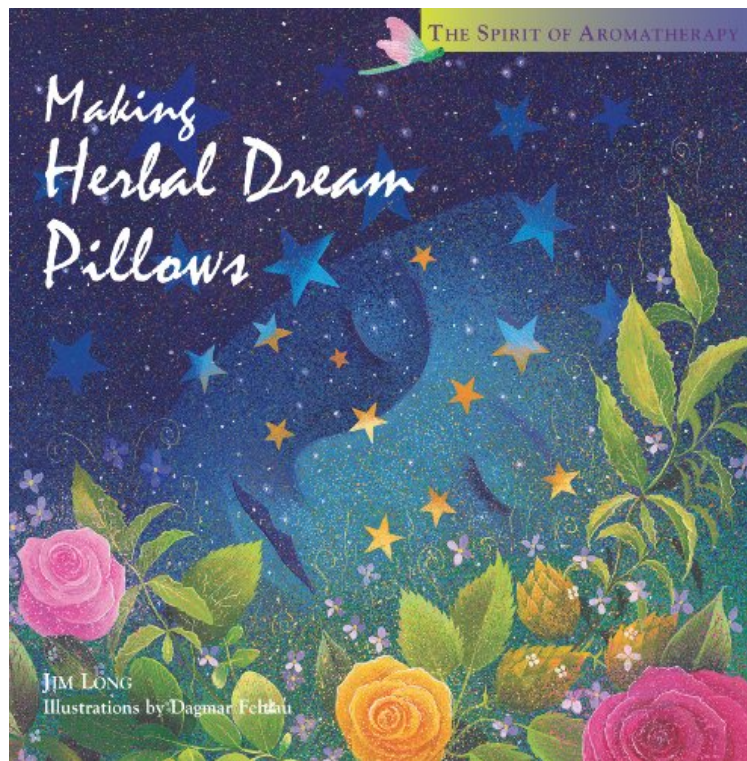


(Mobile book) Making Herbal Dream Pillows : Secret Blends for Pleasant Dreams (The Spirit of Aromatherapy)

## Making Herbal Dream Pillows : Secret Blends for Pleasant Dreams (The Spirit of Aromatherapy)

*Jim Long*

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**Jim Long : Making Herbal Dream Pillows : Secret Blends for Pleasant Dreams (The Spirit of Aromatherapy)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Making Herbal Dream Pillows : Secret Blends for Pleasant Dreams (The Spirit of Aromatherapy):

2 of 2 people found the following review helpful. Lovely Little BookBy MeadowflowerJim Long gives an assortment of recipes for creating all natural herbal dream pillows. He uses NO essential oils or additional fragrance oils of any kind - simply the herbs, themselves. I enjoyed his anecdotes as well, including the one where he had vivid nightmares because he slept on a moth repellent herbal bag instead of a dream pillow. He lists the various herbs used in making dream pillows and what quality each contributes to the mix. Whether you want restful sleep, vivid dreams or sexual arousal, herbal blends can be made to enhance your sleep experience. I wanted to make dream pillows after hearing a story of a Viet Nam Vet who was in a biker club. On an outing with wives, his wife had slipped a "peaceful sleep" dream pillow into his sleeping pillow. The next morning at breakfast her husband commented that he had not slept that well in a very long time [as he still suffered from PTSD nightmares quite often]. when his wife confessed she had slipped a dream pillow in his pillow, all the other veterans in the group wanted her to make them one too!If you are into herbs and want to make dream pillows - this is a great book to start with. I even make tooth fairy dream pillows

for kids!2 of 2 people found the following review helpful. Fun recipes for influencing your dreamsBy Lefty FrommeJim Long is an author that has written other works on herbology. I have another of his books, Body Care Just for Men: Natural Health Tips Herbal Formulas for Skin Protection/Sore Muscle Relief/Aftershaves, Tonics, and More. He has an informative yet easygoing style that is accessible to pretty much anyone.I got this book on a whim - I was looking for recipes for herbal bath teas and saw this one. I'm really glad I picked it up.I make and sell herbal goods (among other things). I carry dream pillows; they are extremely popular with my customers. There are several recipes from this book that I have put on the shelf at Once Upon A Silver Moon, and my customers report having had dreams that go along with what Mr Long says they should do.Some of the blends I have tried out on my customers are... Stress Relief (for sound sleep), Night Magic (to dream of things you love), Starry Night (for vivid dreams), Adventure (for action dreams), and Titania's Reverie (for Fae-influenced dreams). These are what I've called them to avoid stealing his titles, but you could figure out which recipe I've used from the names.Everyone loves the stress relief one and it's the best seller by far. It's only got 3 ingredients: hops, mugwort, and catnip. The hops takes you into a deep sleep and the mugwort and catnip help clear your mind so you wake up refreshed and ready for another day. It's not a dream blend so much as it is a good night's rest.The second most popular is Starry Night - I have it in a swirly purple fabric reminiscent of the sky in the Van Gogh painting of that name. It brings vivid dreams, great for creative people.I like the Adventure blend (I think Long calls it "outdoor"). It has pine needles, juniper tips, and oakmoss, among other things, and when I use it I have dreams of where I'm doing James Bond type things, or climbing trees, or just running around. You'd think you would wake up tired from all of that, but it's very invigorating and I always wake up feeling awesome.Mr Long has a list of various herbs and what they are supposed to do. I invented a blend called Titania's Reverie (Titania was the Faerie Queen from A Midsummer Night's Dream). The ingredients are supposed to make you dream of faeries, but what I and others experience is that you wind up with really weird dreams. Like, the kind of dreams you wake up and just have to tell someone about, they were that weird. I suggest in the description for this item that it might be the sort of dream pillow you'd put in someone else's bed as a prank. However, this is appropo of Fae energy.There's a lot of good recipes and very good information on the use of the herbs. I don't think I have seen another book specifically dealing with the dream-influencing aspects of herbs. This one is not new age fluff, it's firmly in the herbology and natural remedies section of the bookstore.I don't have any criticisms of the book, but it would have been nice if he'd standardized the batch size (some make a lot of pillows, some only make a few). Or provided weights, because when you are making a lot of pillows it's much easier to weight the herbs. So what you get is one recipe that makes three pillows, and on the next page a recipe that makes 22. "Single-serving" size if you just wanted to make one pillow, to try it out, would have also been nice. But with a little math you could work it out, so it's not impossible to get those answers on your own.If you do craft shows or farmer's markets, I strongly recommend adding dream pillows to your tables. Everyone seems to love them, even little kids. My next recipe is going to be a Monster-Away blend because so many people ask about pillows for their kids for this specific reason.We'll probably carry this book in our store and on the physical shelves at Once Upon A Silver Moon. Google us and you can read more about the dream pillows we have available.1 of 1 people found the following review helpful. Excellent!By geminifemI first found this book at our local public library and decided I definitely wanted it in my home library. Growing the ingredients for the different recipes is a satisfying part of making the dream pillows.

Discover how you can use herbs to promote positive and healthy dreams. In this inspiring guide, Jim Long shows you how to craft a variety of herbal mixtures that can be tucked into your pillowcase to encourage dreaming experiences that reduce stress, boost creativity, inspire romance, and more. You'll gain an understanding of how specific herbs can affect your dreaming mindset and learn how to customize a dream pillow that is suited to your individual needs.

"You'll love his recipes for potent blends to relax you, excite you, and guide your nocturnal journey." -- Phyllis M.K. Shaudys, author of *The Pleasure of Herbs and Herbal Treasures*From the Back Cover Discover the Secret for Pleasant Dreams Tuck a fragrant dream pillow into your pillowcase tonight and you'll summon long-hidden memories and inspire the dreams you've always wanted. In *Making Herbal Dream Pillows*, the healing energies of aromatic herbs and flowers are combined into 17 dream blends specially designed to: -- Reduce stress -- Nurture your creative spirit -- Inspire romantic thoughts -- Increase mental clarity and awareness