

BLOOM : WILD GINGER HERBAL CENTER

Crafting a Dream Time Tea

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What are dreams?

How would you describe a Dream?

Why do we dream?

Dreaming is an innate personal technology for reviewing our memories, processing our feelings, brain function, connecting to the unconscious, connecting to the astral realms and unseen, time travel, and receiving messages from our heart.

What is a Lucid dream?

A dream where the body and motor function is asleep, yet the awareness of one's ability to choose and move about the dream can be accessed. The consciousness becomes awake in the dreaming state.



Herbs for the Dream Time

- Chamomile
- Lavender
- CA Poppy
- Mugwort
- Yarrow
- Skullcap
- Passionflower
- Flower Essences



Who is Dreaming?

Before we look to herbal allies to help us in the dream time, let's first ask ourselves where we need help in the dream time.

- Stress
- Anxiety
- Muscular Tension
- Windy/Chatty Mind
- Digestive Troubles
- Liver Health
- Alcohol, Ganja, Caffeine, Sweets
- Minerals
- Nightmares

HERBAL DREAM ALLIES



CHAMOMILE

(Matricaria recutita)

The most gentle herb of destiny, and named after the great mother. Chamomile is soothing to the nervous system, and is especially valuable when anxiety or tension produce digestive, hormonal, or chronic inflammation problems.



LAVENDER

(Lavandula officinalis; spp.)

Widely beloved herbal ally for calming and cleaning, Lavender flowers help to make magic real. Soothing to muscular tension, dispelling to wind in the mind, and relaxing to the overall nervous system. Gentle enough for babies, adults, and elders.



CALIFORNIA POPPY

(Eschscholzia californica)

Named 'Golden Cup of Sunshine', CA Poppy is a stronger sedative herb, excellent for PTSD, trauma-induced stress or deeply seated physical or emotional tension. Sedating, yet has a wonderfully childlike, uplifting golden light energy.

HERBAL DREAM ALLIES



MUGWORT

(Artemisia vulgaris)

The Herb of the Moon, Mugwort is a beloved dreaming herb. Relaxing body and mind into sleep, awakening vivid dreams, bitter digestive aid, and balancing to the menstrual cycle. Connecting our inner rhythms to the cycles of the moon.

*do not use during pregnancy



YARROW

(Achillea millefolium)

A bitter, cleansing, astringent, and wound healing herb. Yarrow is a great all-around first aid herb, and digestive bitter. Yarrow helps knit together leaks in our boundaries, and is an energetically protective herb.

*do not use during pregnancy



SKULLCAP

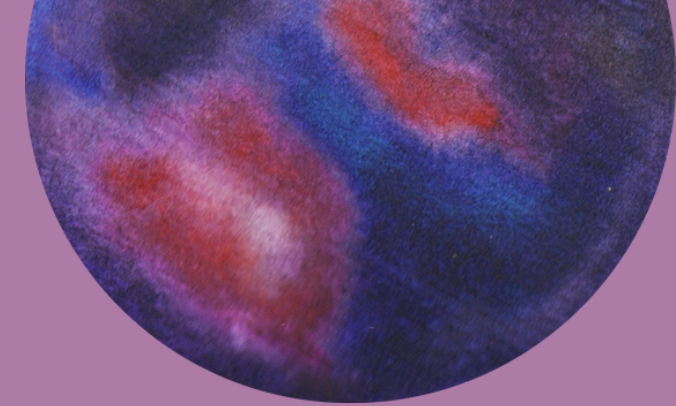
(Scutellaria lateriflora)

Soothes tension while also renewing and revivifying the whole central nervous system. Specific for soothing nerve irritation that manifests along the cerebral-spinal column. Bitter digestive tonic & cell repair in the Liver. Calming to liver-related headaches and migraines.

DREAMING AND CONSCIOUSNESS BY STEPHEN LABERGE, PH.D.

"Whether awake or asleep, our consciousness functions as a model of the world constructed by the brain from the best available sources of information. During waking conditions, this model is derived primarily from sensory input, which provides the most current information about present circumstances, and secondarily from contextual and motivational information. While we sleep, very little sensory input is available, so the world model we experience is constructed from what remains, contextual information from our lives....From this perspective, dreaming can be viewed as the special case of perception without the constraints of external sensory input. Conversely, perception can be viewed as the special case of dreaming constrained by sensory input (1-3). Whichever way one looks at it, understanding dreaming is central to understanding consciousness".

Stephen LaBerge, Ph.D.



How to Remember Your Dreams

EAT LIGHT BEFORE BED

How much of our dream time is really in our head? Studies have shown that we have more neuro-receptors in our gastrointestinal lining than in our brain. And the liver is the organ where we metabolize hormones. Eating fresh and light for dinner helps make space for dreams.



WAKE WITHOUT AN ALARM

Studies have shown that the more you can wake up in the morning by your natural rhythm, the better your chances of dream recall. Also sleeping without electricity or devices makes space in the electromagnetic field for uninterrupted dreaming.

WRITE IT DOWN WHEN YOU AWAKE

Keep a dream journal. Keep it near your bed, so you can write down as much of the dream upon waking. This helps entrain dream recall, bridging dream and waking consciousness.





Lucid Dream Techniques



BREATH WORK

Intentional breathing, before falling asleep, can weave waking intentions into the dream time. Breathe in and out 13 times, focusing completely on your intention at each breath.

REALITY CHECK

If you are fairly certain you are awake (you can never be 100% sure!), then say to yourself, "I may not be dreaming now, but if I were, what would it be like?" Practice this throughout the day.

BEFORE-WAKING REM

The highest percentage of Lucid dreams occur in the last hour of sleep before waking. Set your alarm 1hr early, get up for 5min, then go back to bed, saying "I will realize I am awake while dreaming".

'MILD' TECHNIQUE

See yourself becoming Lucid. The MILD technique employs prospective memory, remembering to do something (notice you're dreaming) in the future. Developed by Dr. Stephen LaBerge.



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