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To Catch a Dream

Native American legend states that dreams are messages from the sacred spirits. The dream catcher is a representation of the web of life, and its job is to sift the dreams of those sleeping nearby. Bad dreams and nightmares hinder the messages of the spirits so that they are caught in the web and disappear in the morning light. Good dreams, on the other hand, pass through the hole in the center of the dream catcher's webbing. There are three major steps in making a dream catcher: wrapping the loop, creating the web, and placing the feathers.

The first step in making a dream catcher is to cover a metal hoop with a long leather strip. To begin, tie one end of the leather strip to the hoop. After that, tightly but evenly wrap the leather strip around the hoop. Make sure that the leather does not get twisted. Once you have gone all the way around the hoop to end up where the knot is, tie the ends together, and pull tightly so that it is snug against the hoop. Cut off the excess leather and put it aside. You will use it later.

The second step in making a dream catcher is to create the web. In the past, the webbing would have been made of sinew, animal tendon, but now we use artificial sinew. To start the webbing, tie one end of the sinew at the top of the dream catcher in a tight knot. After that, move about one inch over and wrap the sinew around the hoop. Then move another inch down and continue this process until you reach the original knot. Remember to keep the sinew pulled tight at all times. To continue the webbing, wrap the sinew as before but start in the middle of

the first loop. Continue until the circle is the size you wish in the middle of the dream catcher. Tie a finishing knot. Make sure the knot is tight so that the sinew does not come undone. Cut off any excess sinew.

The final step is the placing of the feathers. In the past, the feathers would have been from owls or hawks, but now there is a law against that, so colored turkey feathers will have to suffice. In order to attach the feathers to the dream catcher, use the leftover leather strip from earlier. Loop one side over the hoop and through a loop of the sinew on one side of the dream catcher. Place the ends of the strip together, and push the ends through four beads. Push the four beads up until they hit the hoop. At the end of each strip, place two beads, and place a feather against the leather strip and up through the beads. For extra security, add some glue onto the tip of the feathers.

Now that the dream catcher is finished, the spirits of the ancient legends may communicate with those sleeping. The spirits will not be hindered by nightmares because the dream catcher will catch the bad dreams in the web that you created. The dreams of those nearby will be protected by the dream catcher that you made by wrapping the hoop, by creating the webbing, and by placing the feathers as a finishing touch.