

# Dreaming

## Natural Remedies



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Sleep apnea, Insomnia, Nightmares

## **Dreaming**

The following ideas about dreaming are a Taoist Chinese viewpoint on dreaming. This view comes from *Chinese Medical Qigong Therapy* by Jerry Alan Johnson, Volume II.

“Systems using dreamwork and dream awareness (lucid dreaming, precognitive dreaming, and dreaming telepathy) have existed for thousands of years within the Daoist and Buddhist cultures. Generally, these dreamwork systems were and still are often cloaked in secrecy, reserved only for the advanced disciples. This was because virtually all dreams are accompanied by REM (Rapid Eye Movement), which allows the subconscious mind to interact with the individual’s spiritual super-conscious mind.

“Sleep has four stages or depths, with dreaming only occurring within the first stage. An individual will move through the four stages of sleep several times in one night. As we approach dawn, however, a greater percent of dreaming time occurs.

“Approximately 25% of sleep is dominated by dreaming. Recent experimentation has shown that dreams are crucial for human health. The ancient Chinese believed that examining a patient’s dream was one of the most important means for analyzing and diagnosing the primary and secondary causes of disease.

“Dreaming is a right brain activity and allows the brain to become less inhibited, more intuitive and creative. Within ancient cultures the tribal shaman dreamer was revered as a spiritual conduit through which the esoteric wisdom of the ancestors was revealed (the dreamers were not hailed as the originators of this ancient wisdom). Within Tibetan Buddhism, the book *Milam Gyi Tertzod* is known as the “Dream Treasures,” and is considered to be the creation of enlightened beings. These dream teachings were purposely hidden and stored away in ancient monasteries in order to benefit future generations. As a demonstration of their power and accuracy, the originators of these dream treasures often prophesied the name of the individual who would discover the manuscripts, as well as the specific time that the discovery would occur.

“The key to working with dreams is to develop a greater awareness within the dream state. However, in very advanced stages, dreams will completely cease when the individual’s awareness becomes “absolute,” and are replaced by an indescribable state of spiritual luminous clarity.”

## **Dreams and Physical Problems**

The following is from an Ayurvedic viewpoint; most of what follows is from Vasant Lad:

- Vata personality is nervous
- Pitta is fiery and irritable
- Kapha is the sluggish, congested personality

“Vata dreams: falling, being attacked, being pursued, doing something, sex, frozen with fright, death of loved one, being locked up, flying, snakes, autumn, fulfillment. Pitta dreams: schooling, teaching, studying, sex, arriving too late, eating, fire, failing an examination, killing someone, being inappropriately dressed, being nude in public, during summer, problem solving. Kapha dreams: swimming, finding money, eating candy, sex, doing the same thing again and again slowly, arriving too late, seeing self as dead, snow, spring, winter, satisfying unconscious needs.

“One of the important functions of majjā dhātu is to create dreams. Dreams are a discharge of the nerve cells, the drainage of incomplete thoughts, action, and feelings. Many times thoughts come during our daily activities, but we are not completely aware of them. Any thought without total awareness is an incomplete thought. The brain cells pick up that incomplete thought, and because incomplete thoughts stay in the brain cells, our brain has to complete these thoughts to restore order. One of the functions of the majjā dhātu is to drain or complete our incomplete actions. In that way, dreams are necessary. In a dream, you finish unfinished business and the brain is able to restore order.

“According to Ayurveda dreams are classified as Pitta, Vata, or Kapha. Vata dreams are active, Pitta dreams are fiery, and Kapha dreams are romantic. Classify the dreams, then treat the dosha and you will see good results. Let us not separate the body from the mind, because body and mind are one. In a dream, the subconscious mind comes up. Many times if you study the dreams, you will know the subconscious cause of a disease. Make a record of your dreams to try to analyze them.”

### ***Dreams and their Association with our Organs***

Dreams are often a predictor of how the physical body is functioning. The following are dreams associated with Chinese organ (meridian) systems: This is from the *Foundations of Chinese Medicine* by Giovanni Maciocia (second edition).

“Since the heart houses the mind, it is very closely related to sleep. The mind should reside in the heart and if the heart (particularly heart-blood) is strong, a person will fall asleep easily and the sleep will be sound. If the heart is weak (and especially heart-blood), the mind has no residence and it will ‘float’ at night causing an inability to fall asleep or disturbed sleep or excessive dreaming. All dreams therefore are, in a way, related to the heart (also related to the ethereal soul and the liver). Certain dreams, however, are more directly indicative of a heart disharmony.

- When the **heart** is weak, one dreams of fires; if the dream takes place in summertime, on dreams of volcanic eruption. When the heart is in excess, one dreams of laughing...when the heart is deficient, one dreams of mountains, fire, and smoke.
- When the **liver** is in excess, one dreams of being angry. When the liver is deficient, one dreams of very fragrant mushrooms. If the dream takes place in spring, one

dreams of lying under a tree without being able to get up. When the liver is deficient one dreams of forests in the mountains.

- When the **lungs** are in excess, one dreams of weeping. If the lungs are deficient, one will dream of white objects or about bloody killings. If the dream takes place in the autumn, one will dream of battles and war. When the lungs are in excess, one will have dreams of worry and fear, or crying and flying. If the lungs are deficient one will dream of flying and seeing strange objects made of gold or iron.
- If the **spleen** is deficiency, one dreams of being hungry; if the dream takes place in late summer, one dreams of building a house. If the spleen is in excess one dreams of singing and being very heavy. If the spleen is deficiency one dreams of abysses in mountains and of marshes.
- When the **kidneys** are weak, one dreams of swimming after a shipwreck; if the dream takes place in winter, one dreams of plunging in water and being scared. When the kidneys are in excess one dreams that the spine is detached from the body. When the kidneys are weak, one dreams of being immersed in water.
- When the **stomach** is deficient one dreams of having a large meal.
- When the **small intestine** is deficient, one dreams of large cities. When one has small intestinal parasites, one will dream of crowds. When one has long intestinal parasites one will dream of fights and mutual destruction.
- When the **large intestine** is deficient one dreams of open fields.
- The **gallbladder** has an influence on the quality and length of sleep. If it is deficient, a person will wake early in the morning and be unable to fall asleep again. When the gallbladder is deficient one dreams of fights, trials and suicide.
- When the **bladder** is deficient one dreams of voyages.
- Dreams of flying indicate emptiness in the **lower burner**. Dreams of falling indicate fullness in the lower burner.

## ***Homeopathic Remedies for Dreams of Animals***

Chinese medicine says animal dreams are because of animalistic emotions that need to be resolved through the subconscious. Homeopathic remedies include:

- Animals – Cench, Tarent
- Animals, biting – Cench, Lyss
- Animals, copulating – Cench
- Animals, wild – Tarent
- Animals, pursuing him – Cench, Tarent

- Bitten by animals, being, by dogs – Lyss
- Bitten by animals, being, by snakes - Cench
- Bulls, pursuing him – Tarent
- Dogs, being bitten by – Lyss
- Horses – Tarent, Ther
- Horses, drowning – Crot-h
- Horses, falling from the horse – Tarent
- Horses, riding – Ther
- Lice – Ped
- Mice – Sep
- Pursued, by animals – Cench, Tarent
- Pursued, by bulls – Tarent
- Rats – Sep
- Snakes – Cench, Lach, Sep
- Snakes, biting him – Cench
- Stags – Canth
- Vermin – Sep

### ***Dreams and Homeopathy***

Dreams and homeopathy has a 200 plus year history. Homeopathy provides solutions to physical, mental, and emotional problems. Some of our problems can be recognized through our dreams and the homeopathic remedies can help us. Other times we may have dreams that we don't understand and the correct homeopathic remedy will resolve many of those as we address physical, mental, and emotional issues.

The following is a small sampling of dream subjects and remedies to deal with them. Remember that our dreams are a reflection of our subconscious trying to rebalance our emotions and spirit at night. Use the following remedies at 30c potency at 2 pellets once a day:

#### **Danger**

Aconite – fears with the whole body shaking. Fear, restlessness, especially during the first sleep.

Arsenicum album – cries out in fear with cramps; sensitive to the cold; restless, especially 12 – 2 am; person tends to be very organized, well dressed.

Cannabis indicus – distortion of time (too slow); hallucinations; anxiety, panic; hard to concentrate.

Hepar sulph – oversensitive and irritable.

Lachesis – talkative; sexual dreams; can't bear tight things about the neck or waist; bipolar symptoms; left-sided symptoms.

**Diseases – dreams of getting sick, etc**

Calcarea carb – lots of fears, especially rodents, bad news, warm as they sleep; often obese and has weak ankles.

Kreosotum – dreams of disease because physical problems; often have female diseases; there are also teeth problems.

Lycopodium – low self esteem; physical complaints worse 4 – 8 pm; right-sided, liver or gallbladder complaints.

Nux vomica – fears associated with digestive complaints; liver problems; anger, irritability; craves stimulants, alcohol, etc.

Phosphorus – oversensitive in general; fears the dark, going to sleep; sensitive to storms; tendency to nose bleeds; can also be intuitive or even psychic.

**Falling off heights**

Argentum nit – fears of heights; cravings for sweets; talkative; digestive problems; fears of doctors and talking in front of groups.

Belladonna – often from high fevers or some other inflammatory condition; the person may also have throbbing headaches and right-sided problems.

Digitalis – with heart problems and a slow pulse.

Guaiacum – with arthritic problems.

Hepar sulph – oversensitive and irritable.

Kreosotum – dreams of disease because physical problems; often have female diseases; there are also teeth problems.

Mercurius vivus – with a very narrow range of temperature sensitivity.

Pulsatilla – with hormonal problems; indecisive; weepy; can't tolerate fatty foods.

Sarsaparilla – also with chronic constipation; digestive and skin problems.

Sulphur – nightmares in an intellectual person that may be messy; feet get hot and they stick them out of the bed covers.

Thuja – with genital problems or sinus problems; discharges can be green.

**Flying dreams**

Apis – with a very nervous disposition; physical complaints include swelling or hives.

Phosphorus – oversensitive; fears the dark, ghosts; social person; can't see scary movies, very impressionable; tendency to nosebleeds.

Rhus glabra – with skin problems and headaches at the occipital region; also may sweat a lot.

### **Journeys – Traveling**

Apis – with a very nervous disposition; physical complaints include swelling or hives.

Calc phos – with digestive problems; irritability; feels worse from bad news; wants to travel.

Carbolic acid – hyper allergic symptoms; burns; foggy thinking.

Kali nit – with a swollen body; menstrual issues; asthma; croupy cough.

Lachesis – talkative; sexual dreams; can't bear tight things about the neck or waist; bipolar symptoms; left-sided symptoms.

### **Journeys – traveling, continued**

Magnesia carb – from liver and digestive problems.

Natrum carb – very sensitive to certain people and dairy products.

Rhus tox – with skin hives and arthritic problems; stiff in the morning; better from continued motion.

Silicea – thin, cold shy people that scar easily; fears of pointed objects.

Tuberculinum – child night terrors and aggressive behavior; may also be accompanied with respiratory problems.

### **Chased, or being pursued**

Lachesis – talkative; sexual dreams; can't bear tight things about the neck or waist; bipolar symptoms; left-sided symptoms.

Opium – also from opiate addictions or conditions of stupor, or post traumatic stress syndrome.

Silicea – thin, cold shy people that scar easily; fears of pointed objects.

Sulphur – nightmares in an intellectual person that may be messy; feet get hot and they stick them out of the bed covers.

Zincum met – with muscular spasms; brain exhaustion; confusion and memory problems.

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**Religious dreams**

Anacardium – people with anger or rage problems; victims or perpetrators of violence; easy to curse.

Anhalonium – with audio-visual hallucinations, or strange images; depersonalization.

Hydrogen – with numbness and tingling of face; concentration problems and feelings of confusion.

Veratrum album – from religious delusions, excessive prayer and digestive and rectal problems.

**Dreams, unremembered**

Arnica – from injury or symptoms of a bruised feeling.

Aurum met – with a tendency to depression or suicide or from financial problems.

Belladonna – often from high fevers or some other inflammatory condition; the person may also have throbbing headaches and right-sided problems.

Bryonia – with arthritic problems that has cutting or sharp pains upon movement.

Chelidonium – with liver and gallbladder diseases; pain under the right shoulder blade.

Cicuta – also associated with seizures that can affect the brain.

Hydrogen – with numbness and tingling of face and concentration problems and feelings of confusion.

Lycopodium – low self esteem; physical complaints worse 4 – 8 pm; right-sided, liver or gallbladder complaints.

Natrum mur – from sadness, craving for salt.

Spigelia – with heart problems and severe headaches or migraines.

Taraxicum – from liver problems with irritability.

Veratrum album – from religious delusions, excessive prayer and digestive and rectal problems.

**Vexing, frustrating dreams**

Asarum – craving for alcohol, with hypersensitivity and oversensitivity; too sensitive to noises.

Carboneum sulph – with vision loss from the center of the eyes.

Graphites – with skin problems with yellow discharges; tendency to scars.

Staphysagria – from being abused or being in a frustrating relationship.

Sulphur – nightmares in an intellectual person that may be messy; feet get hot and they stick them out of the bed covers.

## **Nightmares**

Nightmares are bad dreams that bother, upset, or frighten an individual, which wakens them during the night or during sleep. Some people can remember their dream and some don't.

Children can experience them as night terrors which causes them to scream out, need a nightlight or even cause them to jump into bed with a sibling or parents.

Causes are largely unknown in the medical field, and only sedating medication may be the only tool, along with the side effects.

From the natural viewpoint nightmares are the result of stress and nervous disorders. Treat the nervous system during the day with nervines or other natural therapies and nightmares will diminish.

For added nutrition include magnesium to relax muscles and reduce nerve tension. Use B-complex vitamins in double amounts as recommended on the package for several weeks or longer *if* in a stressful life situation.

## **Herbs for Nightmares**

Hops – helps as a strong sedative and may help to get to sleep and stop nightmare; best in the short-term.

Passion flower – nerve calming, sedating, muscle relaxing and cardio calming.

Thyme – improves sleep from improved digestion, relaxes the muscles, and respiratory system.

Valerian – muscle relaxing and sedating.

Wild lettuce – anti-spasmodic and calming, sleep inducing and pain relieving.

## **Cell Salts for Nightmares**

#2 Calc phos 6X – muscular tension, digestion

#6 Kali phos 6X – nervous tension

#8 Mag phos 6X – relax and feed muscles

## Homeopathic remedies for Nightmares

Stramonium (#1) – children’s night terrors often from seeing or being a victim of violence; wakes from nightmare screaming, but can’t remember the dream.

Calcarea carb – gets nightmares from the television or impressionable from frightful movies; often with obesity; weak ankles.

Carcinosinum – night terrors in children; passionate, sensitive, sympathetic; adult-like; doesn’t like consolation; from an abusive relationship.

Cina – night terrors in children with daytime nervous energy and irritability; may be associated with hyperactivity or parasites.

Paeonia – nightmares, terrifying; often combined with hemorrhoids, fissures or rectal problems.

Phosphorus – oversensitive; fears the dark, ghosts; social person; can’t see scary movies, very impressionable; tendency to nosebleeds.

Sulphur – nightmares in an intellectual person that may be messy; feet get hot and they stick them out of the bed covers.

Tuberculinum – child night terrors and aggressive behavior; may also be accompanied with respiratory problems.