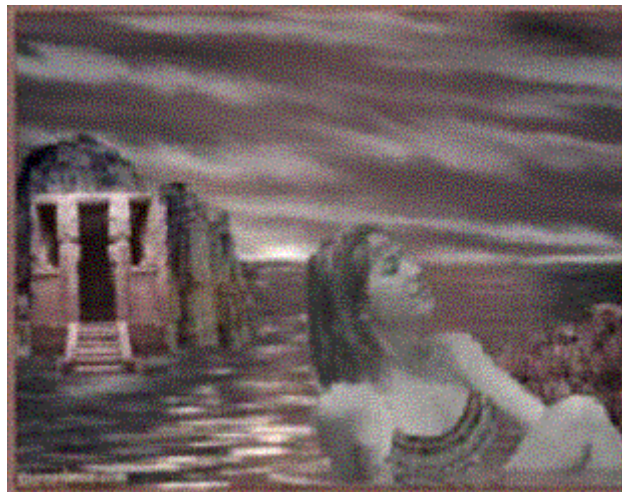
It can be useful while you are developing your dream recall to keep a complete dream journal. Keep the journal handy by your bed and record every dream you remember, no matter how fragmentary. Start by writing down all your dreams, not just the complete, coherent, or interesting ones--even if all you remember is a face or a room, write it down.

When you awaken in the night and recall what you were dreaming, record the dream right away. If you don't, in the morning you may find you remember nothing about the dream, and you will certainly have forgotten many interesting details. We seem to have built-in dream erasers in our minds, which make dream experiences more difficult to recall than waking ones. So, whenever you remember a dream, write it down. If you don't feel like writing out a long dream story at 3 AM, note down key points of the plot. Also write down the precise content of any dialogue from the dream, because words will almost inevitably be forgotten in a very short time.

Possibly, all you will need to do to increase your dream recall is to remind yourself as you are falling asleep that you wish to awaken fully from your dreams and remember them. This works in a similar manner to remembering to awaken at a certain time in the morning. Additionally, it may help to tell yourself you will have interesting, meaningful dreams. A major cause of dream forgetting is interference from other thoughts competing for your attention. Therefore, let your first thought upon awakening be, "What was I just dreaming?" Before attempting to write down the dream, go over the dream in your mind, re-telling the dream story to yourself. DO NOT MOVE from the position in which you awaken, and do not think of the day's concerns. Cling to any clues of what you might have been experiencing moods, feelings, fragments of Images, and try to rebuild a story from them. When you recall a scene, try to recall what happened before that, and before that, reliving the dream in reverse. If after a few minutes, all you remember is a mood, describe it in a journal. If you can recall nothing, try imagining a dream you might have had--note your present feelings, list your current concerns to yourself, and ask yourself, "Did I dream about that?" Even if you can't recall anything in bed, events or scenes of the day may remind you of something you dreamed the night before. Be ready to notice this when it happens, and record whatever you remember.

If you find that you sleep too deeply to awaken from your dreams, try setting an alarm clock to wake you at a time when you are likely to be dreaming. Since our REM periods occur at approximately 90 minute intervals, good times will be multiples of 90 minutes after you go to sleep. Aim for the later REM periods by setting the alarm to go off at 4.5, 6, or 7.5 hours after you go to sleep. Once again, when you wake up, don't move and think first of what you were just dreaming before writing.

To remind yourself of your intentions and get yourself into the spirit of your dreams, read through your dream journal at bedtime. Learning to remember your dreams may seem difficult at first, but if you persist, you will almost certainly succeed--and may find yourself remembering four or more dreams per night. Of course, once you reach this level, you probably won't want to write them all down--just the significant or compelling ones. And, the more familiar you become with the style of your own dreams, the easier it will be to remember you are dreaming while you are dreaming--and explore the world of your dreams while still on the scene.



### Keys to Remembering Dreams

#### Attitude

In order to begin recalling your dreams accurately, you must go to sleep with the right outlook on dreaming. If you place too much importance in the physical activities of life and view the mindscape as inferior or a trivial part of your life, you are keeping yourself from remembering your dreams. You must consider the activity of dreaming to be a valuable occurrence and you must truly desire to recall and understand your dreams.

### Willingness and Preparation

Dreams reveal answers to questions we have buried deep in our minds, they uncover parts of our consciousness, mind, and spirit that we never knew existed. They reveal things about ourselves that we never examined or even knew existed! Like anything else new and unusual, the personal revelations dreams often bring can be difficult for us to accept. It is for this reason some of us subconsciously choose to not only forget our dreams but erase them from memory. You must be willing and in anticipation of the truths dreams will show you.

### Ask Yourself Questions

Before you take off for dream land, sit down and think up a question to ask yourself- a questions whose answer will be given to you through your dream. Consider it and ponder it for awhile... then write it down! You can even use an audio recorder to take down the dream, as long as you have it "saved". Place it by your bedside and when you awake, record the reply your dream has given you! Often this will be in the form of symbols instead of a straight verbal answer. When you awake from the dream, record what you already know. You can save the uncoding for when you get up in the morning if you need to sleep more, or for later when you are more clearheaded.

### Sleeping Conditions

Your physical health, environment, and other factors will affect what you dream. Experiment with the basic variables of your physical sleeping space. Try sleeping in a different room, outside in a tent, even just in a different position on your bed. See how it affects your dreams, they might just be more memorable!

Drugs and excessive amounts of food can often distract your mind when you sleep and keep the focus on your physical self. Often these variables can have adverse affects on your dreams, so avoid anything that will alter you negatively before you sleep. If it bothers you when you are awake, it will bother you in your dreams, too!

The amount of time you sleep also decides what you will recall upon awakening. Try sleeping about 4 or 5 hours, and then awake and record your dream, and sleep for another hour or two. This can be difficult when you first begin it but once you adapt you will find that you dream recall turns out much more vividly!

### Transition into Wakefulness

It is important that when you awaken from a dream, you make the transition as gentle and smooth as possible. If you are used to an alarm shocking you into awareness, try awakening to your internal alarm clock some morning. As you awake, it is imperative that you not move from the position you awoke in! Lie still and breath deeply, calmly, as you call back your dream. And whatever you remember should be recorded in a dream journal of some sort. Keep in mind that dreams love attention... the more of it they get, the more vivid and fulfilling they will be. As you slowly recall bits of dreams you will see that day by day your dream recollection expands and improves

January - To dream of this month, signifies financial gains, a mystery will be solved and beware of a false friend nearby.

February - Usually associated with health problems and many worries. There is hope for beneficial events to come.

March - To dream of the month of march portends disappointing returns in business and enemies could cause damages.

April - It signifies that much pleasure and profit are in the horizon, but if the weather is miserable, it is a sign of distress.

May - To dream of this month denotes prosperous times and pleasure for the young. Do not be discourage.

June - Will have good earnings but must rely on own good judgment. Avoid rivals.



July - To dream of July, foretells unusual gains in all undertakings. Use caution in your affairs.

August - Overall a positive month . All will go well in life, will take a long trip, and will receive unexpected good news.

September - To dream of September means good luck, changes for the better and desires and hopes will be accomplished.

October - To see yourself in October means you are enjoying the fruits of hard work and will make lasting friendships.

November - To dream of November ,augers a time of happiness and success in all affairs.

December - It is a month that foretells accumulation of wealth, but loss of friendship. Will be very fortunate in love affairs.