

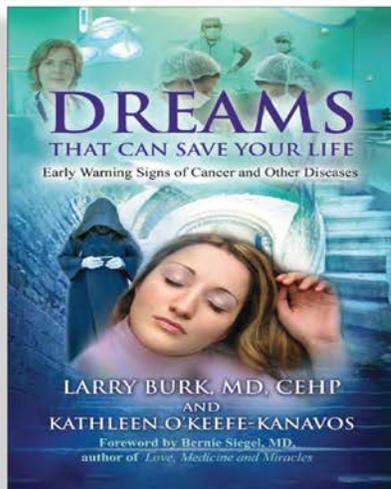
DREAMS

Guest for Your Show- Kathleen O'Keefe-Kanavos Dreams That Can Save Your Life: Early Warning Signs of Cancer and Other Diseases

By Dr. Larry Burk and Kathleen O'Keefe-Kanavos

In A Nation Ravished by Illness & Polarized By Healthcare,
The Need For Dreams As Diagnostic and Healing Tools Is Greater Than Ever Before

FOREWORD AND CHILDREN'S CHAPTER BY DR. BERNIE SIEGEL



April 2018

Findhorn Press
ISBN 978-1-84409-744-9
\$17.99 (CAN \$22.50) Paper

Also available as an ebook

224 pages, 6 x 9
Rights: World
Health/Dreams



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Dreams That Can Save Your Life

Early Warning Signs of Cancer and Other Diseases

LARRY BURK, M.D., C.E.H.P., and KATHLEEN O'KEEFE-KANAVOS
Foreword by BERNIE SIEGEL, M.D.

An exploration of dreams as a spiritual source of healing and inner guidance for your health and well-being

- Shares stories—confirmed by pathology reports—from subjects in medical research projects whose dreams diagnosed illness and helped heal their lives
- Explores medical studies and ongoing research on the diagnostic power of precognitive dreams, including Dr. Burk's own medical research
- Includes an introduction to dream journaling and interpretation techniques

Your dreams can provide inner guidance filled with life-saving information. Since ancient Egypt and Greece, people have relied on the art of dreaming to diagnose illness and get answers to personal life challenges. Now, dreams are making a grand reappearance in the medical arena as recent scientific research and medical pathology reports validate the diagnostic abilities of precognitive dreams. Are we stepping back into the future as modern medical tests show dreams can be early warning signs of cancer and other diseases?

Showcasing the important role of dreams and their power to detect and heal illness, Dr. Larry Burk and Kathleen O'Keefe-Kanavos share amazing research and true stories of physical and emotional healings triggered by dreams. The authors explore medical studies and ongoing research on the diagnostic power of precognitive dreams, including Dr. Burk's own research on dreams that come true and can be medically validated. They share detailed stories—all confirmed by pathology reports—from subjects in medical research projects whose dreams diagnosed illness and helped heal their lives, including Kathleen's own story as a three-time breast cancer survivor whose dreams diagnosed her cancer even when it was missed by her doctors.

Alongside these stories of survival and faith, the authors also include an introduction to dream journaling and interpretation, allowing the reader to develop trust in their dreams as a spiritual source of healing and inner guidance.

Larry Burk, M.D., C.E.H.P., President of Healing Imager, PC, specializes in teleradiology, Emotional Freedom Technique (EFT), hypnosis, and dreamwork. He attended medical school and residency training at the University of Pittsburgh and later trained in acupuncture and hypnosis, becoming a Certified Energy Health Practitioner. The author of *Let Magic Happen*, he lives in Durham, North Carolina. Kathleen O'Keefe-Kanavos has spent years studying and teaching about dreams. A three-time breast cancer survivor whose premonitory dreams diagnosed her cancer, she credits her survival to conventional treatment combined with her dreams as a diagnostic tool. Kathleen is one of 20 case studies from a paper on precognitive dreams that diagnosed breast cancer recently published in a medical journal. She lives in Palm Beach, Florida.

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Kat offers these four key points:

1. Dreams are Sacred Doorways to Inner guidance
2. Dreams have been used by ancient cultures as a means of healing and well being
3. Dreams do come true and their diagnostic and healing guidance can be validated by medical pathology reports.
4. Dreams are a spiritual source of healing.
5. Dreams are an innate gift from our Higher Power. Everyone dreams. Some dreams save lives.

We have the power though our dreams to transform our health, our lives, our businesses, and our community. What is desperately needed at this time is a global "Attitudinal Adjustment" in the medical field concerning the power of dreams in the waking world of healing. Drs. Jung, Freud, and the sleeping profit Edgar Cayce all understood the importance of precognitive, healing, and diagnostic dreams. The stories in the book prove their importance.

"Your Dreams can provide inner guidance for ALL aspects of your life and are filled with life-saving information."

Your audience will learn about:

- The Power of Dream Journaling
- Dream Communication with Inner guidance, Spirit Guides, Guardian Angels, Voices, and Dead Loved Ones
- Exactly What Dream Incubation Is and How to Use It
- How to Re-enter Your Dream to Retrieve Important Information
- How to Remember Your Dreams.
- Many People Who Had Dreams That Came True and Saved Their Lives.
- Dreaming for Others

Optional Interview Questions and Answers

1.) Q. How did the people of ancient Greece and Egypt rely on the art of dreaming to diagnose illness?

The short answer is, in ancient Greece a person with confusing health symptoms would go to their place of worship and ask their religious leader to have a dream FOR THEM that would answer THEIR HEALTH QUESTIONS. For women it was often about infertility. The religious leader would either sleep next to them on the floor of their place of worship or just dream for them that night and give them the answers to their questions the next day.

This is detailed in part of the art of Dreaming for Others which is also a form of Dream Incubation covered in Part 8 of the book and has a number of dream stories about this

phenomenon including one about a heart attack. And there are stories of the women in Dr. Larry's Research dreaming for others like their mothers in Part 2. Again, what is amazing is all of these dream stories are validated by pathology reports.

2.) Q. Your book is based on the ground breaking study and medical research by Dr. Larry Burk concerning the power of precognitive health dreams that were validated by pathology reports. How many people were in his research group and what was their illness?

*A.) The research group consisted of 18 amazing women who had dreams about their breast cancer before it was validated by pathology reports. Many of these women had to self-advocate to be taken seriously- some actually to the point of being obnoxious. There is a chapter in the book titled *The Dreaming E-Patient* about how many of the people in this book used the internet to research symptoms, dreams and information pertaining to their illness.*

Other women had progressive doctors who believed in their dreams and gave them the necessary tests to find their cancers. In one story a woman told the doctor her dream and the doctor handed her a magic marker and said "mark the spot " and then did a biopsy. The spot and her cancer was found and treated. But, they are alive today to talk to you about this amazing journey of faith in inner and Divine guidance in the book. You can read all their stories in Part 2 of the book.

3.) How is your book similar and different to other dream books on the market?

*A.) Our book is different from most other dream books on the market because it is a research book on dreams that were all medically validated by pathology reports. It is a bit of Drs. Jung and Freud meet the Modern Dreaming E-Patient with pathology reports to prove their dreams saved their lives. And at the end of each dream **Kat's Interpretation** interprets these amazing dreams in the terms, "If this were my dream..." and then Dr. Burk's commentary is from a medical and dreamer's point of view. These 2 different points of view complement each other while opening a door into the world of dream interpretation based on real documented dreams that came true and were written by the dreamers, in their words. As someone who wrote curriculum for special education the book is written as a teaching tool so the reader can use the experiences of the book's dreamers to help them develop their own dream techniques and become proficient in using dreams as an early warning system for love and life, not just illness or disease.*

4.) Q. I noticed that not all the stories in your book are about breast cancer, or even women. What are some of the other illnesses diagnosed by dreams and validated by pathology reports?

A.) An interesting one is titled "Warning! Do Not Have Sex" that the audience may find really interesting. It shows how not all warning dreams are about illness. Some dreams can be about identifying conditions that could become serious if the dream's information is not followed. We found this dream really important because it is something anyone dating should read. Are you listening Millennials and Post-Millennials? I don't want to spoil the ending but it is a truly amazing dream story.

Diabetes is something our Boomers are really aware of. A dream titled Deadly Sweet Dreams centers around Type II Diabetes and all the series of dessert dreams Maria was having that warned her about corn syrup and her developing health condition, of which she was totally unaware.

And one of my favorites was by Dr. Troutman titled "The Playground of Life and Death" where he had a recurring dream of carrying his sick dead body through his old school playground and throwing it over a cliff. The dream imagery and message in this story is astounding. Yes, Dr. Troutman is alive today because he listened to his dream.

And of course we have Dr. Bernie Siegel sharing a children's chapter in the book full of amazing dream stories; some about his own dreams, some about dead loved-ones, and some about those of his patients.

The good news is all these dreams have happy endings because the dreamers figured out the messages and acted upon them. They trusted in their dreams and lived to write about it.

6.) What or who is the Dreaming E-patient and why are they important in the book?

A.) Much as dreams are windows into another information dimension; the internet is a type of informational Universal Wisdom Window at our fingertips. Access to the internet has created a new type of patient: the e-patient.

Many of the dreamers in the book are e-patients. It is how many of us found each other, Dr. Larry Burk's Breast Cancer Dreams Project, and the groundwork that led to this book. According to Wikipedia, the e-patient is an individual or health consumer who participates fully in his or her medical care. The dreamer e-patients in this book combined dream information with internet information to fully arm themselves with

facts for their life-saving journey back to the path of health and wellness. Prophetic dreams plus internet information created a powerful weapon to combat illness.

7.) Q. As one of the women in Dr. Larry Burk's Research group you wrote about your guided dreams with Franciscan Monks as spirit guides/guardian angels, and also talked about them on the Dr. Oz Show-The 6th Sense: Shocking Premonitions, and George Noory's Coast to Coast Radio Show. Please share your dream from the book with us.

A.) The year is 1998, and I am in Boston, Massachusetts, with my gynecologist and general practitioner, Dr. Dennis Wagner, who resembles the late actor Gary Cooper. A guided dream from the previous night involving a Franciscan monk has sent me to his office for an examination. This is the first of many medical visits we will have over the next three months.

When Dr. Wagner enters the examining room, the theme song from High Noon plays in my head. "I can't feel anything on or around your breast, Kathy. Perhaps you felt a fibrous tumor sensitive to your menstrual cycle. Let's do another mammogram and keep an eye on it. You're only 43, too young for breast cancer, you know. Go home. I'll call you with the mammogram and blood test results. And, I'll see you in six months," he concludes and snaps my chart shut.

If he isn't worried about this invisible hard spot, why am I? After all, he's the doctor, right? But the voices from my dreamworld refuse to be silent in my waking world and nag my every thought. "Go back to your doctor", they keep saying.

My life has always been active and healthy. But three mammograms, three blood tests, three physical exams, three yellow copies of healthy mammogram reports over a three-month period, and three recurrent lucid diagnostic and prophetic dreams with Franciscan monks would send me scurrying back to my doctor. After my final healthy mammography report, I had this dream.

The Franciscan Monks

While enjoying my dream, it suddenly stops, like a frozen computer screen or a TV show put on pause. In the center of my dream a pop-up window appears, much like on a computer. The window expands into a door, and a spirit guide/guardian angel dressed as a Franciscan monk in a long, brown, hooded robe with a knotted-rope belt

and leather sandals steps through the Sacred Dream Door. His hood covers his face. "Come with me. We have something to tell you."

Am I dreaming in a dream, I wonder, but obediently followed him into a room I call the Room Between Realms, a place that is neither of the living nor the dead. It is a parallel universe of consciousness. Waiting for me are two other monk guides. A monk takes my hand, places it on my right breast, and says, "You have cancer right here. Feel it?" I did. "Go back to your doctor tomorrow without an appointment."

I start to cry and tell him that the doctors won't listen to me tomorrow any more than they did yesterday. "They just keep giving me the same tests over and over and tell me I'm healthy. If you want me to live, you help me."

My guide reaches into his enormous sleeve, pulls something out, and hands me a tiny white feather, no larger than one that escapes from a pillow at night and glides to the bedroom floor.

"Use this feather as a sword to fence within your verbal battles with the doctors, and you will win against scientific facts. You need exploratory surgery. If you present your case to the doctors as though you were an attorney standing before an incredulous judge who dislikes you, you will win," he says, then turns and walks out of my dream.

The Sacred Dream Door closes behind him, and my previous dream starts back up right where it had stopped, as if someone had taken it off pause. Time had stood still as the monks from beyond time and space delivered their life-saving message in this esoteric dream-plane.

*There is more dream detail in the book but the dream is proved right with pathology reports that state I have stage 2 aggressive fast growing breast cancer with one affected lymph node. If I had been given an MRI three months earlier my treatment may not have been 2 surgeries, chemotherapy and radiation therapy. **This dream is a perfect example of how a dream can be used for early detection for illnesses.***

8.) Q. Why is dream journaling so important to our waking world?

A.) One of the things that made these dreamers so successful in using their dreams to guide and save their lives was the fact that they journaled so they could return to their dream journal and "Track" their dreams. Our dreams may be repeated to us in different ways in order to be better understood. If we don't understand it using signs

and symbols, our dream may give us the same message using a guardian angel, or a voice speaking to us in the dream. By journaling we can connect the dots. The message will jump out at us. Part 4 Developing Your Own Dream Skills is all about dream journaling and how to remember your dreams.

9.) Why do so many of the dreamers in this book hear their name called during the day, or at the end of a dream?

A.) This is known as the Cocktail Party Effect. Experts in the field state that people are primed to detect personally significant words, such as names that have particular meaning to them and taboo words, such as sex, blood, death, cancer, dreams. . . . It may also describe a similar phenomenon that occurs when one may immediately detect words of importance originating from unattended stimuli, for instance, hearing a loved one's name in another conversation from across the room.

This auditory phenomenon allows most people to "tune in to" a single voice and "tune out" all others, in a group, at a party, in a crowded place, or, in the case of this book, in a crowded dream.

Many of these dream stories may create another phenomenon called Autonomous Sensory Meridian Response (ASMR) It is an experience of "low-grade euphoria," when something important rings true and creates tingling that starts at the back of your head, travels down your arms, and spine like you have been hugged by an angel.

10.)Q. What if someone can't remember their dreams or think they do not dream?

A.) I used the seven-letter acronym SO DREAM to remind me of the seven steps needed to retrieve my dreams and information and write them in my journal.

These are as follows:

S= Set Your Intention, which is a dream part of the Law of Attraction. An intention is the first step in attracting and manifesting information. A simple request is all it takes. *I wish to meet my Physician-within or get a solution to (fill in the blank) in my dream tonight. Or, it can be something as simple as, I want to remember my dream. Write your intention on a piece of paper and place it under your pillow to "sleep on it," a play on words that holds profound meaning. By doing this, you are also showing your inner self, through your eyes (considered the windows to the soul), what you intend to do: take a dream from the abstract fifth dimension and bring it into the concrete third dimension of life by turning it into written words that contain messages.*

O=Organize yourself before sleep to record your dream upon awakening. Put your dream journal, pen, or recording device (and a flashlight, if necessary) by your bed. If your dream awakens you, it may be telling you to write down or record relevant information before you forget it. This often happens with multiple dreams. If you get up to hunt for a pencil or paper, you may lose your dream.

D= Dream, in order to begin the process of fulfilling your intention. Studies have shown that all living things dream, including you, because you began to dream in the womb at seven months.⁴ Dreaming is the first step in training your brain to remember dreams.

R=Remain in your same sleep position when you first awaken to Remember and Record whatever you can of your dream. Moving around may cause your dream to dissolve like the morning shadows. Use this step to re-enter your dream state at a later time to retrieve additional information. More information on this topic is provided in the next chapter.

E=Emotion refers to those parts of the dream, or snippets, that Elicit Emotion—that stick in your mind and create a physical response, such as rapid breathing, cold sweats, tears, or a pounding heart.

A=Add to your dream memory by asking, What colors, sounds, words, people, animals, plants, signs, and symbols did I see? What names and phrases did I hear? They may be an important part of the meaning in your message that fulfills your intention. If more of the dream returns during the day, jot it down on a piece of paper or record it on your phone to add to your journal later. This can help you with dream tracking: keeping track of dreams, messages, and images to see if they come true.

M=Meaning. What do the small dream parts known as snippets mean to you? Dreams are as individual as the dreamer. What is important to you in a dream may be unimportant to someone else because it does not elicit the same emotion. Pictures, forms, creatures, colors, lack of colors, people, and phrases are all part of your individual dream language. It is one of many ways we communicate with ourselves.

Put the information from the acronym SO DREAM together, start dream tracking, and begin developing your dream language. If the dream is still confusing, ask for a clarifying dream the following night, as some of the dreamers in the book did.

Finally, give your dream a title, even if it's *The Dream Without a Name*, so if part of it returns during the day, you will know where to add it in your journal.

11.)Q. You talk about re-entering your dream to retrieve information. Why is this important and can anyone re-enter their dreams?

A.) *How often do we wake up and realize there was something really important in our dream but can't remember what it was? Sometimes it is the alarm clock going off or a sound startles us from our sleep. Dream retrieval gets rid of that problem and anyone can use it to get back into their dream.. Chapter 31 is all about to re-enter your dreams but let me share a "Knock, Knock" dreamer story to show the importance of getting back or staying in your dream to work through a problem that may be ruining or running your life:*

12.)Q. Is the book available now and where can we go to find it?

13.)Q. How can our listeners find out more about you and Dr. Larry Burk?

A.) *Go to ----and Sign up for our Newsletter for up to date information about dreams, research programs, how to be an author sharing dreams in our future books, and how to join us at IASD in Scottsdale.*