

The Healing Power of Dreams

“Our dreams are able, at times, to sift puzzling symptoms and synthesize the clues into a diagnosis. If dreamers are trained to scan their dreams for danger signs, they will be able to seek treatment earlier rather than later, to help themselves swiftly restore health.”

“NEW RESEARCH SHOWS THAT DREAMS CAN PREDICT, EVEN HELP HEAL ILLNESS, IF YOU KNOW HOW TO UNLOCK THEIR SECRETS”

“Although each of these dream images has psychological implications as well, these very images are often clues to some disorder in your body.”

“Be sure to monitor your dreams for clues to body disturbances. If such dreams are especially intense and/or recur, it’s a good idea to check with your physician.”

New Age Journal, By Patricia Garfield