

# Dream Catcher HOUSE



Dream catchers originated among Native Americans, became popular with hippies in the 1960s and 1970s, and are now appreciated by everyone.

## **Do you know the story of dream catchers?**

Legend has it, according to Ojibwe folklore, there existed a spider woman named Asibikaashi, tasked with caring for all the earth's children. However, as the Ojibwe community expanded, Asibikaashi found it challenging to reach every child each night. To remedy this, mothers and grandmothers crafted dream catchers using willow hoops, natural fibers, and feathers, suspending them above the beds of babies and children. These dream catchers were believed to sift through bad dreams, permitting only the good ones to pass through and nurture the minds of children. As the sun rose, the undesirable dreams vanished. Adorable, isn't it? Consequently, when my daughter began experiencing troubling dreams, we fashioned a miniature dream catcher to aid her sleep. Convinced of its efficacy, she only encounters nightmares when sleeping without her cherished dream catcher. (Her fondness for it led us to create another for her younger sister's birthday recently.)



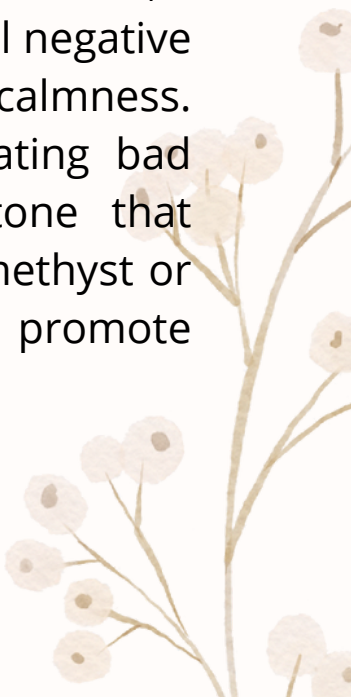
## How to make a DIY Dream Catcher ?

Crafting these DIY dream catchers is relatively straightforward, yet articulating the process can be challenging. Visual aids, such as pictures, will likely prove more beneficial than written instructions. Having crafted four of these petite dream catchers myself, I've observed each one taking on a unique form. While I cherish them all, reproducing an identical piece would be an elusive task. Therefore, embrace the individuality of your own dream catcher.

### You will need :

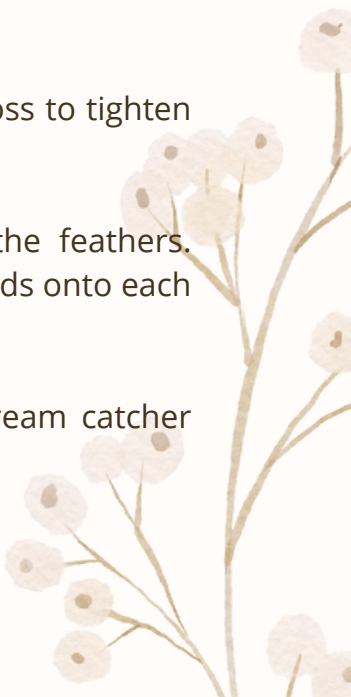
- 5" metal hoop
  - 2.5 yards of suede lace
  - 3 feathers with hanging loops
  - 1 skein of embroidery floss
  - Natural gemstone beads (I utilized 4mm amazonite beads).
- Optional - large-eye needles for bead threading.

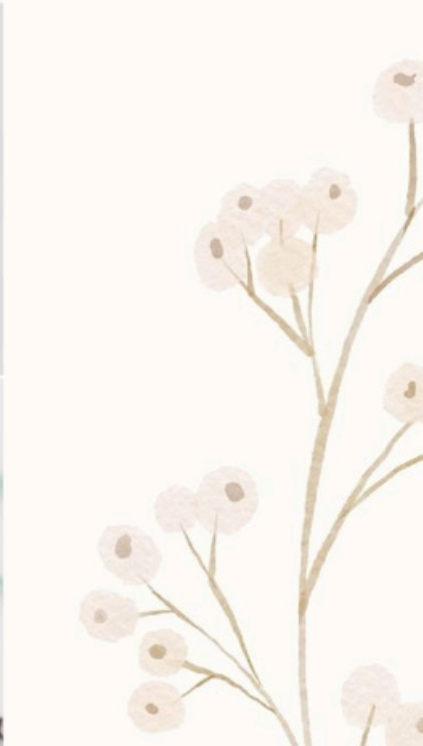
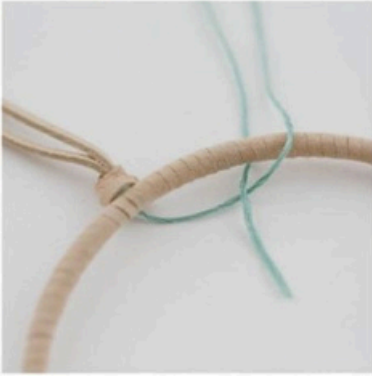
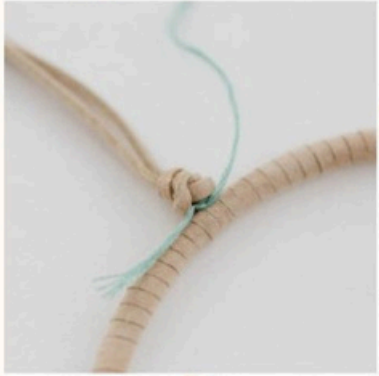
A note on gemstone selection: For this DIY dream catcher, I opted for Amazonite due to its reputed ability to dispel negative emotions, alleviate worries, and induce a sense of calmness. These qualities make it an ideal choice for combating bad dreams. However, feel free to select any gemstone that resonates with you. Other options to consider are amethyst or selenite, known for their calming properties that promote restful sleep.





## Instructions:

1. Start by wrapping the suede lace around the metal hoop, leaving a 15 cm tail at the top of the ring.
  2. Continue wrapping the suede lace around the metal circle, ensuring a tight and close-knit wrap.
  3. Once you reach the end, tuck the suede lace in to conceal the metal. Both ends should point upwards.
  4. Securely knot the tails at the base, just above the circle. Tie another knot at the end of the tails, which will serve as the dream catcher's hanger.
  5. Attach one end of the embroidery floss around the suede lace knot at the top of the dream catcher.
  6. Thread the embroidery floss inside the circle, over and then through the loop created by the embroidery floss. (Refer to photos for clarity)
  7. Repeat this process around the circle about 12 times, ensuring some slack in the embroidery floss.
  8. Repeat step 7, wrapping the embroidery floss around the middle of the loop instead of the outside of the circle.
  9. Continue wrapping around the circle, tightening slightly with each pass.
  10. Add gemstone beads at any point during this process. Depending on bead hole size, you may need a needle to thread them onto the embroidery floss.
  11. Once satisfied with the wrapping, pull the end of the embroidery floss to tighten the web and secure with a knot.
  12. Thread the embroidery floss through the loops at the top of the feathers. Alternatively, securely attach feathers if they lack loops. Add desired beads onto each thread.
  13. Attach the feathers and beads evenly along the bottom of the dream catcher loop.
- 





## Customize Your DIY Dream Catcher:

The potential for personalization with this DIY dream catcher is boundless. Here are some ideas to tailor your dream catcher to your preferences:

- Experiment with different hoop sizes to create a larger or smaller dream catcher.
- Select embroidery floss that complements the colors of your room or your baby's nursery.
- Explore a variety of natural suede lace colors to suit your taste.
- Adjust the number of times you wrap the embroidery floss around the circle. Try wrapping it fewer times, such as 8 times instead of the suggested 12 (step 7).
- Choose natural gemstone beads that align with your energy and intentions.
- Enhance the design by incorporating ribbons, thread, or twine at the bottom of the dream catcher, either instead of or alongside feathers.