

# The Legend of the Dreamcatcher

Long ago when the world was young, an old Lakota spiritual leader was on a high mountain and had a vision. In his vision, Iktomi, the great trickster and teacher of wisdom, appeared in the form of a spider. Iktomi spoke to him in a sacred language. As he spoke, the spider picked up the elder's willow hoop which had feathers, horsehair, beads and offerings on it, and began to spin a web. He spoke to the elder about the cycles of life; how we begin our lives as infants, move on through childhood and on to adulthood. Finally we go to old age where we must be taken care of as infants, completing the cycle. "But," Iktomi said as he continued to spin his web, "in each time of life there are many forces, some good and some bad. If you listen to the good forces, they will steer you in the right direction. But, if you listen to the bad forces, they'll steer you in the wrong direction and may hurt you. So these forces can help or can interfere with the harmony of Nature."

While the spider spoke, he continued to weave his web. When Iktomi finished speaking, he gave the elder the web and said, "The web is a perfect circle with a hole in the center. Use the web to help your people reach their goals, making good use of their ideas, dreams and visions. If you believe in the Great Spirit, the web will catch your good ideas and the bad ones will go through the hole." The elder passed on his Vision to the people and now many Indian people hang a Dreamcatcher above their bed to sift their dreams and visions.

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While sleeping under a Dreamcatcher one may feel secure that bad dreams being confused and ill-intentioned get caught in the web to perish with the first light of day and drop through the hole in the center of the web and are no longer a part of their lives. While the good dreams, knowing the right way, easily slip through the center hole, work their way down the web catching all the good energies of the stones and adornment, floating down the feathers and onto the dreamers head.

One never need fear bad dreams again while sleeping under a blessed dreamcatcher.

# Here are step by step instructions on how to make a Native American dream catcher.

## Things You'll Need:

- \* Suede cord 1/8mm wide
- \* Wax cord
- \* 9mm pony beads
- \* Metal ring
- \* Craft feathers
- \* Crafters glue
- \* Scissors
- \* Cloths pins or Alligator clips



Wrap suede cord around metal ring a few times. Place a drop of glue on ring, then put the end of cord on the glue, using a cloths pin to hold cord in place. Continue wrapping cord around ring, stopping to pull cord tight and glue it down every few inches. Be sure not to twist cord. Cut cord when you get back to the start. Glue & clap down with cloths pin until it is dry.



Knot the end of the wax cord onto the ring. Hold the wax cord on ring about 1 inch from your first knot. Loop strand over the top & thru the length of cord between first knot & were you are holding it.



Do the same with the second section, knotting cord about 1 inch from second knot. (It may look funny now because the wax cord runs right next to the suede cord, but you'll get more space as you go along with the web.)



Continue looping the wax cord around the ring. Place last loop knot about 1/2 inch from original knot.



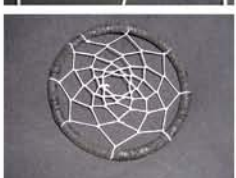
You now want to loop the strand of wax cord in between the very first knot & second knot you made on the ring.



Continue knotting the strand of wax cord in between the knots on the previous row. Keep the knots at the center of the section, so it all pulls evenly into the center.



When your get back to the start of the second row knot the strand onto the second roll. (The first row of cord gets knotted onto the ring, the second row gets knotted onto the first row, the third row gets knotted on the second row, and so on.)



Continue knotting cord until you get near the center. (It gets harder to find space to knot cord the closer you get to middle, so stop the web were you want.) End the web by putting a couple regular sewing knots on strand, cutting off the extra.



Cut a section of suede cord. Place both ends together, making a loop at the other end. Insert that loop into top of ring, wrap it over, & place the two strands into the loop, & pull tight. Knot the other end of the strands. This will be the hanger for your dream catcher.



Repeat the previous steps to make the dangles that feathers & beads go on, only don't knot the strand ends. Place the first strands on the opposite end as the hanging strand. Then place other two strands on either side of the middle strand.



Place two pony beads on each strand of cord.



Put a drop of glue on suede cord, where you want the feathers to hang. Pull one of the beads down, over the glue spot.



Choose two feathers for each strand. Hold them together & insert the stems into the bead. Put more glue around the bead, cord & feather. Then pull the second bead down over the stems.



Allow the dream catcher to dry. Trim off extra suede and any feather tips sticking out. Put more glue around beads.