



# Dreaming Bundles

Medicine for  
your Dreaming

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The use of ritual objects to encourage and enhance dreaming is quite widespread within the Native American traditions - everyone is probably familiar with the 'dreamcatcher;' although traditional dreamcatchers hardly anything in common with the mass produced, gaudily coloured, chicken feather encrusted, plastic dangles one generally sees in New Age shops.

Dreams have always been an important channel through which to receive instruction and communication from Spirit, and not surprisingly there is a wealth of rich folk law and tradition concerning it.

## OWL - BRINGER OF DREAMS

If you feel happy to have owl feathers around - some people don't as owl can be a symbol of death for some people - you can try tying two owl feathers up above your bed head.

Wrap their quill ends in red cloth, or bind them with red thread. If you have large owl feathers and fancy learning beadwork, you could also cover the quill ends with red glass beadwork. When you have the feathers ready, put them into a V shape, with the quills together at the bottom.

I have the whole claw of a large tawny owl as a dreaming fetish. I use the claw as an amplifier of my intent to grasp hold of the dreams I want. I decorate it with turquoise and red beads, and have a tobacco tie tied to it and a spring of desert sage (smudge) for protection. the tobacco is to call the spirits.

When I use this owl foot, I either place it in the SW position of a medicine wheel altar (the position

in the medicine wheel cosmology I use which is the place of the dream), or I tie it up above my bed, beneath where my head rests.

## MAKING DREAMING BUNDLES

If you want to make and use a more formal type of dreaming fetish - as dreaming bundle - you need to collect specific some ingredients together and put them into a small bag.

This bag can be placed on the wall above the bed, placed under the pillow, or if you wish tied to the wrist during sleep. I often use this last method, as I find that the physical presence of having something tied to me alters my dream and sleep patterns, and so forms a physical reminder of my intent to 'dream' that night.

The bag you put the ingredients of your dream bundle into can be made from anything, but generally they are small leather or cloth bags. They should be red in colour, and if you make it from leather such as buckskin, you can easily paint it red using water colour or acyclic paint.

It is good to make the bag opening - perhaps with a draw string - because this means that you can remove the bundles contents periodically, to renew your connection with them and to 'freshen' up your intent.

These are the ingredients you need to gather:

- A small owl feather with its quill wrapped in red thread.
- Turquoise and red coral. These are used by many cultures as a symbol of sky and earth, and as male and female. They are power symbols and they bring the balance of sky and earth - male and female, which are like the positive and negative of the mains voltage of the Universe.
- Bear fur. In Britain badger would make a good alternative. If Bear fur is not available a small fetish of a bear, such as a Zuni carved stone animal would be acceptable.
- Sage (smudge), salt, garlic and possibly sweet grass to protect and bring beauty to the dream and the dreamer.
- Tobacco in a red cloth tie as an amplifier, and attractor of spirits, a prayer offering and as a thank you.
- Herkimer diamond. These are

small, naturally formed, double terminated quartz crystals.

- Corn, especially Hopi ceremonial blue corn. This is for potency and (dream) prosperity
- Your personal DNA. This is your dreaming bundle, make it personal by including finger nails, hair, spit, or semen etc.

When you assemble the bag make it as beautiful as you can, use red beads or thread to decorate the items you put in it, even though you won't see them, the act of decorating will strengthen your intent.

As a further strengthening of intent, and also as an offering to spirit, and a calling to power; the bundle needs to be blessed and awakened before you use it.

There are many ways to do this awakening: if you have a sacred pipe or know a sacred pipe carrier, you can use this or ask them to do it for you. If you work with a particular tradition - such as Tibetan Buddhism - it may have a specific method you have been instructed in.

If you do not have any other method, then a simple thing to do is to show (offer) the bundle to the four directions, and then the above and the below, while speaking your intent for the bundle and your dreaming.

Remember to leave a give-away offering in the place you do the ceremony, a pinch of tobacco, or some chocolate or a little milk or vodka etc.

If you have the space in your sleeping room, you can set up a specific altar for your dreaming. This can be a shelf, or table top, but needs to be only used as an altar - don't have it by the side of the bed shared with your books, glass of water, alarm clock etc: treat it with respect as a sacred space.

Put a red altar cloth under your bundles and make contact with it each night you wish to dream before you go to bed. If you don't want to dream cover the altar with another red cloth to 'put it to sleep'

You can light a candle on it if you wish to make it active, but do it safely. Keep your owl medicine objects on it, your dreaming bundle, and anything else that is sacred to you. Remember to keep it clean - if it's dirty and muddily, your dreams will reflect it.