

## Using Dreamwork to Guide Your Tapping Process

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## Learning Objectives

- Objective #1:** List 2 steps in the International Association for the Study of Dreams interpretation protocol.
- Objective #2:** List 2 types of dreams that may correlate with specific chakra imbalances.
- Objective #3:** List 2 perspectives that may be considered in multi-dimensional dream analysis.

Rod of  
Asclepius



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## Hemleciya: Crying for a Dream

- Lakota Holy Man Frank Fools Crow:
- “My ancestors were all taught how to have sacred dreams. In these dreams, all kinds of strange and beautiful things would happen, things that never could take place in ordinary life. Strange beings would appear, and every kind of creature would come in impressive forms. These visitors would speak to the people and give them messages.”

## Edgar Cayce on dreams



- “Nothing of significance ever happens to us without it being first previewed in our dreams!”
- Jerry Lazarus, *Dreams: Listening to the Voice of God*. 2011

## Sigmund Freud – Dream of Irma



- Hersh, T. How might we explain the parallels between Freud's 1895 Irma dream and his 1923 cancer? *Dreaming*. 1995;5(4):267-287.
- She then opened her mouth properly and on the right hand I found a big white patch; at another place I saw extensive whitish grey scabs upon some remarkable curly structures which were evidently modeled on the turbinal bones of the nose. — I at once called in Dr. M., and he repeated the examination and confirmed it.*

## Jung on dream diagnosis



- Jung indicated on a number of occasions that he was able to diagnose some medical and psychiatric conditions on the basis of a dream, and says:
  - "I take dreams as diagnostically valuable facts"
  - *Collected Works, The Art of Psychotherapy, 2<sup>nd</sup> Edition*; Jung 1966, Volume 16: 73



## Prodromal dreams



- Bob Van de Castle: [www.OurDreamingMind.net](http://www.OurDreamingMind.net)
- Russian psychiatrist Vasily Kasatkin
- Published *Theory of Dreams* in 1967
- 10,240 dreams from 1200 subjects
- English psychiatrist Robin Royston, 400 cases

## Kasatkin dreams: Common features

- Illness associated with increase in dream recall
- Illness causes dreams to become distressful
- Dreams appear before the first symptoms
- Dreams caused by illness are longer and persist
- Dreams can reveal the location and seriousness

## Royston dream diagnosis insights

- These are not ordinary dreams, but big dreams, archetypal dreams, so laden with powerful emotional affect that the dreamer is forced to take them seriously.
- Some people may have a dramatic dream about a physical problem and nothing ever happens.
- There may be a time when we have gathered enough data to get closer to being able to do some useful diagnosis and prediction.

## 2016 Censored TEDx Raleigh Talk

- Cancer warning dreams that can save your life
- Note from TED: We've flagged this talk, which was filmed at an independent TEDx event, because it appears to fall outside TEDx's curatorial guidelines. A number of claims made in this talk about cancer revealing itself in dreams are not considered legitimate by most medical doctors and researchers. There is no viable research or evidence presented in the talk to support these claims.

## Warning dreams preceding the diagnosis of breast cancer

Explore, May/June 2015



## Possible mechanisms

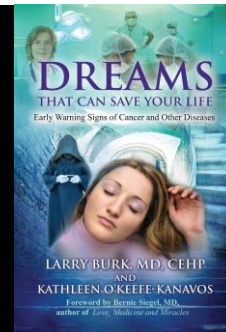
Ignored symptoms

Subtle signaling

Intuitive process

## Conclusions

1. Keep a dream diary
2. Share with your doctor
3. Take warnings seriously



## Dream Interpretation Steps 1, 2 & 3

- Set your intention to remember your dreams by placing a dream diary, a pen, and a flashlight right next to your bed and within easy reach.
- Ask a question you would like to have answered in your dreams. Add the intention that it be easy to understand and interpret.
- Let go of expectations and surrender your left-brain concerns of the day as you float into the right-brain world of dreams.

## Dream Interpretation Steps 4, 5 & 6

- First thing in the morning, even before you get out of bed, write down all the dreams you remember. Don't do anything else until you have done this.
- Circle any words that seem to be unusual or out of place and look them up in a dictionary to check for *word play* or unexpected *puns* related to your question.
- Consider the dream from the *personal, shadow, warning, sexual, social, archetypal, synchronistic, and precognitive* perspectives.

## Dream Interpretation Steps 7, 8 & 9

- Check for any *recurrent theme* from past dreams and pay attention to any *animals* that visited you in the dream world.
- Finally ask yourself, *What does the dream want?* Seriously consider the possibility that the spirit world may have a question it wants you to answer in return.
- *Sharing the dream* with someone who can provide candid feedback may provide a fresh perspective and additional insight.

## Precognitive NDE Dream

- Very cold day 12/2015 just after my 60<sup>th</sup> birthday
- Driving a car and my female passenger says:  
"Someone told me I'm going to have an NDE today"
- Drive very carefully through a construction zone
- Wind up in a hospital bed with damage to my left side
- Think I've had a stroke, but neurologist asks if I can move?
- I move my left arm, so he says I'll be fine and can go home

## Paradoxical Resilience Interpretation

- Scheduled for orientation to return to Duke that week
- In January apply to give TEDx Raleigh talk
- March is booked with workshops almost every weekend
- Picked to do TEDx talk near the end of March
- Numerous video and live rehearsals all month
- Mother and sister both have recurrence of breast cancer
- **Needed extreme resilience to make it through to April**



## Dream of being hit by thrown acorns



"You shouldn't insult squirrels when they're in trees and have ammo."

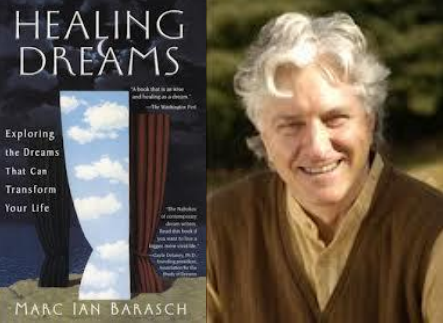
## My brother got sunburned



## Medieval Armory Dream



## Sacrificial goats bound on floor



## Marc Ian Barasch, [www.greenworld.org](http://www.greenworld.org)



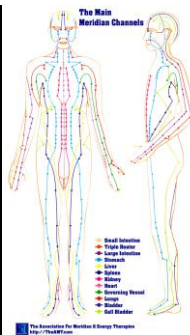
Energy Therapies like

**EFT**

are often called  
acupuncture for emotions.

The end points of Meridians are  
used to help balance the body's  
energy system.

© 2004 Ann Adams

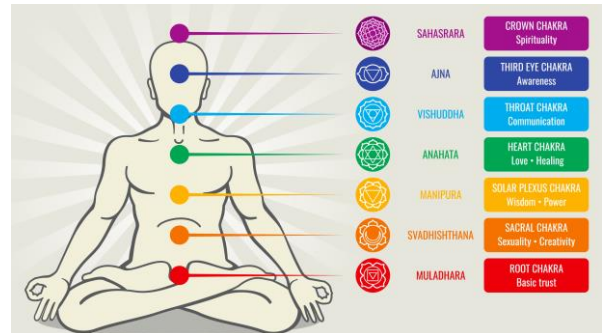


## EFT Computer Metaphor

- An emotional shock is installed in the meridians as a malware program that is downloaded into the limbic system with the reminder phrase as the file name.
- Repeating the phrase runs the program triggering an energetic flashback, and tapping uninstalls it like hitting the delete key.
- When the file is saved again and the memory is reconsolidated the emotional charge is removed resulting in emotional freedom.
- David Feinstein, How Energy Psychology Changes Deep Emotional Learnings, *The Neuropsychotherapist* (2015).

## CDC – ACE Study

- Survey 17,000 Kaiser Permanente patients
- Abuse, Neglect and Household Dysfunction
- Number of Adverse Childhood Experiences (ACE Score)
- 0 = 36%, 1 = 26%, 2 = 16%, 3 = 10%
- > 4 = 12 %
- the risk for chronic health problems increases in a strong and graded fashion



## Shadow Issues of the Lower Four Chakras

- Debbie Ford - *The Shadow Effect*
- Anodea Judith - *Eastern Body, Western Mind: Psychology & the Chakra System as a Path to the Self*
- 1<sup>st</sup> Fear, 2<sup>nd</sup> Guilt (Anger), 3<sup>rd</sup> Shame, 4<sup>th</sup> Grief
- Margaret Lynch Raniere - *Unblocked*

## First Chakra characteristics

- Development = 2<sup>nd</sup> trimester to 12 months
- Identity = physical
- Purpose = foundation
- Orientation = self-preservation
- Demon = fear
- Basic rights = to be here and have
- Issues = roots, grounding, trust, boundaries

## Psoriatic Arthritis/Obesity

- 55-year old woman with bilateral Achilles tendinitis due to psoriatic arthritis.
- Diagnosed 18 years ago and treated with biological response modifiers/TNF inhibitors.
- Gained 80 pounds with alcohol and sugar cravings.
- Frustrated with husband throughout marriage.
- Afraid he makes unwise hiring decisions in business.

## Self-Defense Dreams

- Killing a man in self-defense and burying him.
- Digging the dead man back up. Excavating carefully.
- Gigantic female trying to kill me and mine. Physically holding her down with all my strength.
- EFT: A big part of me is afraid of moving forward.
- Marriage breakthrough and decreased cravings.

## Second Chakra characteristics

- Development = 6 months to 2 years
- Identity = emotional
- Purpose = movement and connections
- Orientation = self-gratification
- Demon = anger (guilt)
- Basic rights = to feel and have pleasure
- Issues = sexuality, desire, need

## Frozen Shoulder Anger Dreams

- 60-year old woman executive director of non-profit.
- Left shoulder pain for 3 months with anger dream about lecturing a family member while driving and getting pulled over by police.
- Dreams of conflict and reconciliation reaching out to former board member who resigned.
- Needs to raise millions to move to new building.

## EFT for Abundance Challenges

- EFT: Left shoulder resents carrying this heavy burden.
- Started abundance exercise of carrying \$100 bill.
- Next day got surprise offer of \$500K instead of 50K.
- Then got a long shot government grant of \$500K.
- Left shoulder pain improved with fund-raising success.
- Retired recently with successful leadership transition.

## Frozen Shoulder Healing:

Diagnostic Methods & Treatment Options

Larry Burk, MD, CEHP

Foreword by Christiane Northrup, MD

## Interstitial Cystitis (IC)

- Young woman with frequent, burning urination
- Abuse, cystoscopy, bed wetting as a child
- Still financially dependent on family
- EFT: My bladder is terrified that I'm failing to survive on my own
- Traumatic angry dreams, then healing dreams
- Bladder vastly improved without flareups

## Healing Dream for IC

- See babysitter in carriage that runs away into pasture
- Spring into action jumping onto carriage to slow horses down
- Earth opens up like a mountain of mud
- Fear that dark characters are going to come out
- Go in with whips in both hands ready to protect my family
- Realize they are not a threat, scare them away
- Feel like Orlando Bloom protecting a woman I'm in love with

## Third Chakra characteristics

- Development = 18 months to 4 years
- Identity = ego
- Purpose = transformation
- Orientation = self-definition
- **Demon = shame**
- Basic rights = to act and be an individual
- Issues = autonomy, power, self-esteem

## Deadly Sweet Dreams of Diabetes

- **Dream Doctor:** A white male doctor of modern medicine approaches me to discuss certain patient conditions and diagnoses. He is seeking information about diseases and their symbolic relationships. - January 2013
- **Corn Skeletons Dream:** I am standing at the edge of a cornfield, looking at rows upon rows of golden corn stalks. As I stand there, the stalks begin to dry out. Then the stalks turn into blackened skeletons.
- Maria Mars' dream sketch:



## Syrupy Sweet Apples Dream

- Some girlfriends come over for a visit and a chat. I look for munchies in the kitchen cupboard, and find a stash of flavored rice crackers. I put them into a bowl, and they turn into candy.
- I then find tiny green apples in the cupboard, and I am about to put them out when I notice they are now covered in a thick red syrup. I try to rinse the syrup off the apples, but the apple skins adopt the reddish hue of the syrup, and they still taste so much sweeter than their sour or tart flavor.

## Fourth Chakra characteristics

- Development = 4 years to 7 years
- Identity = social
- Purpose = love and balance
- Orientation = acceptance of self and others
- **Demon = grief**
- Basic rights = to love and be loved
- Issues = relationship, intimacy, devotion

## Supraventricular Tachycardia

- Middle aged TV show host who has episodes of intermittent tachycardia for 1 year.
- He gets joy from creativity on show, but has fear of being unprepared each day. Sad about son's mental health issues.
- EFT allows authentic conversation from the heart with son, going with the flow at work. Powerful healing dream of a hero's journey.
- Significantly improved without drug therapy or cardiac ablation.

## Pneumonia/Sinusitis: ADC Dream

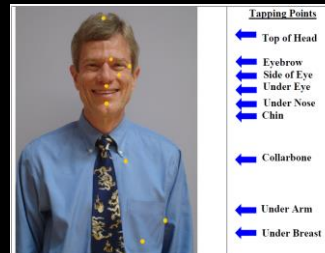
- Psychotherapist with pneumonia/sinusitis
- Husband died 9 months earlier
- Multiple courses of antibiotics & sinus surgery scheduled
- Grief resolved with EFT and imagery
- **Dreamwork with after-death communication**
- Followed up with acupuncture, grateful to cancel the surgery
- Healthy relief on anniversary of husband's death



## EFT Self-Acceptance Statement

- “Even though I have this \_\_\_\_\_,  
I deeply and completely accept myself.”
- Fill in blank with reminder phrase regarding upsetting event and emotion.
- Rub Sore Spot on upper chest between ribs and repeat statement 3 times
- Or tap on Karate Chop Point at base of little finger

## EDANVIR Tapping (EFT)



## EFT Protocol Summary

- Say reminder phrase and assess Subjective Units of Distress Score from 0 to 10 (SUDS)
- Start with self-acceptance statement, then begin tapping sequences
- Repeat reminder phrase and tap on each acupoint 7 times
- Repeat sequence 4 times, alternating sides, reevaluate SUDS at end
- Add positive phrases every other point 3rd sequence, then all points 4th sequence
- Tap until 0 SUDS, laugh or get bored, repeat for different aspects
- Add more emotionally charged emphatic language to reminder phrases, be persistent and be specific

## EDANVIR Tapping Protocol

- Energize
  - Desensitize
  - Awfulize
  - Neutralize
  - Visualize
  - Internalize
  - Revitalize
- Rub sore spot set up  
 Tap negative reminder phrase  
 Tap exaggerated negative  
 Tap negative/positive  
 Tap all positive  
 Color breathwork  
 Shaking arms and legs

## Imagery after EDANVIR Tapping

- Preferred safe place in nature
- Healing object release ritual
- Spirit guide, animal, angel or ancestor
- Time travel back to positive experience
- Travel forward to rewrite negative script
- Future visualization of positive outcome

## Let Magic Happen Coaching

- Free 20-minute phone or Zoom call consults
- Evaluate whether your health issue might benefit from EFT, hypnosis and dreamwork
- Schedule for 80-minute Zoom coaching session
- Sign up for my newsletter mailing list
- Receive top 10 mind-body-spirit self-healing techniques from Let Magic Happen appendix