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# Table Of Contents

Foreword

Chapter 1:

***The Basics On Lucid Dreaming***

Chapter 2:

***The Link Between Mind And Disease***

Chapter 3:

***How Lucid Dreaming Affects The Immune System***

Chapter 4:

***How To Create Lucid Dreams***

Chapter 5:

***How To Dream Away Physical Symptoms***

Chapter 6:

***Psychological Growth With Lucid Dreaming***

Chapter 7:

***Cancer Patients Achieving Longevity With Lucid Dreaming***

Chapter 8:

***Manage Stress Through Dreaming***

Chapter 9:

***Using Lucid Dreaming Correctly***

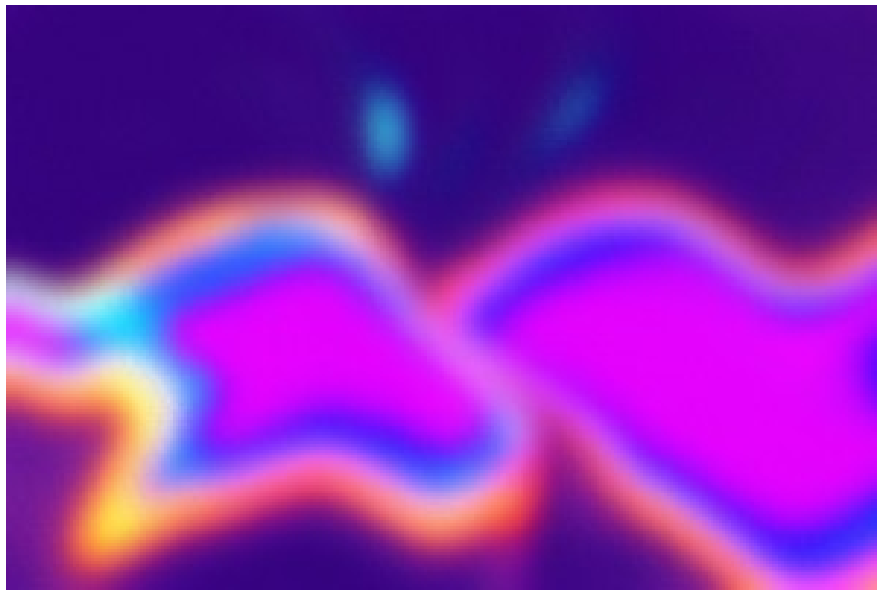
Chapter 10:

***Cautions To Lucid Dreaming***

Wrapping Up

# Foreword

To the ordinary man a dream is what happens when one goes to sleep. If the dream is pleasant then it remains as termed, but if it is unpleasant then it's renamed as a nightmare. Now there is something new referred to as a lucid dream.



## ***Lucid Dreaming For healing***

Learn How Lucid Dreaming Can Heal Your Body And Mind

# Chapter 1:

## *The Basics On Lucid Dreaming*

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### Synopsis

In the lucid dream scenario the individual is completely aware of the dream taking place. Meaning that in a lucid dream the dreamer can actually take part in and manipulate imaginary experiences in the dream. These dreams can be so realistic that it becomes really believable.



## **The Basics**

The lucid dream normally begins in any one of the two known ways. These complicated sounding scenarios are really quite entrancing. For instance, a dream initiated lucid dream otherwise referred to as DILD starts out as any normal dream would, then when it concludes it does so in the same dream state, whereas the wake initiated lucid dream WILD occurs when the dreamer goes from the normal waking state directly into a dream like state with no apparent lapse of consciences.

The rapid eye movement that usually is detected when a person is asleep signifies these states of lucid dreams. Upon discovering this connection, further tests were done by the various research bodies.

Though not really very conclusive, most parties agree that the dreamer can produce lucid dreams and manipulate the contents while being conscious of being in the dream like state. With this exciting discovery between the dream and the dreamer many more researches are currently being carried out to further explore the tremendous possibilities in this area.

Though some psychologists are already using this method to treat their patients, the accredited evidence is not enough for everyone to follow suit. These psychologists have recommended the lucid dream inducement to combat the impact of nightmares, depression, self mutilation and other problems in the real world.

# Chapter 2:

## *The Link Between Mind And Disease*

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### Synopsis

With all the constants researches going on in the world today, it is no surprise that some break-throughs are being made in the field concerning the mind and how it works. Similarly in the fields of mind and dreams several new discoveries have been made.



## **How Things Connect**

A new kind of scientific study called psychoneuroimmunology has evolved the thinking of the researchers so much because of these break-throughs, that they now claim, with quite a good percentage of proof that the mind plays an important part in how the body systems reacts to and manages diseases.

This discovery is indeed exciting on many levels. With this new discovery, there are now better hope percentages for those suffering from terrible diseases, be it mental or physical.

It has been discovered that each organ and its functions are closely related to the emotions and ideas the brain perceives towards its condition, and these organs and tissues collectively make up the structure of the immune system.

All this translates to the very real possibility of the individual having some real control on the disease and to what extent it can and will progress. There is also a possibility of actually eliminating the disease altogether.

Lucid dreaming is one avenue that can be used for this purpose. Images can be suggested to the brain while in the dream state, in the ways to overcome the diseased conditions.

For instance a dream scenario can be created to show perhaps the drug prescribed to address the particular disease can be perceived in the image of an army battalion coming in to conquer and gain victory over the disease.



The lucid dream can accept and transcend this image successfully into the subconscious mind to the manifest itself into the reality of the dream state.

Thus by doing this it is hoped that the patient will have the added positive will power to beat the disease state in the real and natural world.



# Chapter 3:

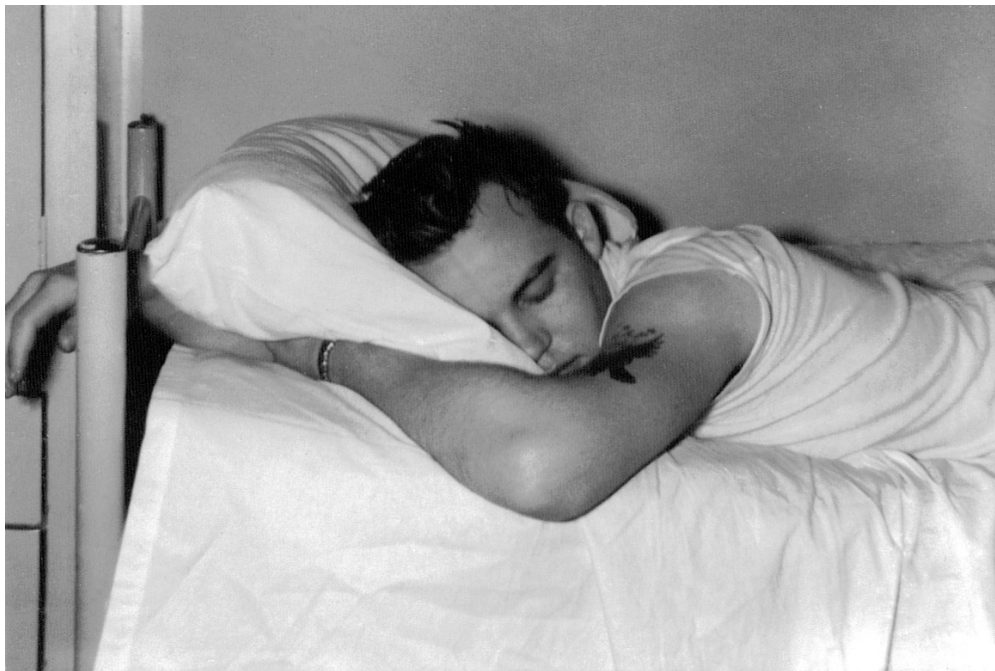
## *How Lucid Dreaming Affects The Immune System*

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### Synopsis

Even without scientific backing, it is a known fact that mental images do affect the way the mind and body perceives ideas, objects, circumstances, people, and many other individual things.

Thus it is not unusual to assume the same impact and connection is made when the situation is reversed, meaning the diseased, ailed body can affect the state of mind. It is actually a circle that can be successfully manipulated through various methods, whether natural or scientifically.



## **Healing The Body**

Thus, the reinforced thinking that the immune system is somehow linked to the mind set and vice versa is plausible. In a rather complicated setting, lucid dreams can play a part in these connections. Some scientists have determined that there is a connection between the mind and immune system in the cerebral loci.

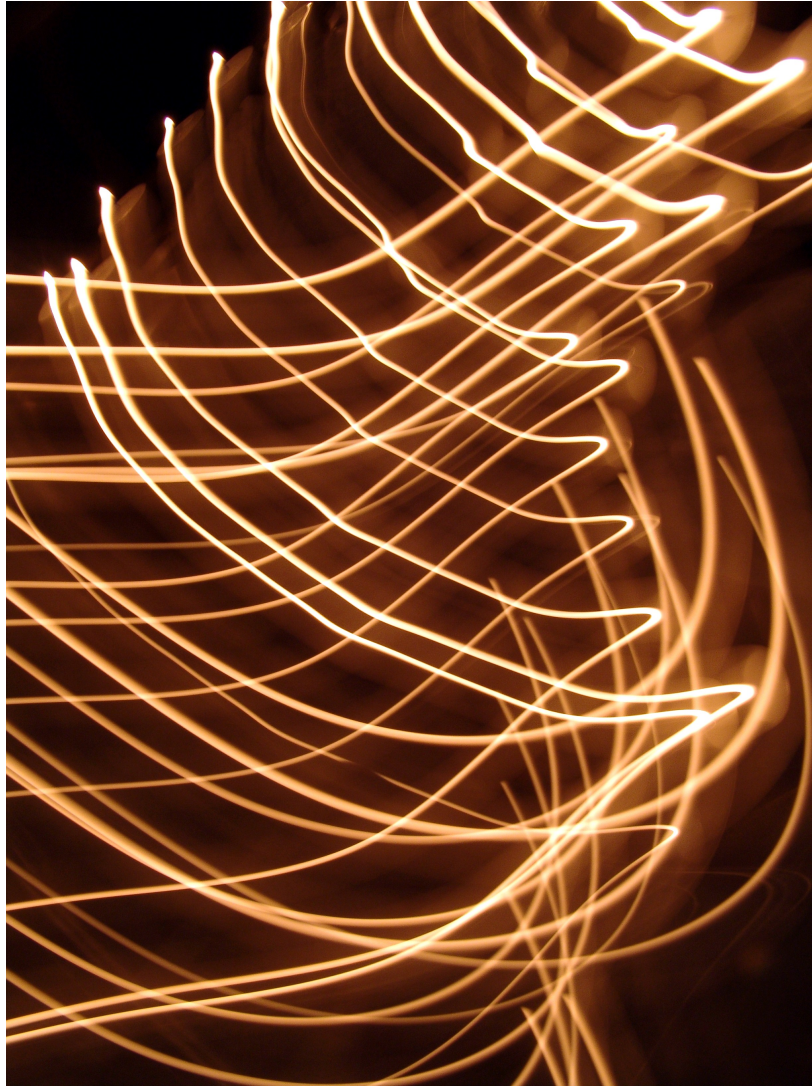
The verbal suggestions to the dreamer through the lucid dream state, transform these suggestion styles into imageries. These imageries are then accepted into the brain consciousness and translated as understood matter by the involuntary or autonomic nervous system and its related elements.

Using the lucid dream method, the immune system can be “propped up” to accept and work with these suggested images to improve and increase the healthy state of its system.

The lucid dream way of encouraging the positive stages of progress in an individual’s fight with any disease, especially with diseases like cancer, has to have the advantage of the best possible workings of its immune systems. This works as an advantage that does not require any invasive treatment to further burden the immune system.

Thus the people, who have actually tried this form of treatment, attest to its success only when the relevant understanding of the condition

is noted. The action taken in the lucid dream by the dreamer or character in the dream is a dominant factor in encouraging the immune system for return to its optimum functioning level.



# Chapter 4:

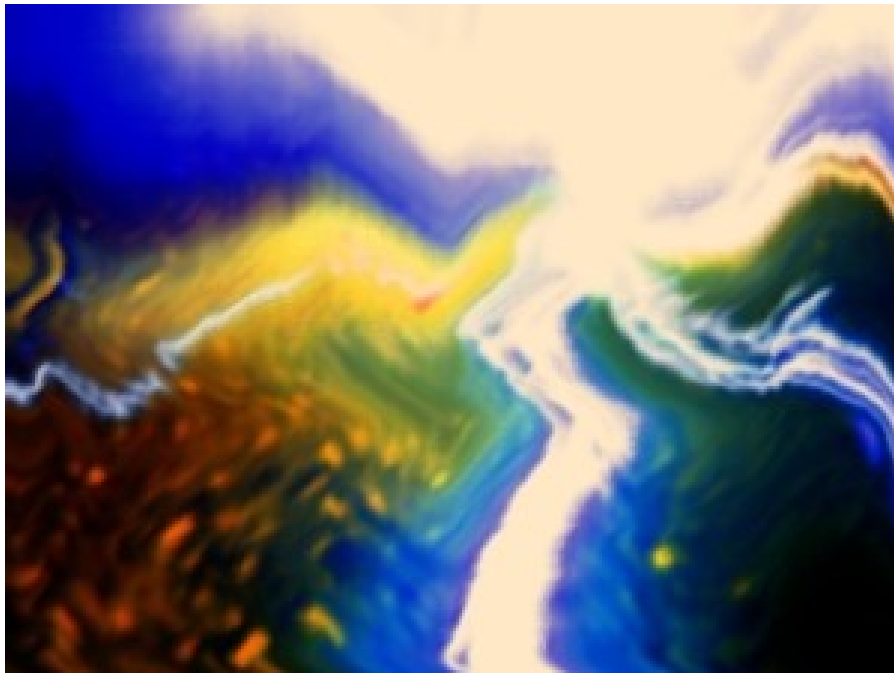
## *How To Create Lucid Dreams*

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### Synopsis

More and more people today are trying their hand at practicing lucid dreaming. Some do it for fun while others do it with specific intentions in mind.

The ones that try lucid dreaming with a specific idea in mind are normally those individuals who have an area they want to deal with, be it medical, emotional, or physical. Lucid dream practices have been known to be able to provide the success rate needed to keep it an interesting avenue to pursue.



## **Bringing It On**

The practice of lucid dreaming is not something new and has been practiced in many ancient cultures. These lucid dream practices were used primarily to gain “contact” with the different realms surrounding the earthly one. In these realms many different things were sought and understood to be then translated to others or the ordinary masses in the natural world.

Strange though it may sound these methods were successfully and almost ideologically used by shamans, priests and other alternative practitioners.

There are several different ways that can be used to induce and succeed in the lucid dream endeavor. To achieve the lucid dream state some may use the meditative method.

This meditative exercise commences just as the individual is going to fall asleep. Some believe and apparently with proof, that the lucid dream state can allow an individual to process past and present life form karmas and make the transition between realms easily.

Moving between these realms is supposed to allow the individual to be able to acquire certain divine elements.

Other means of inducing lucid dreams include the use of certain herbs. Through the concoction of these powerful plant medicines sleep can be induced with the potential to create the scenario to experience vivid dreams.

This is where lucid dreams can be made use of to create pivotal messages to be conveyed to the masses upon coming out of the dream state.

Popularly used by cultures that don't depend on medical science for its solutions, this method can have its negative elements attached to it.



# Chapter 5:

## *How To Dream Away Physical Symptoms*

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### Synopsis

The ability to provide the added help element to address various physical problems can be seen in the power of lucid dreams. Though only slowly gaining popularity, this style of using the ability to create a lucid dream scenario is still at its skeptical stage.

Not all medical professionals are open to the idea of using lucid dreams to compliment and ongoing medical treatment.





## **Getting Relief**

Previously lucid dream therapy was being used to successfully treat emotional problems where one is encouraged to use the dream state to suggest positive elements into the negative emotional state. This same style is now being applied to further widen the variety of conditions that can be addressed through lucid dreaming.

The consciousness element of the lucid dream is pivotal in providing the perfect solution to the healing experience. The higher focus percentage gained in the subconscious state is where the intent to address the specific physical condition is carried out. This intensity in harnessing and focusing the positive energy into the affected area is what makes the success rate of lucid dreaming what it is.

There are many simply yet startling reports of the lucid dream therapy working to achieve results. Many individuals have attested to purposely inducing the lucid dream state, and then to actually visualizing the cure taking place in the dream state, with the desired results achieved. Some of these individual have also attested to this having positive results at the very first attempt while other have had to try a few times to get their desired results. This clearly shows the connection between the lucid dream state and its impact on the physical symptoms.

It is hoped that by doing further research into this fascinating field of lucid dreaming, that eventually it will be recognized as a viable way of assisting an individual to address any physical symptoms before having to seek medications.

# Chapter 6:

## *Psychological Growth With Lucid Dreaming*

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### Synopsis

Various medical physicians today confidently attest to the connection between the psychological condition of an individual and the lucid dream therapy style.



## **Healing For Your Mind**

The positive impacts that lucid dreams can have for an individual having psychological problems are the resilience and the sustaining ability this exercise manages to impart onto the individual.

Lucid dreaming is used to clinically help individual come to terms with the negative mental conditions and elements and also to cope better with them.

These same psychologists use the lucid dream method to promote psychological growth and to encourage better problem solving skills in the process.

Using the lucid dream technique, an individual is able to visualize certain assumptions more clearly and consciously try to address the particular assumption so that a positive perception can now be replaced by the negative one.

All this should be done with the strict supervision of a reputable and experienced psychologist. The attempt to change the mind set in the natural world, is derived by addressing the same situation under lucid dream conditions. The supervision is necessary because of the delicate mind set of a patient seeking the assistance to combat his or her condition.

The lucid dream state is also commonly associated with periods of highly activated psychological movement in the brain capacity.

As experienced psychologist will be always be weary on this movement in the patient consciousness because the possibility of the

patient carrying the negative thought process into the “real” world can be dangerous. Studies have shown that an individual using the lucid dream therapy style is capable of carrying out the complex dream acts planned when in the waking state and additionally not being able to accurately perceive external elements.

However having mentioned this possibility clearly, it should be noted that a lot of cases where positive suggestions have been made into the lucid dream state, have been very helpful to the patients going through the stress of controlling their psychological conditions.



# Chapter 7:

## *Cancer Patients Achieving Longevity With Lucid Dreaming*

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### Synopsis

Cancer is a very serious disease, so when there are added alternatives that can be safely used to further enhance or compliment the ongoing treatment, then most cancer patients are more than willing to try. Lucid dream therapy is one of them.



## **Extending Life**

Lucid dreams differ from normal dreams. In the normal dream the dreamer is considered a silent spectator but in the lucid dream scenario the dreamer can change any aspect of the dream, be it the content, the participating “cast,” the theme of the dream or the ending.

In the lucid dream, the dreamer can be portrayed as a healthy and confident individual battling the cancer disease with confidence and victory. The suggestions made into the dream can be broken down to specifics. Therefore it would be beneficial if the individual is well informed both medically and physically about the various details of cancer. When the individual is well versed with the actual working of the body system and how it is expected to successfully overcome the cancer disease, then the lucid dream session can commence.

In the same way, the longevity of the individual can be manipulated in the mind’s eye through the dream state to show its success over the death sentence of having cancer. When this is done the mind then registers the possibility of the achievement. The more confidence is built within the lucid dream environment the more the body begins to expect the results to be positive and in doing so the various parts of the body learn to work together in order to achieve this goal.

The lucid dream therapy is a very learnable application, however achieving it at its optimum always may not be possible, but the effort must be made repeatedly in order for the body to align itself to this mind over body suggestive method.

# Chapter 8:

## *Manage Stress Through Dreaming*

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### Synopsis

People of all ages do this, sometimes for recreational and relaxing purposes and sometimes out of desperation to take the mind away from the very real and pressing problems.



## **Cut Down The Tension**

Dreaming is a wonderful alternative to simply knocking the problem about. When a person dreams whether it is intended or just happens the outcome can be very refreshing.

Some people are motivated after a session of dreaming and come out with confidence and the ability to better concentrate on the task at hand.

There are some that have also learned how to use this dream state to manage their stress levels well. Lucid dreams is one of the types of dream states that allows these stress levels to be controlled by leading the dreamer into a peaceful and made up scenario that shows victory over the problem that is causing the stress in the first place.

In the lucid dream scenario the dreamer portrays total confidence and is also unafraid of any potential problems in any area. This happens in the subconscious and if done often enough this confidence can eventually become a reality in the mind's eye and transcend into the natural world.

Many people who have stood the test of a stressful situation and came out calm and victorious have attested to the fact that they did not know or realize the confidence they exhibited when in the stress plateau.

This then gives them new found confidence and in turn causes the stress levels to decrease if not melt altogether. Even in everyday existence the stress build ups are fairly normal and thus most people aren't very product.



Other times lucid dreaming is used to treat post traumatic stress. The lucid dream is used to control and shift the nature of the dream entirely rather than allow the stress level to climb and cause further complications.



# Chapter 9:

## *Using Lucid Dreaming Correctly*

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### Synopsis

Lucid dreams usually occur when a person has reached the middle of a regular dreaming session. The dreamer is always aware of the consciousness of the state of mind, as this then is how the manipulation is done.



## **Some Hints**

In intending to practice lucid dreaming correctly, there are several things to note. It is important to have the right frame of mind when attempting this process. Through the process of developing the ability to lucid dream, one must be aware of the fact that, the interaction between the thought process and belief system is of importance.

Therefore the positive frame of mind is a prerequisite to being able to achieve the lucid dream state. Then the question of whether the content and suggestions in this state, are important, needs to be addressed. Constantly reminding the subconscious that the mind is keen on experiencing the lucid dream state will encourage the manifestation of the lucid dream more frequently.

When used for positive reinforcement lucid dreaming is always advantages. If an individual is facing a small or big problem playing out the problem in a lucid dream session and the manipulating the elements to the advantage of the dreamer, the individual is privy to the potential positive outcome. Thus after “experiencing” the positive side of the problem the individual can then be better equipped to face the same situation in the real world.

There is also the advantage of playing out several different scenarios in a lucid dream state to enjoy the positive outcomes. After all these are only dreams and at worst they give the individual to play them to a positive advantage in the natural.

# Chapter 10:

## *Cautions To Lucid Dreaming*

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### Synopsis

Like any other forms of therapy, lucid dreaming does have its good and bad points. Though not all would agree that the “bad” points are really bad. While there are yet others who are totally against this lucid dreaming experience, and completely disagree with its relevancy.



## **What You Have To Know**

In trying to address some of the concerns, these are some of the points brought up by the various groups involved either directly or indirectly in the lucid dream phenomena.

The most point of concern is whether the dreamer of the lucid dream can or is able to control the dream content with clear expectations. Even in the natural most people are really unaware of the extent of the expectations while awake or asleep, so to assume that the dreamer has a full understanding of this is really not very probable.

However it has been noted by all parties that it is not possible to completely be able to have absolutely full control of the content of the lucid dream but partial control is not impossible and maybe even beneficial.

Scientific research has ascertained that the dream provides for its own safety mechanism. The safety mechanism will automatically kick in when the dreamer is causing harm to him or herself.

Unfortunately though there has been documented evidence that some of these lucid dream sessions have had really damaging results which causes doubts as to the effectiveness of the natural in built safety mechanism.

Another concern is when the dreamer does not question the interactions with the lucid dream state. For instance having an impossibly aggressive character in the lucid dream scenario and falsely portraying this same characteristic in the natural world may cause misunderstood and unnecessary unpleasantness.

Some clinical results have shown that the frequent lucid dreamer is unable to access the difference between reality and the perceptions in the dream state.



# Wrapping Up

The speed with which you formulate the skill of lucid dreaming depends upon many individual factors. How well do you remember dreams? How much time may you give to practicing mental exercises? Do you utilize a lucid dream induction device? Do you practice diligently? Do you have a well developed critical thinking mental faculty? And so on.

Learn to do it correctly and you may be able to boost your health and wellness.

