



SOMNABOTANICA

Dream Herb *Starter Guide*

The four most important oneirogenic plants, how to
prepare them, and a 7-night protocol for your first
dream work practice

4 HERB PROFILES . PREPARATION METHODS . 7-NIGHT PROTOCOL .

JOURNAL TEMPLATES

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This guide is for ethnobotanical and educational reference. Nothing here constitutes medical advice. Dream herbs are legal botanicals in the United States — verify your local regulations before ordering.

What Are *Dream Herbs?*

Every culture that has studied the human mind seriously has found plants that guide it into the dreaming state. The Xhosa have *Silene capensis*. The Chontal Maya have *Calea zacatechichi*. Medieval Europeans had mugwort. Sub-Saharan African traditions have *Entada rheedii*. These are not fringe discoveries — they are well-documented, ethnographically grounded, and used across centuries of intentional practice.

The scientific term is **oneirogenic** — from the Greek *oneiros* (dream) + *genēs* (producing). Oneirogenic plants enhance dreaming through one or more mechanisms: increasing REM sleep duration, sharpening dream recall, amplifying visual and narrative vividness, or facilitating the specific state of lucidity — becoming aware that you are dreaming while still in the dream.

REM

More time in the dream phase of sleep

Recall

Waking with clearer, more complete dream memories

Lucidity

Awareness within the dream that you are dreaming

"The herbs are an amplifier. Your own intention is the substrate they work with."

EASTERN CAPE, SOUTH AFRICA

Silene capensis

African Dream Root

"Undlela ziimhlophe" — White Path of Dreams

The most ceremonially significant dream herb on earth. Central to Xhosa initiation rites for generations — used by *izangoma* diviners to open ancestral communication through dreaming. The Xhosa see the white night-blooming flowers as a symbol of the spirit world.

Active compounds: Triterpene saponins (not fully characterized). Works cumulatively over 5–10 nights of consistent use.

REPORTED EFFECTS

- ✦ Long, vivid narrative dreams
- ✦ Encounters with symbolic figures, ancestors
- ✦ Sharp dream recall on waking
- ✦ Sense of emotional significance

Ease of use **Moderate**

Results timeline Night 3–10

Onset Cumulative

Intensity ★★★★★

PREPARATION METHODS

Traditional Foam

Beat 1–3g powder in cold water to a froth. Drink the froth on empty stomach.

Capsule

200–500mg 30–60 min before sleep. 2–3 hour food-free window.

Cold Infusion

Steep 1–2g chopped root in cold water overnight. Drink in morning before rest.

MEXICO / CENTRAL AMERICA

Calea zacatechichi

Bitter Grass / Dream Herb

The Chontal Maya call it "*leaf of god*." Used by diviners to receive answers through dreams. The only dream herb with published double-blind study data showing increased dream recall.

- ✦ Increased dream frequency
- ✦ Vivid hypnagogic imagery
- ✦ Enhanced recall from night 1

Best Method

5–10g leaf steeped as tea 30 min before bed. Intensely bitter — add honey.

Ease

Easy

Onset

Night 1–2

Intensity

★★★★☆

WORLDWIDE — EUROPE, ASIA, AMERICAS

Artemisia vulgaris

Mugwort

The most globally widespread dream herb. Used in European folk medicine, TCM, Japanese Kampo, Korean, and Native American traditions. The easiest entry point for beginners.

- ✦ Vivid, clear-quality dreams
- ✦ Gentle proto-lucidity
- ✦ Safe for nightly use

Best Method

Dream pillow beneath sleeping pillow — passive, no ingestion required. Or 1–2 tsp steeped as tea.

Ease

Easiest

Onset

Night 1

Intensity

★★★★☆

SUB-SAHARAN AFRICA

Entada rheedii

African Dream Herb / Sea Bean

"The Great Bean of the Dreaming Sea"

Seeds large enough to travel ocean currents for years. In sub-Saharan African traditions, the inner kernel induces spirit-contact dreams — sometimes applied to the skin, sometimes carried beneath the pillow as a ritual object.

- ✦ Profound, symbolically resonant dreams
- ✦ Used for ancestral communication work
- ✦ Less predictable; advanced practice

Ease

Advanced

Stock

Limited

Intensity

★★★★☆

CHAPTER 03

Preparation Reference Card

Silene capensis

Moderate

200–500mg capsule 30 min before sleep · OR · foam method on empty stomach · Cumulative over 5–10 nights

Calea zacatechichi

Easy

5–10g leaf tea or 1–2ml tincture · 30 min before bed · Effects from night 1–2

Mugwort

Easiest

Dream pillow beneath sleeping pillow · OR · 1–2 tsp tea · No food window needed · Effects night 1

Entada rheedii

Advanced

1–2ml tincture · OR · seed carried beneath pillow (ritual) · Unpredictable onset — patience required

Your First Week with Dream Herbs

This protocol is designed for beginners using Mugwort or *Calea zacatechichi* for the first time. *Silene capensis* users: follow the same structure with the *Silene* preparation methods — expect effects to emerge from night 3 onward.

- | | | |
|---|---|----------------|
| 1 | Set up your journal. Begin herb — standard dose. | Foundation |
| <p>Write your intention for the week in 1–2 sentences before bed. Even if no recall — write "no recall" + date.</p> | | |
| 2 | Continue herb. Write immediately on waking — no phone first. | Anchoring |
| <p>Set your journal and pen on the pillow beside you so it's the first thing you touch.</p> | | |
| 3 | Review nights 1–2. Notice any pattern shifts. | First Review |
| <p>For <i>Silene</i> users: this is when effects often begin to appear. For <i>Calea</i>/<i>Mugwort</i>: you may already have material. Look for any images, feelings, or fragments — not just full dreams.</p> | | |
| 4 | Add a second herb if desired — or increase dose slightly. | Deepen |
| <p><i>Mugwort</i> dream pillow + <i>Calea</i> tea is a classic pairing. Don't increase too fast — patience compounds the effect.</p> | | |
| 5 | Rest night — no herb. Note what changes in your dreams. | Baseline Reset |
| <p>A rest night is not failure. It's data. Many people notice herb-night dreams are qualitatively different even after a few days.</p> | | |
| 6 | Set a specific dream intention. Resume herb. | Intention Work |
| <p>A specific question or image held in mind before sleep. The intention is the request; the herb amplifies the channel.</p> | | |
| 7 | Full review. Write a one-paragraph summary of the week. | Integration |
| <p>What shifted? What surprised you? What do you want to explore next? This is the beginning — not the end.</p> | | |

Morning Record

Write immediately on waking — before rising, before phone. Circle or fill in below.

DATE

HERB USED (IF ANY)

RECALL CLARITY (CIRCLE ONE)

LUCID? (CIRCLE)

0	1	2	3	4	5
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Yes	No	Partial
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DREAM CONTENT — WHAT HAPPENED, WHO APPEARED, WHERE WERE YOU?

DOMINANT EMOTION ON WAKING

KEY SYMBOLS OR IMAGES

ONE THING TO CARRY FORWARD FROM THIS DREAM

— *Print multiple copies — one per night of practice*



SOMNABOTANICA

Begin Your *Practice*

Everything in this guide is available in our catalog — ethically sourced, accurately identified, and shipped discreetly to your door. Bitcoin and Monero accepted.

- ✦ 12+ oneirogenic species
- ✦ Discreet plain packaging
- ✦ Bitcoin & Monero
- ✦ Sourcing notes on every product

sominabotanica.com

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