
Programmed Dreams: Historical Perspectives

by Clancy D. McKenzie, M.D.

Just what are Programmed Dreams and how can anyone have control over what they dream? Programmed Dreams are really a means of receiving divine help with any of life's challenges.

Practice is key to programmed dreams. When you begin programming, and do this with regularity, your mind comes to know that this is what you want it to do, and you will begin receiving guidance on a regular basis. Different things will begin to happen. You will awaken at the sound of the doorbell, which actually does not ring, but it serves to awaken you just as a powerful thought or important message is coming through. This can cause you to question whether there is some other force trying to tell you something and using the doorbell trick to make sure you wake up and remember it.

At times, you will receive verbal messages that come through at the speed of thought, and without an extra word. These messages are truly enlightened statements, and they cause you to wonder about the source. These occur without programming, but might relate to something of particular importance to you at the time.

Some people even report enlightened visitors, or visions, during the night, which are most helpful. One patient who had a terrible problem with a twelve-year-old daughter, for example, solved that problem completely with her first programmed dream; but then an American Indian chief began visiting her during sleep. She had told me she wanted to be a writer. I chuckled to myself because I thought her unlikely to become a writer, but then the Indian chief began providing deep, profound wisdom.

One night, she asked him how he became what he is. He described being a young lad, in a small village, who was very egotistical and constantly calling attention to himself. Eventually he fell in love with a young maiden, but she would not pay attention to him. So he thought if he became wealthy by their standards, then she would pay attention to him, but still she ignored him.

Then one winter, there was not enough food; so he thought if he could go on a hunt and bring back some food, then she would pay attention to him. Before venturing forth, he stopped at the dwelling of another family and

found them all frozen to death. This touched him deeply and made a special impact on him.

On the hunt, he was about to kill a giant elk when by some freak accident, he was mortally wounded. In his dying moments, his only concern was about bringing food to the starving people in the village. In other words, there was no concern for himself, not even for his own life. In his dying moments, his need instantly became love, and that's his story of how he became what he is.

There are two Bible quotes that relate specifically to the Indian's story: The first is Jesus saying, "No man has greater love than he who lays down his life for a friend." The second relates to a parable given by Jesus to the effect that those workers who arrive at the end of the day get the same penny. The Indian had shown total love in his dying moments. This is the Indian's story of how he became what he is.

Even the expressions the Indian used were stone-age expressions, such as "The smallest man with the smallest stone can bring down the biggest redwood tree." Another expression was, "You have to walk down the mountain before you can climb the mountain."

It took fifteen years before I realized that the programmed dream probably is what most people describe as the miracle of prayer -- only with a simple technique for receiving the miracle any night at will. If it helps, then decide that it is prayer, and then pray in this special way to get the answer to the riddles of your own life.

Enlightenment

Enlightenment, comes in many forms and flavors. For many people, it ended at Pentecost and came only from reading scriptures. Others attributed all good fortune to spiritual gifts. The programmed dreams changed my view: Anyone who earnestly seeks the best answer to a problem during sleep, can simply receive it.

I believe we do well to seek and practice what the spirit has to offer. For thousands of years, the good Lord has visited those prophets of old with whom he wanted to commune. The world we live in is full of negative and evil forces that are constantly seeking our attention, for the sole purpose of distracting us from the good that is offered.

It is easy to reject divine intervention as merely good luck or worse yet the exercise of our will. The truth is most of us want what's best for us, our families and our country, yet many times we lack the power and the direction to carry it out. This is where Programmed Dreams, when properly applied, can be highly beneficial. Regardless of your faith, denomination, or spiritual background, you have the ability to tap into infinite wisdom. As it is written, "If we have faith but of a mustard seed," we could command the mountain to be cast into the sea. So keeping all of that in mind, and assuming that you have not even the faith of a mustard seed, and possibly believe there is no God, I'm going to ask you to consider a Programmed Dream that asks for the answer of faith. You're actually going to program a dream that will give you the answer to your personal quest for faith.

Before you go to bed tonight, read some Scriptures of your choosing, relax with some chamomile tea, and perform your favorite deep breathing exercises to render you in a completely relaxed state. Tell yourself that tonight you will have a dream, and, upon awakening, you will have the answer, the answer of a gift of faith but the size of a mustard seed. Not only will this faith be gifted to you upon awakening, but you will also be blessed with a roadmap of how to best nurture and grow this faith that is given to you.

Now realize that we are not dealing with some small hydroelectric plant that produces enough power to energize a few hundred thousand neighborhood homes. We are dealing with a power source here that not only keeps the globe of Earth suspended at the precise position from the sun but also keeps in position an infinite, incalculable number of celestial bodies positioned in a universe of infinity. With that in mind, be not shy in requesting answers to his will for your life.

The universe is big, but the creator is so much bigger than what you're asking here. Relationally it is so infinitesimally small that even an atom or quark would be a poor illustration. But at this point it's not necessary for you to understand the vastness of an infinite Creator in relation to the smallness of his creation. It's just important that you be willing to receive what he has for you.

It is very important upon awakening to immediately write down your entire dream, and this will become easier with practice. I found in the beginning of Programmed Dreams discipline, that I seemed to only remember parts and fragments of my dreams. But very quickly, entire dreams float off the tip of my pen with ease upon waking. Don't be discouraged if the first few mornings the very dream that you're writing down vaporizes from your mind

as you're writing the first few sentences. Like any skill, perfection comes with practice, and it takes discipline and commitment to bring this to fruition. Your efforts will be well worth it, and you will be amazed at with which the clarity and direction you will be given for God's will for your life-as well as solutions to so many of your struggles in this world.

As you progress in the discipline of Programmed Dreams, you will find that this becomes as enjoyable and as natural as a cup of morning coffee, part of your daily routine that prepares you to face the rigors and challenges of each day. I have been using these techniques and disciplines to not only expand my faith, but to enrich the lives of my patients, family, and friends. I have never received a wrong answer and have only failed to respond properly to the wisdom so freely given me by the spirit. We must always be aware that our hearts are deceitful and have a tendency to gravitate and choose that which is easy, soft and familiar. Many times you will get an answer through Programmed Dreams that you are reluctant to obey, reluctant to yield, reluctant to incorporate into your busy life. Not everything profitable is comfortable, but as you yield more and more to the direction and answers that you obtain through Programmed Dreams you will find a life of reduced stress and increased love.

Also, as you progress, it is very important to be as specific as possible with your requests and always qualify them as not an answer that you want, but an answer that is best for you. Because remember, the heart is deceitful and what we want is not always what's best, but what's best is what he wants and will ultimately bring us the most joy, peace, love and satisfaction as we navigate the challenges of life.

Write the programmed question the night before. The language must be precise, and the question must be formulated with great care. The wording cannot be sloppy or inaccurate.

For example, one seventy-year-old lady wanted to travel to the Orient, but she was afraid of heights and was apprehensive that someone would book her in the tenth floor of a hotel somewhere in China, so she was hesitant to go. For weeks, I had her programming what to do about her fear of heights, and she kept having dreams of being in one-story buildings.

Finally, somewhat disgruntled, she complained, "I don't seem to be getting the answer." I too was puzzled, but then during sleep, I realized she was getting the answer every single night. What should a seventy-year-old lady do about her fear of heights?

She shouldn't go into tall buildings! When I told her this the next week, she was still disgruntled, but clarified, "I don't want to know what I should do *about* my fear of heights; I want to know what I should do to *get over* my fear of heights!" That was a different question. Her dream answer the following week was not psychoanalysis; it was every day one step higher.

Thus you can see the precision needed when formulating the question. The difference of a single word can result in an altogether different answer. While the question must be formulated with very precise wording, it also must be all-inclusive. That is, we must not place limits on the answer. It would be foolish to ask "Should I do choice A or choice B?" because there might be a million alternatives, half of which might be better.

The programmed dream technique is perfect for research and for discovery. With direct access to the most creative levels of mind, and with access to information that goes beyond body/mind/brain/thought to total enlightenment, we have access to unlimited resources. This has been exceedingly valuable for identifying origin and mechanisms of mental and emotional disorders.

Many of the best insights came from the dreams of patients. One of the greatest insights into how the mind works in mental illness came from a patient who led a very useful and productive life as a professional, but she had one isolated and near-fatal flaw. If her husband came home late from work, she might slash her wrist. I made several interpretations that fell short of the mark. She knew that she became extremely upset because her alcoholic father often came home very late when she was a young child, but her knowing this did not help.

Finally, when the therapy was failing, I asked her to program a dream to tell us a new therapeutic technique that would help us get her over this problem sooner. In her dream, I was to make a tape recording of things that would upset her. She was to take the recording home, play it, and go berserk while recording her reaction on a second tape. Then in the dream, she was to bring the second tape into the office, play it, and then say, "Oh, how stupid!"

In other words, what we realized is that what is real to a person depends on the reality the person is experiencing at the time. When she was experiencing two-year-old reality, that was real -- until she no longer was in the two-year-old mind. In the dream, when she came to my office and was back in her adult mind, and then heard the recording of her two-year-old mind reacting to my tape, it sounded stupid to her adult mind.

After she had that one simple dream, any time she started to get upset about her husband coming home late from work, she would hear the little voice saying, "Oh, how stupid!" This immediately brought her out of the earlier reality every time.

It was her dream that showed me with greatest clarity that people shift to earlier realities. Any psychoanalyst knows that the interpretation must be made at the level the person is experiencing. The dream allowed her to cross-index the two realities when the adult was able to see what the infant was experiencing and realize that to the adult mind, it was stupid.

No matter what kind of medical or psychiatric problem the person has, the answer as to cause and what to do is available during the dream state. Not everyone receives it every time, but the information is available and your mind can do this. Formulate the question with precision, and decide you will receive the answer.

Many psychiatric problems are easy to solve during sleep. There are volumes written about the first dream brought into psychoanalysis because after a lengthy psychoanalysis, the analyst looks back and sometimes sees that everything was contained in the first dream, which really was a programmed dream.

The patient, on the night prior to beginning psychoanalysis, has his most intense desire to know what is in the unconscious mind and what caused it. That night, he has a dream that gives him the answer. If the analyst were aware of programmed dreams, he could tell the patient to have a dream the next night that would tell him how to get over his problem sooner. In some cases, this could save years of treatment. On occasion, the programmed dream technique has enabled persons to overcome deep-seated emotional problems in a single night.

One patient, for example, had extreme anxiety; so I suggested he have a dream that would tell him the origin and what do, and that the dream itself would solve the problem for him. The next day, I received a call from his wife, asking, "What on earth did you do in one hour to get him beyond twenty years of extreme anxiety?"

The answer had to wait until the next week when he told me the dream. In the dream, he and his cousin were wearing Eaton suits (short pants with jacket and bow tie worn by little boys). In castration anxiety dreams, there is often a "spare." In this dream, it was his cousin.

In the dream, they were going down the escalator into a department store. Department store symbolizes Mother, with all the goodies inside.

Then in the dream, a horrible monster was at the bottom of the escalator, and he knew that the monster would kill him. He was terrified. But when he reached the bottom of the escalator, he discovered that the monster was a friendly guy who just wanted to play and dance and have fun, and who never would harm him.

Three years earlier, I had met with him a few times and told him about castration anxiety and what caused it; but without psychoanalyzing him, this interpretation missed the mark because the interpretation was at the adult level while the experience was at the level of the child.

In the dream, however, he was the child; and when the child learned the father would not harm him, the adult no longer had anxiety. In essence, the dream provided a one-night cure.

Dreams in the Bible

Many lives in the Bible were affected by God-given dreams, including Jacob, Joseph, Solomon, Daniel, and the Magi. Pharoah was shown the future and was warned to prepare for a famine, and King Nebuchadnezzar was also shown what would happen to his kingdom via a dream that Daniel explained. In the New Testament, Joseph was warned to flee to Egypt by a dream and was told when it was safe to return by another dream.

Among Biblical people who dreamed were Abraham, Joseph, Daniel, Ezekiel, Joseph (Jesus' father), Mary (Jesus' Mother), Paul, Cornelius, and many others. God has always talked to His children in dreams. Our culture has lost the significance and value of visions and dreams. Are you aware that the first two chapters of Matthew contain 5 recorded dreams that gave valuable warnings or advice? If you do a search you will find that in scripture, dreams or visions are mentioned 224 times. Actually God's own Son was revealed in a dream.

The first dream recorded in the Bible is the one narrated in Genesis 20 where a king was warned by the voice of God against making an innocent mistake. Since that time dreams have served to warn, to instruct, and to converse with mankind, although the modern church seems to have placed very little importance on the phenomenon.

In Acts 2:17, this is what was spoken by the prophet Joel: "In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. Even on my servants, both men and women, I will pour out my Spirit in those days, and they will prophesy."

If dreaming were only meant for communication in the early days of humanity, then why would this verse specifically mention it being in the "last days"? Could it be that we have forgotten that God is not limited to any single form of communication, or even that He communicates?

Christian tradition states that Magi visited the infant Jesus shortly after his birth. This tradition originates from the Gospel of Matthew (2:1-2:12). The twelve verses describe how certain Magi from the east were notified of the birth of a king in Judaea by the appearance of his star. Upon their arrival in Jerusalem, they visited King Herod to determine the location of where the king of the Jews had been born. Herod, disturbed, told them that he had not heard of the child, but informed them of a prophecy that the Messiah would be born in Bethlehem. He then asked the Magi to inform him when they find the infant so that Herod may also worship him. Guided by the Star of Bethlehem, the wise men found the baby Jesus in a house in Bethlehem, worshiped him, and presented him with "gifts of gold and of frankincense and of myrrh." (2.11) In a dream they are warned not to return to Herod, and, therefore, return to their homes by taking another route.

Getting answers during sleep is as old as recorded history and the scriptures are replete with story after story of angelic messengers bringing profound instruction, that if carefully followed would insure success. Those failing to follow the precise instructions were doomed to misery or worse: death.

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Joseph and Daniel were both gifted with dream interpretation. This should help you understand how Daniel was able to get his programmed dream to interpret King Nebuchadnezzar's dream even though Nebuchadnezzar refused to tell him the dream. We do not have the same boundaries or

limitations of our abilities during sleep. We use the same programmed-dream technique he used: only he referred to his dream as a night vision.

His vision was enhanced through love, prayer, agreement, fasting, faith, and necessity. Some people are more gifted than others. There are very few Daniels and very few Edgar Cayces, but nearly anyone can receive enlightened information during sleep.

Dreams As Inspiration

Dreams have been a source of inspiration for scientists, inventors, artists, writers, and philosophers. Dreams are rarely a topic of conversation, but these famous men and women shared their dream, and by doing so also left their own unique mark in history.

Albert Einstein

When Einstein was still a teenager he had a life altering dream. He dreamed that he was sledding down a steep hill at night, his sled traveled faster and faster, until it approached the speed of light. At that speed, the stars and night sky were transformed into a dazzling spectrum of colors. Einstein once told a journalist, " that my entire scientific career has been a meditation on that dream. "

Niels Bohr

Niels Bohr said that he developed the model of the atom based on a dream of sitting on the sun with all the planets hissing around on tiny cords. He won the Nobel Prize for that dream.

Friedrich A. Kekulé

Friedrich was German chemist that visualized the molecular structure of benzene (a closed carbon ring) in a dream he had one night.

Robert Louis Stevenson

Stevenson is the author of Treasure Island and Dr. Jekyll and Mr. Hyde. He wrote that many of his best stories came directly from his dreams.

Guiseppe Tartini

Tartini wrote his masterpiece for the violin, the Devil's Sonata, after hearing it performed in a dream.

Carl Jung

Jung wrote of his early dream journals, " All my works, all my creative

activity, has come from those initial dreams which began in 1912, almost fifty years ago. Everything that I accomplished in later life was already contained in them, although at first only in the form of emotions and images. "

President Abraham Lincoln

Lincoln had this dream shortly before he was assassinated.

" About ten days ago, I retired very late. I had been up waiting for important dispatches from the front. I could not have been long in bed when I fell into a slumber, for I was weary. I soon began to dream. There seemed to be death-like stillness about me. Then I heard subdued sobs, as if a number of people were weeping. I thought I left my bed and wandered downstairs. There the silence that was broken by the same pitiful sobbing, but the mourners were invisible. I went from room to room; no living person was in sight, but the same mournful sounds of distress met me as I passed along. It was light in all the rooms; every object was familiar to me; but where were all the people who were grieving as if their hearts would break? I was puzzled and alarmed. What could be the meaning of all this? Determined to find the cause of a state of things so mysterious and so shocking, I kept on until I arrived at the East Room, which I entered there I met with a sickening surprise. Before me was a catafalque, on which rested a corpse wrapped in funeral vestments. Around it were stationed soldiers who were acting as guards; and there was a throng of people, some gazing mournfully upon the corpse, whose face was covered, others weeping pitifully. "Who is dead in the White House?" I demanded of one of the soldiers " The President " was his answer; " he was killed by an assassin! Then came a loud burst of grief from the crowd, which awoke me from my dream. "

General George Patton

General George Patton, when at the battlefield on Langres France, said to his driver that he already knew the place. He told his driver where to go and said it was as if someone were whispering directions in his ear. He correctly went to the Ancient Roman Amphitheater, The Drill Grounds, The Forum and even correctly went to the spot where Caesar had pitched his tent. " You see, I've been here before " He had been there in his dream.

Morgan Robertson and the Titanic

Author Morgan Robertson wrote, *The Wreck of the Titan* (also known as *Futility*) in 1898. His story was based on a disturbing dream. Robertson's book was about an unsinkable passenger liner on its maiden voyage that sank while carrying the elite people of that time. A real ship we all know, called the Titanic, sank on its maiden voyage in April 1912. Some of

Robertson's dream: He saw a large ship speeding through a foggy Atlantic night; a vast and sturdy ship driven by three propellers and traveling at least 23 knots. He saw people wandering over the deck and realized the vessel held over 2,000 passengers & crew. With nervousness he looked to the lifeboats, there were only 24. Someone on the ship whispered "unsinkable" as Robinson then saw an iceberg just before the ship. Just before he woke up, he saw the name on the ship, the Titan.

Look at the similarities from Robertson's book and the real Titanic disaster.
Robertson's Titan was 800 feet long, the actual Titanic 882.5
Both ships were all steel with three propellers and two masts
Tonnage for the Titan 75,000, tonnage for Titanic 66,000
Each was built to carry about 3000 people
The Titan's horsepower was 40,000, the Titanic 46,000
Each was described as the largest passenger ship ever built
Both ships had the British Flag
Both sailed their maiden voyage in the month of April
Passengers for the Titan 3,000, and for the Titanic 2,207
Lifeboats on the Titan 24, and for the Titanic 20
Both were considered unsinkable until they went down in the North Atlantic
The Titan was traveling at 24 knots, the Titanic 22.5
Both struck an iceberg on the starboard side near midnight

Valerie Clarke and the WTC

Valerie shared her dream on the BBC's "Kilroy Show" (which was recorded, so copies exist) in June the year prior to the WTC coming down.
"I had this dream a while ago and I thought it was a bombing at the World Trade Center.

In my dream I was at the World Trade Center wandering the streets – I was in some sort of barricade when the building blew up. At the same time this plane went down behind it. In my dream I was not sure if the plane had gone into the building. "

Edgar Cayce: The Sleeping Prophet (March 18, 1877 – January 3, 1945)

Edgar Cayce was an American who perfected the ability of Programmed Dreams with the ability to dream about the answers to questions posed by another on matters of health or personal life challenges. Cayce was a devout Christian and lived before the emergence of the New Age Movement!

Cayce became a celebrity toward the end of his life, and the publicity given to his prophecies has overshadowed what to him were usually considered

the more important parts of his work, such as healing (the vast majority of his readings were given for people who were sick) and theology (Cayce was a lifelong, devout member of the Disciples of Christ).

Today there are thousands of Cayce students and more than 300 books written about Edgar Cayce. Members of Cayce's organization, the [Association for Research and Enlightenment](#) (A.R.E.) exist worldwide and Edgar Cayce Centers are found in more than 35 countries.

Cayce began his sleeping prophet career when he began losing his voice at age 21 and the doctors couldn't do anything about it. He went into a hypnotic sleep, dreamed about a cure for himself while in this state, followed the instructions and got better. Since it worked for him, he began doing the same thing for other people—diagnosing and prescribing cures while in an altered sleep state. From there he went on to doing readings for people who sent him letters (rather than actually being there-Programmed Dreams) and on general psychic topics including past lives, the nature of the universe, what happened to Atlantis, etc. Usually upon awakening, he did not recall anything he had said so a stenographer was always present. He also exhibited another sleeping power: the ability to absorb information from a book placed under his head while asleep. Amazing!

Dream Interpretation

Cayce was one of the early dream interpreters (Programmed Dreams) who contradicted Freudian views by saying that dreams can be of many different kinds (including sexual) with many levels of meaning; that lack of interest is the reason for poor dream recall; that only the dreamer knows the meaning of his dream; and that a dream is correctly interpreted when it makes sense to the dreamer, when it checks out with his other dreams, and when it moves him forward in his life.

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