
Satsang 36, 14th of May, 1977, Satsang 36

Gururaj: Good. Who will start us off with a question this morning?

Public: Gururaj, when we are tired we usually sleep and which usually our mind got refreshed. During the state of unconsciousness our minds and body also still have to. Where does <0:00:38.1> actually coming from?

Gururaj: Good. When we go to sleep and when we wake up, we wake up refreshed. Now where is the energy coming from? Good. The energy comes from nowhere. All the energy of the entire universe is contained within yourself. Good. The process of sleep is just getting the body and the conscious mind to relax and the relaxation goes so deep that body awareness is lost. Now we find the same thing happening in our meditations where when we advanced to a certain level of meditation, we would find that we loose body consciousness and by loosing body consciousness the body has a chance to rest. It is said by scientists that the mind uses eight times more energy than the body. Good. So if your mind works for one hour, it uses an equivalent amount of energy to what the body would use in eight hours. Fine! So the process here that gradually as the muscles of the body, the organ start relaxing, so the mind also follows suit. Good. Now when the mind has reached a certain level of relaxation, you are at that time going beyond the conscious mind which represents 10% of your entire mind. Yet there are times when you go to sleep and wake up not relaxed, what happens there -- what happens there is this that though the body and the 10% conscious mind has rested, your sub-conscious mind still remains in a turmoil. Now we know that the sub-conscious mind does not sleep, it is functioning 24hours of the day but because it is in a state of extreme flux or in turmoil that the effect is lost on the conscious mind and the physical body. So you would find that through meditation, people that have been suffering of insomnia for many years cure themselves of insomnia because in meditation, not only the body and the conscious mind, but the subconscious mind also receives rest, it goes into a phase of deep silence.

Now, western psychology only goes as far as the mind, the conscious mind and the sub-conscious mind, but there is another aspect and that aspect is the super conscious mind. Good. Now the super conscious mind can only function at its fullest level, at its deepest level when the subconscious and the conscious and the body rests. Good. When the body and the conscious mind and the subconscious mind has not reached a degree of rest, then it blocks the path of the super conscious. So when you wake up thoroughly refreshed, do know this that those three aspects we have spoken about has received deep rest and by having that rest, it has opened the channel like a carburettor jet opening up and the petrol coming through. Good. Now when that super conscious mind or that the energy of the super conscious mind can filter

through more and more, then the refreshment that you feel would be far deeper and far greater. Shakespeare has said that “sleep is the greatest nourishment in life's feast” Good, but all feasts don't have equal value, some feasts are not as beautiful as other feasts and to have the supreme feast, the finest feast that would have the most nourishing value would be the feast of life whereby we allow the super conscious mind to permeate the subconscious, the conscious and the body. Good.

Now, what is the range of the super conscious mind? Now the super conscious mind, the extent of it is as vast as the entire universe. Pure super conscious mind is connected to the entire universe, so the energy you are getting in your sleep depending how calm the other aspects are, at that moment in sleep, you are connected to the entire universe and all that power, all the energies of the entire universe can come through to give you the finest nourishment of life. Good. Now you would find that those that meditate, meditators always have a better quality of sleep. There would be off days when they have had a difficult day, for example, and cannot achieve that rest, so as a person becomes more and more established in meditation, then more and more would there be that tranquillity of the two aspects of mind and the body and thereby your range, your scope would be the entire universe and you have the key in your hands to draw universal energies to you. Good. So therefore, meditation as we said, improves the quality of sleep and by improving the quality of sleep, we can live life to its maximum value by being deeply rested. Now me, for years -- for many years, twenty years perhaps; little more, I don't need more than two hour of sleep. Good. I am active 22 hours of the day. I would go into deep sleep for two hours and I might still lay in bed for another three hours, but in those three hours that I would lay in bed, I would be doing spiritual practices for the benefit of others. Now why is this taped so? How is that achieved? It is achieved because of long years of meditation that I do not now need to sit down to meditate, but the jets of my carburettor are forever opened, so the energies of the super conscious are forever flowing through, so therefore the body is always at a fine level of rest, thus obviating the necessity to sleep for eight hours. Good. So to come back to your question, “Where does that rest come from? Where does that energy come from?” That energy comes from within you. Okay? Fine.

Public: Gururaj, its again with sleep, what is the constitute <0:10:14.2>

Gururaj: Um-hmm, good.

Public: What is their connection without sleep?

Gururaj: What is the connection of sleep to our -- wait what?

Public: Dreams.

Gururaj: Dreams -- dreams -- dreams, okay fine. Now we all know that there are three aspects of the waking life that we function on. Good. The three aspects is the waking state, the sleep state and the dream state. Now what constitutes dreams? Fine. (coughs) so what constitutes a cough? (Laughs) that's' nice, yes. What constitutes a dream? Now Freudian Psychology -- Freudian Psychology will tell you that a dream is a subconscious expression of a suppressed desire. Good. But then you might have dreams which could not be the expression of desires; that is where Freudian Psychology falls short. Good. A dream is a re-living or a living on a subtler level. Human beings think they live with their bodies, they don't, they live with their minds. Good. And in the waking state the mind which is exercised is the conscious mind. But now in the sleep state when the body and the -- and the conscious mind is given a rest, then the subconscious has its play. Now whatever we observe in dreams could be caused by many -- many reasons, right. A dream could start off by a conscious association of an idea and the idea or the happening of the day could have had a very deep impact on the subconscious mind and because of the power of the impact, the subconscious mind works on it. Good.

Now it is said by psychologists that every one dreams every night. The reason why we say that last night I did not have a dream is because we have not remembered the dream, but everyone dreams. Good. Now a dream can also be a released mechanism. When the mind sometimes becomes overburdened with problems or with tensions, then a dream can also be a release valve -- valve. Good. Yes, it can be a release mechanism, but then those are two aspects of dreams but there are so many -- many more aspects of dreams, right. Good. The subconscious mind could be brought to such a level of fineness, by that we mean we can delve far deeper into the subconscious where there is greater tranquillity and in that tranquil state, we can remember instances, not only of this life, but also of previous lives. Now as I've always said that the mind contains the memory of millions of years, from the very first primal spark, from the very first atom or -- or the amoebic state from which man has evolved and all the kingdoms one has lived in, the plant, the animal, the mineral, the plant, the animal and to the stage of man the mind contains all those memories. Now certain happenings in our waking state of life can trigger off some of those memories. It is like your album of photographs, right. Some people and some instances you have forgotten completely but by perchance you pick up the album and you open it and pictures would come to the fore, you see then "ah, that's my divorced wife" or "that's my ex-husband". Now in this, you are married now, and very happily married. Good. And your ex-husband is completely forgotten. You do not bring him to mind, you're too involved with your present husband, right. And the present husband might be a fellow that keeps you so busy that your

mind can't go back remembering the past (Laughs). Right, but that album, you opened the pictures and you see him there and you say, "Ah, what a rotten he was!" (laughs).

Public: Is that a live play?

Gururaj: (Laughs) do mares sleep at night?

Public: <0:16:49.5>

Gururaj: (Laughs) Good, fine. So therefore some happening in the waking state of life which might not have been very conscious, but just on the -- just below the consciousness, the conscious mind, just below that where the subconscious starts, there might have been some happenings, some thought that will trigger off the dream at night. Fine. Now that is not the only thing it does, people's minds work very mechanically, right. Firstly minds have thoughts and those thoughts are recurring winding thoughts, it just comes up again and again and again like a stuck record. Right, then the other kinds of thoughts which are just association of ideas. Good. She has a yellow jersey on and you would look at her yellow jersey and you'd think of the yellow flowers that are blooming beautifully in your garden. Good. You start thinking of the flower and then that flower brings to mind that girlfriend of yours that you forgot to take a bunch of flowers to. Right. And then that would trigger off that ah, she did not give you a nice reaction because it was her birthday or whatever it was. So you see how the mind works? From a yellow jersey it would proceed to the quarrel you had with your girlfriend. Association of ideas and winding, whirling, circling thoughts. Now if that is the nature of the conscious mind, then that is the nature of the subconscious mind as well that functions in the dream state. Right! So one thought can stir up association of ideas, of other happenings. Good. Not only of this life but also of past lives.

Now why people cannot understand dreams is because that happening in the dream might be a composite, a composite of many happenings over a extending over many lifetimes, and then where -- if we should remember the dream when we wake up, then we say, "Look I know nothing about this -- I know nothing about this happening, how come it is in my mind?" Because we have forgotten all the happenings of previous lifetimes and it just requires triggering off to stir up so many different happenings and all those happenings put together makes up a story and what the subconscious mind is hashing there now is a story. Now these stories just cannot come from nowhere, that dream is something and something cannot come from nothing. Good. So that proves that all those things we have lived through before, but the ingredients

jumble themselves in such a way that we fail to understand the import of the story or the meaning of the story. We fail to understand it. How can we understand the dream? That is the question. Good. Fine.

You buy dream books at shops where it says if you dream of a ship then you're going to sail in the future, nonsense. You dream of someone you like dying, nonsense, that does not happen. Good. It is only the rehashing of some previous death of someone else which you are now associating with someone you know and that person which you've seen in your dream dying will not die. Who is your subconscious? What is your subconscious mind or who is it to recognise the death of another person? The best way and the only way to interpret a dream is by a deep intuitional factor and it is only when you can go beyond the realm of the subconscious mind and stand apart in the super conscious state and in that state would you know the full import of the happening in the dream. And then dream's relation to sleep is very automatic. When the subconscious gains a deeper level of rest, still more deeper and then you have what is called a dreamless sleep. Now people that do not dream in their sleep think they have not dreamt. All people 99.999 dream, but they say I had a dreamless sleep because they do not remember the dream. The one person that really has the dreamless sleep is the person who has full control of the subconscious mind where the turbulent waves of the subconscious mind too has subsided and where the memories of all past is subdued or even obliterated. That is the person whose whole functioning in the waking state of life, dreaming state or life or sleeping state of life is permeated forever with the super conscious; that man can say that I've had dreamless sleep. Okay? (Laughs) Good, fine.

Public: Gururaj, are dreams connected to astral travel?

Gururaj: Are dreams?

Public: Connected to astral travel?

Gururaj: Are dreams connected to astral travel? Dreams are connected to astral travel, yes and no. Good. A person can project his subtle body. I've always said we have three bodies, we have the physical, the subtle, in Sanskrit it is called sukshma sharira, and then the spiritual body. So what is known as astral travel merely means that you have projected your subtle body. Good. Projecting the subtle body can leave its memory if it wishes to, it does in the subconscious mind and the subconscious mind can recognise the travel and then in turn the subconscious mind transmits the recollection of that journey to the conscious mind and when you wake up, you say, "Ah, I have had that dream". But there too a lot of discrimination is required. Have you really travelled with your astral subtle body or is it just what we said before, the

rehashing through association of ideas, happenings that were in the past? Now if a person can dream of things of the past, then it would be logical to assume that he can dream of things of the future. Good. But to be able to dream of things of the future, the super conscious mind has to be activated because the dreams of the future are normally at the subtlest level of the subconscious mind, at the subtlest level and the more, through our spiritual practices we refine the conscious mind and the subconscious mind, the more we have the super conscious mind at our command, good.

Now if we dream of a happening of the future, what are the mechanics there? How does one achieve that? Or what happens? Many of you have had experiences where you dream of a person and a few weeks later you meet that person. Many of you have experiences where a certain thing happens, the -- the car has a puncture and few weeks later you find the puncture happening in that particular street that you dreamed of, you see the whole scene and say, "Oh, I know this, I've dreamt about it". What has happened there? What has happened? If we accept that, then we have to accept the theory of predetermination of a plan. Has that plan been formulated in advance or do all plans formulate themselves as they proceed? Good. Now let us take the analogy of a seed. Good. We take the seed, we plant the seed and we know what kind of tree the seed is going to grow into. Right! There is the plan of the seed. So the entire tree is contained within the seed. Now in our subconscious mind, the entire tendency of ourselves and of our environment and of the entire universe is present. Only the tendency is present. Fine! And at a subtle level of the mind, the natural working of the tendency can be seen and that is what all prophecies are made of. We know if we plant the seed today, that in six month's time the tree will be so high, twelve month's time it will be so high. Good. We know the tendency. Now it could happen that a storm comes up and in the storm the sapling is destroyed. Good. When the sapling is destroyed and the tree does not grow, then the prophecy does not come true. That is why we find that -- when we say that prophet has made a mistake, he was wrong. He was not really wrong, he knew the tendency, but he did not know the external influence of the storm. Good. So when he says -- in dream, when he says that this tree will grow 20 feet high in such a -- and such and such a time, it will be an acorn tree, good. And in that time when we see the acorn tree flourishing, we say, ah he prophesied correctly. Now this is a natural law, it is not supernatural.

Prophets too work on a very natural law, perhaps they have the ability to work on subtle laws that the ordinary mind cannot function on, but it is still within the realms of relativity, grosser, subtler -- subtler -- subtler. It is still within the realms of relativity and these things we regard them to be miracles. Now there are no such things as miracles. As we said the other day, 70 -- 80 years ago if we tell someone that a 2,000 tonne piece of iron will fly through the air, we would say he's mad, and today to us it's a common reality because through the progress of technology we have found the way how that 2,000 tonne of machinery could fly through the air and today, to us it is no miracle. Same thing could be applied to the

wireless theory that a person speaks 10,000 miles away and we hear him here now. So many years ago it would have been magic. Right! Who -- what story was that it was very well known where a man came to a primitive jungle and he took his eye out and put it on the table, it was a glass eye?

Public: Rider Haggard.

Gururaj: Rider Haggard, right -- right. To those aborigines or primitives, that was a miracle. When he pulled his trigger on his gun and someone fell dead a 100 yards away, that was a miracle to them. Likewise, these things, these prophecies and all these happenings seem miracles to us because we don't understand the workings of the subtler laws. Good. But even the workings of the subtler laws through external influence can go wrong and then we say the prophet was wrong and if we study our scriptures, many prophecies come true and there are equally as many that are not true. The prophet did not intend it not to be true, but external happenings were not, and could have not been accounted for. Right let's get back to our point. If we can dream of happenings of the past, then we have the ability to dream of the happenings of the future and if all conditions are correct, then when we recognise that happening, we say "Ah, I dreamt it before" and this has happened and that is how it works -- that is how, very natural, very normal, nothing supernatural. Okay?

Public: Gururaj, <0:34:37.0> by dreams, if someone dreams of a person that has died, he has previously, and they come to your dream and they warn you about certain things, what happens there? <0:34:49.1> has died and that person warns you all?

Gururaj: Um-hmm and if that person warns you and you ---

Public: And it comes true.

Gururaj: And it comes true? Right! Now what are the mechanics of that? Fine! Now every thought that a person thinks is never destroyed, it is forever floating around in the universe. When a poet writes a poem, we say "Ah, he got inspiration", what has happened there is that he has tuned his mind to a certain level whereby he has picked up a thought that was previously thought and that we call inspiration. Fine! That we call, in other aspects, intuition and therefore the saying that "there is nothing new under the sun" is true. Fine! Now, that person that has passed away in that subtle level that is beyond the gross physical level can observe a happening, can observe the tendency of a path that we in the gross level cannot observe. Fine! Now there might have been happenings during the period of the dream, preceding the period of the

dream that triggered off the memory of this person and because of a bond that you had with this person, now that bond could have been of love or of hate or of anything else, but there was a connection and in the subtle level of your dream, at a subtle level of the subconscious mind, you became attuned to the subtle level of that personage that had passed away. Now that personage being in the subtle level communicated to you at the subtle level, that personage having an inside, front side and hind side, into the present tendencies of the material world you are living in, that person after having left his body is in a different dimension and from that dimension could observe the tendency of what is going to happen to you and because of this communication at those subtler levels, his thoughts were captured by your subconscious mind and if they are powerful enough, they would become remembered when you wake up. Fine!

Now in the in sleep state, in the subtle body -- in the subtle body of the subconscious mind, there are always communications taking place all the time. I have this experience every night, good, where some meditators, thousands of miles away from here, before sleeping, before falling asleep directs a thought to me, something connected to some problem, good, and many of them write -- if the direction is strong enough, many of them write and to me and say "Gururaj, I dreamt of you and you told me what to do about this problem and I've done that. That was the solution." So if this can be done here on the physical level, in this dimension -- three dimensional world, how much more powerfully cannot be done in the fourth dimension? So these communications are true and if there is a certain clarity in the subconscious mind, then you would receive the communication as it should be and not distortedly, but this communication as we said before can also go wrong, because the communication and the content of the communication is based upon natural laws, but other things in between can intervene and make the communication distorted or not come true, so that experience you had was very good. Good in the sense that at that moment there was a clarity of your subconscious mind whereby you became attuned to another dimensional being that has passed away, passed away but yet not reincarnated and still existing in another subtler dimensional world, in another form of existence and because of the clarity of your mind, subconscious mind in your sleep, at that time you got the full impact of the communication and the communication being powerful, you could remember it when you woke up. Okay? (Laughs).

Public: Gururaj can you tell me what is the difference, if any, between the <0:42:10.9> hypnosis and Samadhi?

Gururaj: Oh, the -- the -- the -- the different species altogether. Deep stage of hypnosis and Samadhi, the different stage between a deep state of hypnosis and Samadhi is this that hypnosis functions only on the subconscious level -- we haven't heard the gong yet, the -- the noon gun. Good fine. -- The difference between a deep state of hypnosis and Samadhi is this that hypnosis functions only on the subconscious level of the mind whereby through suggestion -- through

suggestion by yourself or through the mediumship of another person, a suggestion is put to you to calm and subdue the conscious mind. Fine! When the sub-conscious mind is subdued, then the super conscious is activated and with deeper suggestion, the super -- the subconscious mind too can be subdued. Good. Now subduing the subconscious can be taken to a level very -- very subtle, right. The subconscious mind too has levels, gradations of grossness and -- and subtleties and when the subconscious mind is taken further back, now remember its extent is as vast as the universe and in -- in the conception of time, it goes back from the very first primal creation and that is why in a hypnotic state you can be taken into a past life. We've read about this where a person is hypnotised and gradually he's taken far back into a previous life and the person tells you of that previous life and -- and those facts have been verified. We've read -- we've read these articles and books many -- many times. Good. But that is all hypnotism can do, it can only take your mind to a very fine subtle level. Here you are still functioning on the level of the mind that is hypnotism. But Samadhi, ah! that is beyond the mind, that is when you have transcended the mind in its entirety and you are living in the super conscious where you are existing in your own light, the conscious mind and the subconscious mind exists on reflected light while the super conscious, which is divine exists in his own light, it fries in his own fat (laughs) -- <audio skips> -- when you have transcended the mind in its entirety and you are living in the super conscious where you are existing in your own light, the conscious mind and the subconscious mind exists on reflected light while the super conscious, which is divine exists in his own light, it fries in his own fat (laughs).

So when we go beyond the conscious mind and the realms of the subconscious mind and reach the super conscious mind, then we are in Samadhi. Now Samadhi too has various forms. A light form of Samadhi, let me put it very simply, a light form of Samadhi which still recognises the workings of the conscious and the super conscious in forms, in shapes, in names within the framework of space and time, that we call Savikalpa Samadhi -- Savikalpa Samadhi where there is still cognition of something external. You go into a certain kind of Samadhi and you have a vision of Gururaj or Buddha or Christ or whoever. Right! That is Savikalpa Samadhi. Samadhi with name and form within the confines of time and space, but then that is not the end, you go further, you reach the level of Nirvikalpa Samadhi where there is no time and space, where there is no name and form, where there is no external existence and all existence is the totality of Nirvikalpa Samadhi where it exists by itself, for itself, in itself and it just is. So there is where all duality ceases and oneness begins where the one recognises the one. The one is just aware of itself and the awareness of itself in its own oneness encompasses the entire existence. So Samadhis also have gradations, you can have a dualistic Samadhi and from that dualism, you reach a higher form of Samadhi which is the all embracing oneness. No two, one -- een (Laughs).