



**How To Make a**

*Moon Dream  
Pillow*



*Lunar*  
LADIES

# How to make a Moon Dream Pillow

Simple to prepare, sewing aromatic herbs into small pillows can help bring peaceful sleep, enhance dreams, and encourage dream memory.

Cancer and the Moon rules dreams, intuition, psychic development and our subconscious. Herbs and essential oils can support awakening our Soul memories while we sleep.

Cancer vibration helps with psychic development, intuition and dreams. The Moon helps to recall past life memories, psychic knowledge and subconscious imagination.

Smell invokes your childhood and soul memories. Cancer rules feelings, family, ancestry, mother, and fertility.

## *Moon-inspired Herbs\**

- Camphor
- Anise
- Flax
- Mugwort
- Lavender
- Lemon balm
- Thyme
- Dried Rose petals
- Rosemary

\*Buy them as dried herbs.  
Flax can be as is.

## *Dream Essential Oils*

- Jasmine
- Sandalwood
- Lily
- Myrrh
- Juniper
- Clary Sage
- Lavender
- Thyme



You may be drawn to create a certain blend. Feel what herbs and scents call to you. Create your Moon Dream Pillow on the New Moon or within 72 hours. This will add to the vibrational energetics of your herbs and essential oils. (If you can't make within that timeframe, don't worry - you can make anytime during the lunar cycle.)

Keep a dream journal during this whole lunar cycle, especially on the Full Moon. These potent herbs will clear, cleanse and connect you to your higher states of consciousness.

## *What you will need:*

- Natural fiber fabric, cut into 4-6" squares or rectangles
- Thread
- Sewing needles
- Dried herbs
- Essential oils
- Bowl and wooden spoon to mix

## *Directions:*

1. Choose your material: cotton or a natural fiber. Feel free to use leftover fabric, T-shirts, pillow cases. Cut fabric into 4 or 6" squares or rectangle shapes. (Your Moon Dream Pillow is small - not like a regular size pillow. It is designed to go inside a regular size pillow.)
2. Prepare your material to make your Moon Dream pillow. You can measure and cut the material. Place material inside out and sew them together on three sides, leaving the top open.
3. Mix herbs with 5 drops of each essential oil you have chosen together on or near the New Moon. [Sample blend: Herbs - lavender, mugwort, flax seeds; mixed with Essential Oils - lavender, rose, clary sage]
4. Turn your Moon Dream Pillow right side in (so that the colorful side of fabric is now showing and your stitches are hidden.) Fill your Moon Dream Pillow with the herb/oil mixture and sew the top close. You can also use the non-sewing method: muslin tea bags.
5. You can place inside your regular pillow and/or keep near where you sleep. Moon Dream Pillows can be tucked inside, under, or next to pillows where they will emit their fragrance throughout the night.



The fragrant blend will calm your nerves, soothe your slumber, clear your subconscious to awaken your psychic intuition. The practice of placing herbs under one's pillow dates back hundreds of years. Moon Dream pillows can help you see the future and bring clairvoyant dreams and messages from your Higher Self into your waking life.

## *Guess what else?*

You can make Moon Dream Pillows for your children and pets, too! According to Mountain Rose Herbs, here are blends for your furry family.

**Cats:** Catnip, Chamomile, Pennyroyal, Valerian – These herbs have a fragrance that cats enjoy, plus they help deter fleas.

**Dogs:** Eucalyptus, Lavender, Pennyroyal, Rosemary, Thyme, Wormwood – Dogs like the aroma of these herbs and they help keep fleas away.

