

Sweet Dreams Workshop

Join us for this dream-themed event, where you will learn about dream lure & legends across cultures, while learning how to make your own Dreamcatchers & Dream Pillows. Dreamcatchers are legendary for their web-like ability to capture bad dreams, allowing only good dreams to pass through to the dreamer. Dream Pillows are filled with herbs, gems, or other natural items, and are said to bestow the dreamer with the energy of those elements. The common theme is that better dreaming leads to better living!

In this workshop, you will be provided with the materials to make a basic dreamcatcher that resembles the traditional animal sinew design (shown). (We will be using a non-animal, waxed nylon strand that looks very similar to the real deal!) We encourage you to bring along the design elements that will customize YOUR Dreamcatcher to be a reflection of YOU. Along with beads & feathers, you can customize with: shells, acorns, pinecones, gemstones, old jewelry pieces, and just about anything you can wrap with the waxed thread. Sacred items or symbolic pieces are best, as their energies empower the dreams. We will have a small selection of items available for anyone who doesn't bring their own.

For the dream pillows, you will be provided with several choices of herbs and essential oils, as well as a basic material to use for the bag. We recommend that you bring a favorite material you would like for your bag. These can range from basic muslin cloth, to a favorite printed cotton, to a special handkerchief that isn't being used anymore, and special ribbons, bows, or other embellishments. You are also welcome to bring any gems or trinkets that represent the dreams you'd like to have. While traditional dream pillows can be very simple and nature-based, we encourage creativity with this project!

This workshop will take place from 2:00 – 4:30, and will include instruction and supplies for making both items, and will encourage conversation and sharing about dream lure & legends. Max participants: 15.

BIO:

Cindy Murray is a Learning Specialist, Biologist, Homesteader, Crafter, and Multicultural Educator. This mother of four comes from a long line of Appalachian “handy folk” and loves to share her passions for teaching, crafting, nature, and cultural exploration with others.