

DREAM BAG

Black Power Naps

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Table of Contents

1. Dream Bag Items

Amethyst –for protection

Lavender Essential Oil–to soothe nervous system

Satin Sleep Mask –because napping during the day slaps

Ear wax –to cut out noise

Melissa Valeriana and Passiflora herbs –to chill out

Dream Journal –to write down your dreams and dream designing

Lavender eye pillow –to rest your eyes

2. How to Lucid Dream

3. Dream Interpretation

4. Rest Meditation

5. Sleep Hacks

6. Awakening Meditation

7. Sleep Soundscapes

8. Journal Prompts

9. Om Chanting