



## CPP Dreaming Temple Practice June 2026

*Dreams are the original language of the spiritual path... Dreams are a straight connection to the divine heart of the cosmos.*

~ Rosemary Ellen Guiley, *Dreamwork for the Soul*

### **Dreaming as Oracle Practice**

Dreaming is a powerful ally to embody our passion, calling, and sacred leadership. Each of us holds the ability to be our own oracle, healer, and guide. It is in the dreamscape that we can cultivate visions, receive guidance, and understand the action we are to take, not to mention receive nourishment from the Otherworld and spiritual realms.

When we use Dream as an Oracle Practice and Prayer, we call in support in the unseen realms. We can commune with our ancestors, the land, and the guides available to us. This month we will co-create a collective dreaming temple and cultivate a dreaming practice for yourself.

### **Pillars of Dreaming Temple Practice**

This Dreaming Temple is a collaborative practice. We agree to commit to following the pillars of Trust, Humility, Compassion, and Kindness. We agree and commit to being fully present and authentic with one another and within our dreaming realms.

We agree and commit to leaving judgement, doubt, arrogance, comparison, criticism, and pride out of our Dreaming Temple and Circles.

We agree and commit to being mirrors for each other as dreaming sisters. We do not seek validation, recognition, approval, or comparison.

We trust in the dream.

## **Astrological Influences**

Astrological Influences for our collaborative Dreaming Temple include the Moon in Gemini and Cancer. Venus as Evening Star has just entered Leo. Chiron is in the final stages of Aries. Neptune is at 4 degrees Aries and Uranus is at 2 degrees Gemini.

June 14 - Gemini New Moon, exact 10:54 pm ET

June 15 - Moon moves to Cancer, 8:14 am ET

June 16 - Moon in Cancer, square Saturn 5:23 am ET.  
Venus trine Uranus, 11:41 pm ET.

June 17 - Moon enters Leo at 8:05 am

## **Dreaming Temple Practice**

To create a Dreaming Temple for yourself, follow the suggested guidelines below. Please remember, as a sovereign being, these are only suggestions. Take what resonates and let go of what does not. As always, use your discernment and intuition.

You will begin to cultivate your dreaming temple practice and then we will co-create a dreaming temple space for our circle on the night of the New Moon with clear intentions and inquiries of support.

Suggested Items:

- Herbs to clear space (incense, dried rosemary, bay leaves, palo santo, sage, etc. I recommend you use local native herbs to your area and lineage when possible.)
- Dreaming Tea or Milk

- Mugwort
- Chamomile
- Poppyseed
- Crystal
- Epsom Salt
- Lavender (dried or oil) if you have it
- Essential oil or your favorite anointing oil
- Dreaming Notebook or Journal

### **Clear the Space**

Begin by clearing the space in the room where you will be sleeping/dreaming. Use the dried herbs or incense from your lineage/land.

As you clear the physical space, speak aloud offerings and blessings to the space, to your body, to your ancestors, to your guides. Ask for a specific guide or your Dreaming Self to come and clear the space of unnecessary energy.

### **Dreaming Tea**

You may wish to prepare a dreaming milk or tea as an ally in your dreaming practice.

Mugwort tea is a wonderful herbal dreaming tea.

Chamomile herbal tea works well. You can also add chamomile to the mugwort tea.

### **Dreaming Milk**

Poppyseed milk is also recommended.

For this beverage you will need:

- 1 cup milk (or milk alternative),
- 2 teaspoons of poppy seeds,
- 1 teaspoon jaggery powder (optional)
- pinch of cinnamon or nutmeg powder

Soak the poppy seeds in warm water for 15 minutes.

Drain the seeds and add to the pan along with the milk.

Keep on medium and simmer for 5 minutes or until boiling.

Pour into a glass or mug, add jaggery, cinnamon or nutmeg powder and mix well.

Drink while warm.

Warm milk with honey is also a wonderful option. Use local honey when possible

### **Dreaming Bath**

Run a warm bath. Add Epsom salts and lavender (dried or essential oil) and/or any other herbs/oils you feel called to use.

Before you enter the bath, clear the space again here with your herbs/incense.

As you step into the bath, call upon the Great Mother and thank her for this water. May it bless you like her watery wombs of Life.

Speak your intentions aloud here, again offering gratitude and blessings to your body, your soul, your ancestors, your guides.

Clearly state your intentions for this to be a time of energetic clearing, nourishment, and renewal for your dream temple practice.

### **Dreaming Time**

After your bath and tea (I like to enjoy my tea or dream milk in the bath as a ceremony), enter your sacred dreaming space.

Anoint yourself with oil or lotion.

Stretch and move your body.

Call upon your guides and ancestors to protect you in this dreaming space.

If you have an altar, visit your altar and state your intention. You may also wish to do this in your journal or notebook. Feel free to pull a tarot or oracle card to support you if this is part of your practice.

Clearly state your intentions for your dream time:

*I, (state your name), wish to have clear and vivid dreams concerning (a specific inquiry, challenge, question or calling).*

*I ask to remember and recall my dreams with ease and to the best of my ability.*

*I honor the dreams coming through me.*

*Close with a blessing and prayer.*

If you have a crystal you use for dreaming, astral travel, or meditation, place it under your pillow.

You may also put dried mugwort, lavender, and/or bay leaves under your pillow.

Turn off all lights and if possible, have no screens or phones near you.

Go to sleep intentionally holding your question/inquiry in your mind's eye and within your heart. Imagine your dreaming team, guides or dreaming temple sisters coming to be by your side and holding your inquiry as you fall asleep.

The tea and warm milk should help you fall asleep. Magnesium can also be supportive. If you end up tossing and turning, know that is OK. Just stay with it and allow yourself grace and space. Sometimes our dreaming inquiries are answered in other ways (visions, meditations, ideas, etc.).

Keep your notebook near your bed to capture your dreams before you get out of bed. It is recommended to write from the position from which you awoke. If you can, get your notebook/pen or audio recording device and record your dream in as much detail as possible.

Upon waking in the morning, give gratitude and thanks to your guides, to the dreaming space you have created, and to our collective circle.

Spend time journaling or in silent meditation.

Take time to integrate.

Return to your journal and notes later in the day and see if there is anything else that can be retrieved or remembered.

**Together, we dream.**

## CPP DREAMING INQUIRIES

### Night 1:

#### *Your Personal Dreaming Inquiry*

Personal Dreaming Inquiry

Welcome in the wisdom of the new moon to support myself

Freedom - Shedding Responsibilities - Flying (feeling of freedom) - What does true freedom feel like to me? What would it be like to shed responsibility?

How can I strengthen my connection / visually to the Galactics?

Welcome in my inner wisdom and authentic voice?

New timeline, opportunities, passions / stronger connection to Spirit?

Clarity for home + physical space

### Night 2:

***I dream and welcome for all CPP members the highest and deepest insights for expansive possibility and love-filled messages of cohesion as we support and nurture each other and ourselves towards a deeper sense of knowing.***

Welcome dreams to support CPP members?

What is our shared goal?

What Insight is available to us as a group?

Cohesion

Welcome a deeper sense of knowing my sisters and how I can support them

Find commonality / interest / experiences with group (find a new interest with this group - how can we open doors of possibility for one another? How do we more fully connect with our group/)

Loving messages + intentions

### Night 3:

***I invoke the wisdom of the bees and dream on behalf of humanity, its awakening, and what Freedom & Love can look like for All.***

Peace and possibility that is available to all Humanity?

Peace

Humanity further Awakening toward the light

Supporting awareness to peace and sovereignty to humanity

Bees / patriarchy into matriarchy

What does Freedom and Love look like for All?

*“We lose our overview of life’s mystery in the everyday world.  
Through reconnection with Great Dreamer and the mirrors held by dreaming sisters,  
we see the mystery of life again.”*

~ Connie Cockrell Kaplan, *The Woman’s Book of Dreams*