
Discovery and Recovery through Divine Answers, Any Night at Will

by Clancy D. McKenzie, M.D.

Looking back over the last 45 years, I realize that simple meditation practices, along with learning how to receive answers during sleep, have been a major source of solutions to problems, which go beyond traditional treatment methods and open a vast new realm of consciousness which is yet to be explored on a larger scale in modern medicine. There are techniques that I teach all my patients, which often solve complex problems overnight. It does not matter whether the problem is medical, psychiatric, surgical, or whether it relates to employment, career, where to live, what to do about investments, about children, about relationships, etc. I teach this to all of my patients, and it leads to new understanding in all aspects of psychiatry, medicine, and problems we encounter in everyday life.

After learning simple techniques for receiving information during sleep, and simple meditation techniques as well, answers and solutions to problems begin to just drop into one's mind, and in 45 years of teaching people to receive answers during sleep, I have never known a person to get a wrong answer. Furthermore, once a person learns to utilize an expanded range of consciousness – and if the person's heart is in the right place – the person is simply given vital information that comes through in a great variety of ways.

The dream material has continued to amaze me, with new revelations all the time. Many insights come through dreams, visions during the night, and "programmed" dreams.

Looking back through the years, I realize that nearly all the inspirational material occurred after studying meditation and learning to receive information during sleep. Since first learning this, I have had all my friends, relatives, and patients utilize what I teach as the "programmed" dream. I will provide some of this material now, beginning with psychological and medical problems, to show you how far it goes beyond what is known in medicine. I follow this with revelations as to what is currently occurring in the field of psychiatry.

One woman came in with tears in her eyes, saying she developed panic attacks, and, as a result, she couldn't even go out to dinner with her husband. "No problem," I replied. "I'll write the dream." I wrote: "I will have a dream *about* the panic disorder, and the dream itself will *cure* it. I will awaken at the very end of the dream, remember it, and write it down." The next month when I saw her, she had tears of joy. "I had the dream!" she exclaimed, "and I woke up shouting: I can breathe! I can breathe!" Then she added, most

emphatically: "I'm not afraid to go anywhere now!" In the dream, she was sitting at a desk, her mother was standing right next to her, but she also saw her mother standing at a distance outside the window. The theme was being close and at a distance to her mother at the same time. It occurred to me the theme was closeness and distance. When would a person have feelings of closeness and not being able to breathe? Do some breastfeeding mothers hold the baby too close at times? Perhaps even while they are falling asleep? We didn't explore this further, but likely it is the origin. Its two years later, and the panic attacks have not returned.

Let's take Raynaud's disease, where the hands turn purple, and it is very painful. The cause is not known in medicine, but that's no problem for the programmed dream. A young lady came into my office with severe Raynaud's disorder. I wrote the dream: "I will have a dream about the Raynaud's disease, and the interpretation of the dream will tell me exactly what is causing it." In her dream she was chasing the maid around the house, then outside, and then she was banging the maid's head into the blacktop driveway. Her association was that she used to chase her younger sister around the house because she thought her younger sister was her father's favorite. She grew to love her younger sister, and that part of her mind simply shut off the blood supply to her hands when the earlier developmental part of her mind wanted to harm her sister. The mind can do this. Dr. Elmer Green, a dear friend and biofeedback expert, had tested Swami Rama and found he was able to make the ulnar distribution of his hand ten degrees warmer than the radial distribution, and then reverse this at will. Next I had a nun who had Raynaud's disorder, and her dream told us the origin was sexual desires that to her were taboo, and which caused her to shut off the blood supply. Then a social worker brought in a third patient with the same disorder. I explained the former two cases, and she chuckled. The disorder started after the patient was raped, and the affected area was on the inner aspect of her thighs!

Here's another condition that was not understood in medicine, transverse myelitis. An uneducated lady, 30 years ago, experienced pain, then weakness, and then atrophy in her left arm, then pain and weakness in her right arm, and then pain in her left leg. She went to her doctor, who made the pronouncement, "Oh, you have transverse myelitis. We don't know what causes it or what to do about it, but here's a pamphlet you can take home and read about it." She read she could become quadriplegic. I told her: "No problem. I'll write the dream." When I saw her the next month and asked about the dream, she replied "I was sitting in the dentist's chair and he was removing all these teeth." Then she made the astute observation they were only the teeth with the fillings. Of course they turned out to be the mercury fillings. How did this woman, with a 4th grade education, know there was a powerful neurotoxin being leached out of those fillings, getting into the digestive system, the blood supply, and eventually affecting an injured part of her spinal cord? The teeth were removed and the transverse myelitis disappeared!

I could write a book of other examples, but the above are just a few of many medical problems that were solved and for which medical answers have not yet been discovered. I mention these as a prelude to information we receive in other realms of consciousness once we begin to expand our range of awareness. Gradually, I began to receive more information during sleep. One night, I wrote 15 treatment modalities for my book, *Babies Need Mothers; How Mothers Can Prevent Mental Illness in their Children*. The first modality was correct understanding, because without that you are like a ship without a rudder. Then followed meditation, relaxation, exercise, nutrition, etc., and the last was medication – because I didn't want anyone to think I would think of using medicine first.

I finished that chapter at 2:30 AM, went to bed and started to have an ethereal dream I could not fully remember and did not understand – but when I began to ponder it during sleep, I was simply told the interpretation: “The first 14 modalities you didn't do a thing; you watered the garden” (with the implication “who made it grow?”). The next statement totally blew my mind because it consisted of words I never had thought or spoken: “The 15th modality [medication] is straight from Satan, developed strictly out of greed: desire for power, desire for money; lies in the research, lies in the marketing; targeting the weak, the infirm, the unsuspecting, the disabled.” Those words came at the speed of thought without an extra word. (This is how spoken words usually appear to me during sleep.) If I had any question about receiving higher knowledge during sleep, that doubt was erased the very next morning **when** I turned on the TV, and the very first word spoken was “Book” – “Book of Revelation 18:23: You shall never again have even the light of a candle shining within you because of your sorceries by which all nations were deceived.” Then the evangelist said the word *sorceries* was translated from the Greek word ***Pharmacia!***

While I recognized there was some higher source of information, I still didn't know what that source was. What was connected to the left lower motor strip of my brain, to my right thumb, to the clicker for the TV, to the clock, to the particular channel, to the particular evangelist, who began precisely with “Book” and ended with *pharmacia*? I knew there was something preternatural going on, with a knowing beyond our knowing, an understanding beyond our understanding, and timing beyond our timing – but I didn't know what it was.

These mysteries continued. Late one night, I was reading what a drug company does when it has a new pill but no market for it. They simply create a new diagnosis, pay a fortune to a University to research it, which then finds what they want them to find, and when that diagnosis reaches the NYXs, the drug company has an exclusive market for its new pill.

I suddenly thought “maybe I can do that.” I looked up, slightly to my left, and mentally heard the word *psychopharmacomania*. What a great new diagnosis!

I scribbled that down, looked up once more, again slightly to the left, and mentally heard, "Psychopharmacomania is a mental or emotional disorder, caused by the ingestion of too much end product of the psychopharmacological digestive tract." I roared with laughter and scribbled that down on a piece of paper, looked up once more, slightly to the left, and mentally heard, "It results in permanent psychosis, intractable depression, or brain damage, depending on which drug rep reaches your doctor first!" I laughed again, but wondered: "I'm not that clever; where is this coming from?" Those words were literally put in my mind. I also puzzled why it was that I looked to the left each time (about ten degrees to the left) before mentally hearing the words.

I remained a little puzzled as to why my eyes looked up and a little to the left each time when I heard the word *psychopharmacomania*, then again when I heard the definition, and then again when I heard what it caused. I became really curious. When I started the car the very next morning, the radio came on and the first word spoken was Job 23: 8 & 9 (KJV):

Behold, I go forward, but he is not there; and backward, but I cannot perceive him: **On the left hand, where he doth work**, but I cannot behold him: he hideth himself on the right hand, that I cannot see him.

Finally I understood. I had looked to the left because there was a message being conveyed to me from him. We receive from him on the left. The *psychopharmacomania* words were directly from God, and they were another damning indictment of the pharmaceutical industry. Certainly there was something unusual happening. These experiences, and others, are why I now give *God* all the credit. In my whole life, I was never able to say anything half that clever or funny. But this was also a very serious matter, and one that I was supposed to convey.

Six months after receiving the name, what it means and what it does, I was walking down the hall, thinking about nothing, and I noticed I was singing a song. Then I noticed the song was *psychopharmacomania*, and then I noticed that the tune was 100 years old and probably public domain. Next I noticed every note fit every word. I also noticed that while I was singing the song, my eyes were looking up but also darting back and forth, in time to the music, and probably getting more words with each glance to the left. Lastly, I noticed every note fit every word. I couldn't have done that in 100 years. Where was that coming from? Now I know it was coming from God! During sleep, I received 18 more verses that week. They were hilarious, except this is not a laughing matter. I took the condemnation in the Book of Revelation 18:23 to be a most serious indictment with more serious consequences for those who carelessly cheat people out of their lives in the pursuit of profit.

I called a musician friend from a Grammy Award winning group (The Trammps) who said I had to cut it back to five verses, and I needed a gospel

singer. I called another friend who said his sister has a voice that Pavarotti proclaimed comes around once every hundred years. She immediately agreed to do the recording. Here is the three-minute *Psychopharmacomania* theme song: <http://www.youtube.com/watch?v=2w0JADa31Ts> (The music on the video begins after 12 seconds, giving time to read the story board.)

On another occasion during sleep, I was explaining to someone how easy it would be for him to prove all his theories, and to identify the peak age of origin and age range-of-origin, *to the month*, for every diagnosis and every symptom related to infant separation trauma. In the dream I was considering him to be little simple because he didn't seem to understand right away. *When I awoke, I was the simple-minded person to whom some higher Self (because it was me speaking) was explaining the research design!*

That was the first time I recognized the Higher Self, because it was "me" explaining the research design to me, the simple-minded one. (At the same time I realized I had encountered that higher self in the past, but did not know who it was then.)

In another encounter during sleep, I was just being told, in a matter-of-fact way, about three research studies I would be doing, but with details that I would never have thought or considered. Again, the higher self was leading me beyond my own understanding.

In summary, the identification of origin of serious mental and emotional disorders is not difficult. It already has been done using a small sample population and achieving a very high level of statistical significance. Utilizing new information gained during sleep, we have arrived at a means of identifying peak age of origin and age range-of-origin, for every symptom and every diagnosis, to the month, for serious mental and emotional disorders related to infant separation traumas, and while using much larger sample populations.

The programmed dreams and other information attained through meditation, the spoken words that come during sleep at the speed of thought and without an extra word, and the coincidental experiences that seem too coincidental to be accidental, raise the question of spiritual involvement that repeatedly takes us beyond discoveries using "hard science" alone.

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