

The Programmed Dreams

PROGRAMMED DREAMS

DVD Lecture by Clancy D. McKenzie, M.D

© American Mental Health Association, May 1999

This is another self-help DVD recording by Dr. McKenzie, which utilizes programmed dreams for solving everyday problems, regardless how difficult they might seem. Persons with no medical training were able to identify the cause and treatment of such medical conditions as Raynaud's Disease and transverse myelitis – even though this is not yet known in medicine. Other medical problems solved during sleep included the cause and prevention of gallstones, the identification of allergic reaction, treatment for rheumatoid arthritis, cause and treatment for chronic fatigue syndrome, and many more.

Everyday problems also are solved, such as what to do about employment, what to do about marriage, about children, about pregnancy, about any particular medical problem, questions of where to live, what to choose for a career, where to go to school. Grief reactions related to loss of a loved one often can be overcome in a single night.

One can expect an enlightened answer to any problem – if the question is formulated with precision and the techniques for receiving the answer and remembering the dream are also followed.

You do not have to be a yogi and meditate for years in a cave to receive an enlightened answer, says Dr. McKenzie. When you fall asleep you reach just as deep a level of consciousness. All you must do is take one minute at bedtime to formulate your question, and one minute when you awaken to retrieve the answer. Practically anyone can do this the very first night.

In more than forty years of having all his patients, friends and family members program their dreams for enlightened answers, Dr. McKenzie has not known anyone to receive a wrong answer or one that is morally corrupt. Dr. McKenzie concludes from this that the answers are coming from a higher source, and that the programmed dream might be similar to prayer – but with a refined technique for receiving the answer.

The Programmed dream DVD lecture provides careful instructions for formulating the question and for retrieving the answer, and gives countless examples.

The DVD also teaches a second way to receive answers during sleep. You simply formulate a very precise question – a question that is highly specific yet leaves open all possible answers. We must never program “Should I do “A” or “B” because these are just two choices and there might be thousands more that are better.

The following is just one example of how detailed a medical diagnosis and treatment can be – and even how a dream itself can cure a problem:

A middle-aged patient of Dr. McKenzie was admitted to a psychiatric hospital, and then developed excruciating chest and abdominal pain. The internal medicine specialist thought it might be either a heart attack or a kidney infection, and suggested transferring her to a medical facility. After persuading him to wait until morning, Dr. McKenzie told the lady – who was a good dreamer -- that she had better have a dream that would tell her exactly what it was, where it was, how she got it, why she got it, and exactly what to do. She also programmed that Dr. McKenzie would be able to interpret the dream for her.

You can program that you will be able to interpret your own dream – and then you will only have dreams that you can interpret. In this case, she programmed that Dr. McKenzie would be able to interpret her dream. Oddly enough, he immediately understood the dream – even though it was highly complex. Possibly this is because she programmed he would be able to do this.

In her dream, she and her husband were driving along a winding road where they should not have gone. Then in the dream it began to snow, the snow became deeper and deeper, the car veered off the road and it was covered over with snow. Just beyond where the car went off the road, the road came to a dead end and went into another road at right angles, and then into another road at right angles, and then into another road at right angles. To Dr. McKenzie this was an anatomical roadmap of the intestinal tract, with an obstruction at the ileocecal junction. But he didn't tell her this. Instead he asked if she would please draw the roadmap for him. She did, and it even was in correct proportion! The winding road corresponded to the small intestine, the dead-end the cecum. At a right angle to the small intestine was the ascending colon, leading at a right angle to the transverse colon, and then at another right angle the descending colon.

As soon as the car was covered over with snow, her husband said: "I have to cut off the engine." The first thing one does for an intestinal obstruction is shut off the fuel supply, the food intake. Then five or ten people came from the city to dig them out. Five or ten in dreams represents the fingers on two hands, and it was not clear whether this meant laying on of hands or surgery. When they were dug out, she and her husband were OK but the three teenage children were gone. They were the reason for the obstruction. She wanted more of her husband's attention for herself.

Intestinal obstruction is an acute surgical emergency, so he immediately transferred her to a surgical hospital. Before she left he warned her "you better have a dream that will get you over this problem – otherwise they will be cutting you open."

At the surgical hospital the diagnosis was confirmed, based on the x-ray finding of fluid levels in the gut, and blood electrolyte studies. Surgery was scheduled, and she took a nap to program the other dream.

In this dream she saw a tall dark man, wearing a turban – like from the Punjab section of Northern India – and he was massaging her abdomen. When she awakened, the obstruction was gone!

To the non dream-programmer, for a lady to identify an intestinal obstruction in a one- inch segment out of 23 feet of intestinal tract -- and then program a dream to get rid of it, must sound

like something out of Alice in Wonderland. But it is just data, and we draw no conclusions about the data – other than it is interesting.

Dr. McKenzie tells of other dreams that reach beyond the dreamer and connect with other people, and dreams that tell about future events with great accuracy. With some patients, after programming dreams for a while, angels begin to appear, and the dreamer might even begin to have visions during the night.

In summary, the programmed dream is something nearly anyone can learn and can put to use the very first night. It can solve life's most difficult challenges. It takes one beyond body/mind/brain/thought to enlightened answers any night at will.