



# SELF DIRECTED HEALING

BY REY BRANNEN © 2015

My life was miserable in April of 2014. I did not realize that what would end up curing my suffering would not be professionals or doctors, but two self-directed healing lucid dreams.

I had been plagued by GERD (Gastroesophageal Reflux Disease) for four months straight. It was not regular acid reflux, but more like acid reflux from hell. It would wake me up with my own stomach acid rising up my throat 3 to 4 times per night. Since the acid burned my vagus nerve directly, it would affect my sense of well being and it would often take more than an hour to get back to sleep as I was basically in a state of panic.

In fact, it was so atrocious I could not even sleep in my bed. I set up a lot of pillows in the corner of my room because I needed to sleep sitting up otherwise the acid was even worse.

I probably only got about 4 to 5 hours of sleep per night, and even the sleep I did get was not quality sleep because of having to sleep sitting up. I spent most of my days living like a zombie from lack of sleep.

I read everything I could get my hands on about ways to heal acid reflux, I tried everything imaginable - from folk herbal remedies to the most powerful prescription medicines like Dexilant, which basically turns off the production of stomach acid.

Nothing worked. Then, I had two lucid dreams where I tried to heal myself. The first did not really heal anything.

The second one, however, ended my symptoms almost overnight.

## **The First Dream**

The first dream started with me being in a room with my wife and a friend. As we talked I noticed the friend did not look like our friend in real life. I thought, "This might be a dream, I should find out." So I went to the friend and looked very closely at her face. As I did, her face became blurry and I thought I was waking up, but then the face came back into focus and I was just looking at my wife who looked sleepy as though she was just waking up. I then told her, "Hey, this a dream, you need to wake up!"

She was groggy and did not want to wake up and did not believe me that we were in a dream, so I said, "Look, I will prove it to you!" I proceeded to put my hand through the window glass and blinds, feeling somewhat relieved in the process to fully prove to myself it was indeed a dream.

I then took my wife by the hand and we jumped through the window and stood outside over a steep slope. To

our left there were cushioned lounging chairs about 1 story down. I chose for us to fly over them in case anything went wrong trying to fly with two people, at least we would fall on cushions.

As we flew, instead of taking off into the open air, we went toward the cushions and spiraled into a large house with high ceilings and amazing high end furniture. It was fun to maneuver in this space, and I was yelling to my wife, "See, we can fly! And we can go up over things... And down under things..." We were having a great time together, and new rooms kept opening up before us - it was like a lucid dream slalom course. At one point we flew underneath a small glass table and then up into the air over an open fire pit.

In my right hand for some reason I now had a large white salt shaker, and I said to my wife, "And watch this, we can even pour salt on this fire and stoke the flames." I did just that expecting a huge fire to roar up but only the falling salt caught fire in brilliant little star shaped glints of light.

I kept pouring and the salt formed larger glowing pink cubes clustered together at the base of the fire. It was quite beautiful and enchanting, and I expected to see it ignite into a larger fire at any moment. When that did not happen, I knew I needed to do some kind of magical incantation to cause the fire to roar up.

As I thought about what to say, this reminded me that I had a plan to heal myself with an incantation!

I tried for a moment to recall what I had planned to say. It had been so long since I had the plan originally in real life that even as I sit here now awake writing this, I do not remember exactly what I had planned to say, I just remember that I had not come up with anything I really liked. One thing I think I had was "By the power of Word, I heal my GERD" which is not very original and also oddly affirms I have GERD instead of focusing on a healed state without it.

Even in my dream I somehow knew I did not want to affirm the illness by name, and before I knew what I was doing, I found myself pulling up my shirt and rubbing up and down from my chest to my stomach back and forth while saying "By the power of Grace, I heal this Space!" and trying to direct healing intent inwards. I had forgotten to charge up any energy like is suggested in [Robert Waggoner's](#) book, *Lucid Dreaming - Gateway to the Inner Self*. There did however seem to be some kind of transparent salve that I was rubbing into my chest. I suppose that was just as good even though I did not consciously intend it, it was just there spontaneously as I rubbed and I remember being pleasantly surprised to see it.

This lasted only about 5 seconds and then I felt myself awakening and almost thought I was speaking out the incantation aloud in my sleep in real life. I looked around and my wife was already awake and out of the room.

### The Second Dream

I had a normal dream that I was at some kind of a concert, and people were jockeying for position and then I left and went to a nearby room. I had the realization that I was semi lucid, but I also felt like I had to struggle to keep it. I started touching things in order to ensure that I would stay lucid. I ran around the room looking for things to touch and came to a table and started touching objects on the table in an effort to gain full lucidity.

I became fully lucid and started running around trying to find things to do. As I had not been actively practicing recently, I did not remember any plan of action yet. I came out on the porch of a place I knew in the dream to be a post office and there was a woman there I tried to talk to. She seemed uninterested in talking as many of the characters in my dreams often are. She walked off to her car and I waved at her but she ignored me.

I had a sense that I needed to find a higher purpose in this dream, and I can recall that many things happened, yet I do not remember all of them. I have the vague memory that as I walked around there was somebody sort of following me, discussing the activities of other people.

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Now here is where the dream finally starts to get interesting. I came across someone who looks like a woman I know in real life. She asked me about some experience she thought I had and I told her that to my knowledge that had never happened. I realized though that here was one of the first dream characters in a long time who might be interesting to talk to. At this point I noticed there were more people sitting around her in a semicircle... the setting seemed to be in a cold room that gave me the feeling of the Arctic. Though, I suppose if the room were somehow housed in the face of the Statue of Liberty at night, it would be pretty cold too!

The woman asked me about my progress, and I seemed to think she was asking me about my spiritual progress, and part of me felt like I had not been making the progress I wanted to make and beyond that I did not really know how to answer. So I said, "Well, in terms of my progress, I have been here a long time in this dream." This to me was important to report because I knew that a lot of my dreams do not last as long as I would like them to.

I told them I had created a "totem" somewhat like the totems from the movie Inception. Except this totem was used to keep me lucid throughout the dream and instead of a spinning top like in Inception, this was an opaque greenish, heart-shaped crystal that I carried in my pocket. I used this heart crystal to focus my intent and energy as I went along in the dream.

I then told them "Well, I have not been lucid dreaming a lot recently, in part because I have been sick and have had to sleep in an weird upright position that is not very comfortable, and I value what sleep I can get these days more than trying to wake up to practice... I am just more focused on trying to get healthy".

This was a good thing, because it reminded me about my number one plan of action, namely to get healed in the dream. Now I had attempted a healing about one month prior and did have some minor improvement (this was to heal acid reflux, I also had a more successful dream before that where I did heal a severely swollen, painful jaw).

So in the present dream, I asked all the people in the group "You know, that reminds me, while I am here, maybe I could receive a group healing from all of you guys?"

The answer came back fast and unanimous "Sure!"

I remember then pulling up my shirt to expose my stomach and then going to sit in the corner. Again the

details here are a bit fuzzy, but the group formed a closer semicircle around me, and I remember they were directing energy toward me with their hands. I heard one of them actually saying something that sounded like an incantation, while urging the rest of the group, "Let's direct the energy with our hands!"

There was a wonderful blue glow emanating from their hands and entering my stomach; I could actually feel the rich, vibrant warmth of it. At this point I started to lose lucidity and I was in between dream consciousness and waking consciousness, and the scene began to take on the quality of an animated cartoon of sorts.

The energy began to transform into this blue stream of energy that was now exiting my stomach instead of entering. It became this blue arc out of which tiny fish seemed to be jumping into and swimming upstream in a stream of energy that somehow filled my bedroom in real life and that I could see through my closed eyelids and eye mask.

As waking consciousness took hold even more, I imagined that perhaps this was representative of some bad microbes leaving my stomach. The people in the group were still there guiding the process and the fish. Now my wife seemed to be there too and she was entertained by the little fish.

At this point I was almost fully awake and the vision was gone. I considered trying to re-enter the dream, but I knew that there was a lot of content and that if I did not record it then and there I would likely forget most of it, so I elected instead to wake up fully and record it.

### Aftermath

After this second dream, my symptoms basically went away overnight.

Just to be 100% safe, I kept sleeping upright for a few nights afterwards, but after a few nights of confirmation, I was back to sleeping horizontally in bed and living a normal life

It has been over a year since this dream and the symptoms have not come back at all.

I found out after all of this that I have a hiatal hernia which can cause GERD. So I still have the physical issue which can cause GERD, yet I do not have the chronic symptoms anymore. I do avoid things like coffee and tomatoes just in case, but there is absolutely no question in my mind that this second dream healed me overnight. It basically gave me back my life.