

sounds of sleep

DREAM REMIXES

Hoopla Soundtrack for Dreams
downloadable with a library card



PINK NOISE PLAYLIST

Curated and available by Spotify



*dream a
little dream*

*dream sachet kit
for intention setting
& a vivid sleep*

is this a dream?

Dreams are as illusive as they are fascinating. While some believe the dream is just a function of the mind at rest, others see these enigmas as messages from within, or even beyond our world.

Dreams can be pleasant or troubling, operating outside the rules of logic, space and time. Some dreams will dredge up the past while others will hint at the future.

The most common intentional dream is a Lucid Dream, where you bring awareness to the dream space and make decisions with clarity. Techniques for lucid dreaming can be complex and require much practice.

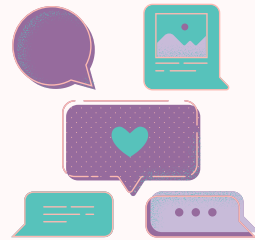
Dreaming with intention is the first step to experiencing dreams of, well, your dreams. This is achieved by creating spaces, emotional states and routines that invite desired dreams.

Don't doubt the power of your mind. We create our reality with our words, our actions and the way we carry ourselves; dreams are no exception. The perfect place to manifest your desires is actually in your wildest dreams!

As you begin to dream with intention, remember that not every dream will be an answer and nothing in the dream-scape is exactly as it seems.

dreaming with intention

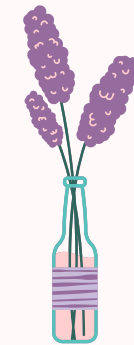
To dream intentionally, we need to invite our bodies to do so. This can be achieved with good sleep habits as well as a welcoming, calm environment. Be aware of outside influences like electronics, other people and your own energy.



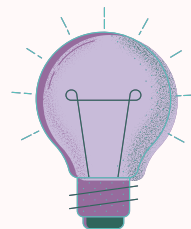
Be aware what conversations you have before bed, as they can affect your mood and adjust the tone of your dreams.



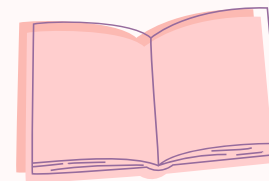
Start to recognize what foods and drinks make you relax and what foods give you restless sleep.



Delight all your senses with soothing smells, soft music or pink noise; create a space where you are safe to dream.



Make your space reflect the time of day by reducing light, especially blue light, so that your body knows when it's time to rest.



Keep a dream journal and reread the entries several months later to see if anything came to fruition.



Meditate, stretch or read something enjoyable before sleep to ready your mind to unwind.

making a dream sachet

Your dream sachet is a small pouch containing elements to improve your sleep and invite you to have sweet dreams. Follow the instructions to the right to create a sweet dream companion:

INGREDIENTS

Lavender Buds
Anise Star
Cinnamon Stick
Silver Charms
Amethyst
Intention Paper

ASSEMBLY

Carefully place the Lavender, Anise and Cinnamon into the sachet.

Hold the Amethyst in your hands and imagine your ideal dreams. Carefully place this in the sachet with the herbs.

Untie the ends of the draw strings and add the charms. If this is too challenging, tie on the charms with a bit of thread.

INTENTION

Write an intention for your dreams. Do you seek clarity on a problem or do you want to visit a loved one? Are you searching for inspiration or escape?

Roll it up and add it to the sachet when you're ready!

