

Healing Dreams

Unlike previous generations, many people today are turning to dreamwork and intuition for creative insights into problems and personal concerns. Perhaps that is because the dreaming and intuitive mind can tap the creativity of both the left and the right-brain. Dream insights and intuition offer unique perspectives on questions such as the following:

HEALTH ISSUES

What **is depleting** my ENERGY?

What is the SOURCE OF MY DIS-EASE?

How can I **overcome** my DIS-EASE and **experience** RADIANT HEALTH?

Which foods do I **need to avoid**?

Which foods do I **need to eat** for radiant health?

Which **physical activity** would dramatically improve my overall health?

What is one step I can take that would improve my stamina?

What is a **creative** way to solve my health problem? (Or someone else's health problem)

What is the **main obstacle** that is blocking my recovery? (Or someone else's)

What **healing image** will inspire my spirit with hope during the next few months?

What is ONE STEP I can take that would **dramatically improve** my health?

What is the next step I can take to **dramatically improve** my health?

How can I best use my love, imagination, talents, and energy to create radiant health?

Where should I now focus my energy in order to positively affect my life's direction and long-term happiness?

DID YOU KNOW THAT ...

Kasatkin, a Russian psychiatrist at the Leningrad Neurosurgical Institute, concluded from his research, that dreams produced by **physical illness** share some **common features**:

- (1) Illness is associated with an **increase** in **dream recall**.
- (2) Illness causes dreams to become **distressful** and to include nightmarish images of one, or more, of the following: **war**, fire, blood, corpses, tombs, **raw meat**, garbage, dirty water, or references to **hospitals**, doctors and medicines.
- (3) These dreams generally appear **before** the first **symptoms** of the illness may appear.
- (4) Dreams caused by illness, are **longer** than distress dreams caused by ordinary annoyances and **persist** throughout the night and throughout the **duration of the illness**.
- (5) The content of the dreams can reveal the **location** and the **seriousness** of the illness.

DID YOU KNOW THAT ...

Alcohol, caffeine, and many medications, including **antidepressants** and **sleeping pills**, affect the various stages of sleep and dreaming differently. Prozac **increases** REM dream sleep.

Before you take **stimulants** or depressants, check out any negative effects they may have on **each** of the stages of sleep, including precious REM sleep. A pharmacist, your doctor, or a sleep expert, may be able to assist you. Refer to **Resources** for information on **Sleep Disorders Centers** near you.

DID YOU KNOW THAT ...

Physically-based sexual problems can be easily diagnosed during **dream sleep**. This is because there is a marked **increase** in circulatory activity in the genital area for men and women when they dream (**usually, in REM sleep**). In men, this results in an erection.

For men in their **60's and 70's**, tumescence, or the presence of an erection, occurs for a total of about **1 1/2** hours a night. **Tumescence** in older boys, ages **ten-twelve**, occurs for approximately **three hours** a night, and primarily during dream sleep.

Men who have a **physical** basis for **impotence**, such as **severe diabetes, nerve damage**, or interference from certain **medications**, will **not** have erections while they dream. On the other hand, men whose impotence stems from **psychological** causes, will have full erections during dream sleep.

To remedy physical causes of impotence, **medical treatment** is usually undertaken. To remedy psychological causes of impotence, counseling is typically begun in order to work through possible underlying **anger, stress, depression**, or, the gradual **loss of admiration** and **love for oneself** or for one's partner. An experienced therapist, who is well-trained in resolving sexual problems, is recommended. Seek out a therapist whose reputation is well-known in the helping professions.

Dreamwork

- [Top Ten Dreamwork Techniques](#) — “Your Guide to Happiness, Wisdom, and Purpose”
- [What Did You Dream Last Night?](#) — “Ask A Puzzling Question Tonight . . . Discover Your Dreaming Mind's Answers Tomorrow”
- [Artists Dreaming Joy](#) — A workbook that helps artists express a multitude of joys