

HEALING WITH NATURE



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SOUL DREAMS CAPSULES



Explore Lucid Dreaming
with African Dream Root
and Tree of Light

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Curated references provide additional insights and evidence on the key ingredients and their effects.



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Introduction to Soul Dreams Capsules

Embark on a journey of visionary dreams with Soul Dreams Capsules—a powerful blend crafted to assist those seeking deeper insight, prophetic dreams, and a safe, protected dream space. This alchemised combination of Imphepho (South African sage), *Synaptolepis kirkii* (Uvuma Omhlope or African Dream Root), *Sceletium tortuosum* (Kanna), Valerian Root, Blue Lotus, and the Potentised Vibrational Essence of Noya Rao (Tree of Light) invites users to access a vivid and meaningful dream state. This formula provides support for dream recall, lucid dreaming, and personal growth through dreams, while also carrying a strong protective energy ideal for shielding the dream space, especially for those who may experience nightmares or are seeking ancestral guidance through dreamwork.

Soul Dreams Capsules have been specially formulated to enhance spiritual clarity, open channels for ancestral communication, and facilitate a heightened state of awareness within dreams. Whether seeking answers to life's questions or exploring subconscious themes, these capsules are a potent ally on your journey of self-discovery and inner empowerment.



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Key Benefits

Visionary and Prophetic Dreams: This blend encourages access to visionary and prophetic dreams, providing insights and revelations from within the subconscious.

Lucid and Vivid Dreaming: Soul Dreams Capsules assist in achieving heightened clarity and control within the dream state, creating more memorable and meaningful dreams.

Enhanced Dream Recall: Designed to improve memory and recall, this blend makes it easier to reflect on dream experiences.

Protection of Dream Space: Each ingredient carries a protective quality, helping to create a safe environment for spiritual exploration.

Increased Emotional Clarity: The alchemical combination of ingredients aids in emotional processing, opening the heart and mind to self-awareness.

Through these benefits, Soul Dreams Capsules act as a gateway to visionary experiences and emotional healing, providing safe and meaningful encounters in the dream realm. This alchemized blend connects users to ancestral wisdom and creates a path for intuitive clarity and spiritual protection.



Unique Alchemised Formula

Soul Dreams Capsules are formulated through a unique alchemical process, combining sacred intent with the energy of each plant. This powerful blend of Imphepho, Uvuma Omhlope, Sceletium, Valerian Root, Blue Lotus, and the Potentised Essence of Noya Rao has a vivid energy that supports both lucid dreaming and divine guidance. The formula is further enhanced with quantum vibrational techniques, aligning the ingredients to frequencies that protect, soothe, and heighten dream recall.

Each herb contributes to the formula's ability to connect users with their inner truth, bridging the subconscious and the spiritual realm. Together, these ingredients create a harmonious experience for users to explore their dreams with clarity and protection.





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Dosage and Usage

Suggested Dosage:

Take two capsules 30 minutes before bedtime with water for best results.

Healthy Dreaming Habits

- **Keep a Dream Journal:** Place a notebook beside your bed to jot down any dreams or thoughts as soon as you wake up to improve recall and identify recurring themes.
- **Create a Calming Atmosphere:** Dim the lights, limit electronics, and consider grounding practices, like meditation, to help you transition smoothly into sleep.
- **Set an Intention Before Sleep:** Reflect on a personal question or focus on what you hope to gain from your dream, creating an intentional mindset that enhances dream clarity.

Incorporating these habits with Soul Dreams Capsules will support a calm, insightful, and safe dream experience, providing an empowering journey through the subconscious.



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In-Depth Look at Key Ingredients

Imphepho (South African Sage)

Traditionally used by Khoisan healers for spiritual protection, Imphepho is prized for its ability to create a safe, sacred space, shielding the user from unwanted energies in the dream state. Burned as a smudge or included in dream preparations, Imphepho is used for ancestral communication and is essential in keeping the dream space safe.

Synaptolepis kirkii (Uvuma Omhlope or African Dream Root)

Uvuma Omhlope has been used for centuries by Zulu and Xhosa tribes to stimulate lucid dreams and spiritual visions. Its active compound, kirkinine, promotes neural protection, making it ideal for supporting memory recall and spiritual clarity. Synaptolepis kirkii creates a space for deep dream exploration, allowing users to encounter the ancestral and spiritual realm with confidence.

Sceletium tortuosum (Kanna)

Sceletium, known for its calming properties, is thought to enhance dream vividness and lucidity by acting as an Acetylcholine Esterase Inhibitor. Traditionally, Kanna helps individuals ground themselves, providing calmness and relaxation in preparation for sleep while offering support for intuitive and emotional clarity within the dream experience.



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In-Depth Look at Key Ingredients

Valerian Root (*Valeriana officinalis*)

A popular herb in Western and Eastern traditions, Valerian Root offers calming and grounding benefits that promote deep, restful sleep.

Valerenic acid, a primary compound in Valerian, promotes tranquillity, helping quiet the mind. Its heart-nourishing properties make it an ideal addition to assist with emotional processing and personal clarity in dreams.

Blue Lotus (*Nymphaea caerulea*)

Celebrated in ancient Egyptian culture for its role in meditation and dreaming, Blue Lotus induces a peaceful, euphoric state, preparing the mind for dreamwork. This flower's properties enhance the third-eye function, supporting users in accessing vivid and meaningful dreams while promoting relaxation and spiritual clarity.

Potentised Vibrational Essence of Noya Rao (Tree of Light)

In the Shipibo tradition, Noya Rao represents divine light and truth. This tree is revered for its ability to guide users in understanding deep spiritual truths, providing protection and wisdom within the dream realm. Known as the "Flying Tree" or "Tree of Light," Noya Rao is said to shield users, creating a sacred environment for exploration, clarity, and insight.



References to Scientific Studies

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Potentised Noya Rao Essence:

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