

Can lucid dreams be used to cure mental illnesses and heal a damaged psyche?

Escrito por MichaelSmith - 16/05/2018 07:22

Hi Everyone,

I've read that you can talk to your subconscious mind in a lucid dream. I myself have never done this (Though I've gotten much better at inducing lucid dreams, all I need now is to practice getting better at dream control and prolonging the dream and I can confidently say I should be on my way to a solid intermediate lucid dreamer and I assume you need to be a somewhat advanced lucid dreamer to pull it off. Out of curiosity, I'd like to ask some of you advanced/experienced guys here if its possible to use lucid dreaming as a cure to mental illnesses?

For example, say heal someone who has PTSD from a traumatic past, curing a pedophile's attraction to children, curing people with dangerous urges/impulses (some people are attracted to blood, violence, feces, etc.)...people with serious mental illnesses in general. Or is all this beyond what lucid dreaming alone can help with?

Please help

I didn't find the right solution from the internet.

References:

<http://www.world-of-lucid-dreaming.com/forum/viewtopic.php?t=19781>

Motion graphics animation studio

Thanks

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