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

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