



Ask Rose Ariadne
<http://www.askroseariadne.com>

A Course in Lucid Dreaming

Many people think that dreams are ephemeral, imaginary and undeserving of our attention. Many "experts" in the field describe dreams as the brain's way of wandering around. Fortunately, most of us are aware that dreams are not horses that can be neatly arranged in stalls like the "experts" think they do.

Dreams may be something that our souls create. It may be from parts of our body, mind or soul. Sometimes we get strange dreams and wake up wondering about the meaning of that lucid dream. Everyone has dreams. Many of us don't remember the dreams very well. However, throughout the day, we get bits and pieces of it that return like "flashback" scenes from a movie.

Dreams could also be communication from other realms. Spiritual entities, angels, animal spirits, ancestors and people who have passed on can reach our soul when our mind is at rest. We may also receive dreams which are answers to our questions, petitions, spells and other queries that constantly enter our thoughts.

With the power of witchcraft, we are able to dream clearly, lucidly. The big player in lucid dreams is the botanical called mugwort. This herb gives us the ability to see clearly through the hazy scenes that are played all night. It makes us "aware" of the messages in our dreams.

Mugwort also gives you spiritual protection so that you may face your dreams bravely and explore it more than you usually would. There are many ways in which mugwort can be used:

1. Essential oil of mugwort - not safe to use - highly toxic for ingestion
2. Dried herb - Pregnant women should not use this but all others may ingest the tea brewed with mugwort to encourage lucid dreaming
3. Growing mugwort plants in the home





4. Mugwort flower essence remedy is the safest way to use mugwort for lucid dreaming.

Here are some spells to increase your lucid dreaming abilities:

Dream Bath

Fill the tub with warm water and add twenty five drops of mugwort flower essence remedy (never use mugwort essential oil) into the water. Safely surround the tub with lit candles. After this first bath, continue using baths for lucid dreams, but reduce the amount of mugwort flower essence remedy to 5 drops.

Dreams of the Past spell

Gather the following dried items for this spell:

Bay leaves, chopped
Lilac Blossoms
Honeysuckle blossoms
Juniper blossoms

Grind all of the above and burn on lit charcoal just before bedtime. This spell will bring the information from the past that will help you heal.

Dream Incense

Gather the following for this spell:

Mugwort
Wormwood
St John's Wort

Dry all of the above and grind well. Light charcoals and burn just before you go to sleep. These botanicals assure you spiritual protection while you foray literally deep into your wildest dreams.

Artemis dream incubation spell

Prepare an altar for Artemis. Add images of deer, wolves, dogs and the Moon which she loved. Get some white or silver candles and light them too. Sprinkle dried mugwort on lit charcoals and describe the type of dream you wish to have.

Get ready for your dream.

Mastering The Magick Of Witchcraft
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