

DREAMSTATE AWARENESS

GURURAJ: Namaste.

[PHONE RINGING IN BACKGROUND]

VOICE: Oh, just in time. Chapter one.

GURURAJ: Yeah, that's a good question. Why does the bell ring?

BALDEV: Guruji, Tibetan monks are said to teach their disciples methods by which they are quote, "Lucid in their dreams." ie, they are conscious in their dreams and take an active part in their dreams. Judy Hooper has recently published an article about a research scientist at Stanford who has scientifically shown that we can be quote, "Lucid in our dreams," at least according to his material, and he purports great psychological benefits from this. In the 1979 Santa Barbara satsang, you said that we work off more of our samskaras in the dreamstate than we do in our waking state. Are there benefits to us to develop awareness while we are dreaming, and to use gurushakti consciously in our dreams to burn up our fears, as you teach us to use gurushakti in our waking life? If there are benefits, what specific new techniques can we use to achieve this awareness? Namaste.

GURURAJ: Just go into a deep sleep, that's all. [LAUGHTER] Good. Now, firstly, what is a dream? A dream is nothing else but a continuous state of the waking state. Now, the only difference is this, that in the waking state we are using the conscious mind, and in the dreamstate we are using more the subconscious mind. Now, the subconscious mind is a repository of all the impressions you have had. Now, as I've taught you in yoga nidra, that you can be totally aware of everything even while you are in a deep sleep. I, personally, have been tested in St. Thomas' Hospital in London, and the Groote Schuur Hospital in Cape Town, where they wired me up and I knew everything that was happening around me. And not only that, not only the conscious mind though sleeping was wide awake, but I could also fathom the workings and machinations of the subconscious mind. Now, there is one kind of person that does not dream at all, and that is the self realized person. Because he has no karmic ties and he has no samskaras.

Now, the whole secret of dreaming is this, and this can be very easily developed, it is this, that most people when they dream they become involved in the dream. The secret would be to become an observer of the dream. For example, in your waking state you observe things, and you are conscious with the manas, the lower mind, of all that is happening with you. Now, the subconscious, being a continuum, you can still be an observer. Now, which is that which observes? The conscious mind is asleep. But the subconscious, which is forever awake and doing its work, the superconscious mind is the watcher. The superconscious mind is the observer of what happens in the subconscious mind. Dreams can be controlled, and very easily controlled, really, once you become the observer. So if the subconscious mind takes a certain pattern, the superconscious mind with its force can alter the pattern.

I read that article by Judith where she interviewed over a dozen scientists, and most of them are talking rubbish. Freud, for example, used to base most of his theories on dreams. And every conclusion he came to he would say it's an expression of a suppressed desire. And then, of course, he would boil everything down to sex, which is not true. Sex has nothing to do with your dreams. Although you might have sexual dreams, yes. And so Freud is partly true. Because if your mind is working on sex all the time, naturally your dreams will take a sexual nature. But that is not what dreams are made of.

Dreams are influenced by various things. Firstly, your experiences in the waking state, which could have a very deep impression on the subconscious and it expresses itself in the dream state. Right. And then you dream of things which you never thought of. Where does this come from? This comes from the experiences of so many lifetimes. Right. And they all come together and form a story. And when the story reaches a peak of discomfort, then you suddenly wake up. Now, when you go to sleep, you sleep in patterns. You go into a deep state of sleep, then you come to a lighter state of sleep, and then a deep state, especially in the mornings you come to a lighter state of sleep. Now, that is the time when you would remember consciously the dream you had. But remember, when you are in a deep sleep you are still dreaming. But because of being in a very deep sleep you cannot remember the dream. Everyone dreams every night. And as one of the scientists has said, which is very true, that it is a release valve where a lot of the samskaras are worked out in the dream state. Now, if this was not so life would become an absolute misery. Do you see. So it is very beneficial to dream.

Dream can be induced by you, if you wish to. A lucid dream is a very vivid dream, and that normally happens when you are in the lighter stage of sleep and then you remember it. But in the deeper state of sleep, the dreams you have, and how the subconscious mind works, is not remembered. So I remember conducting a dream workshop about two years ago at the University of Cape Town. Good. And no one can really interpret a dream for you. You've got to interpret it

yourself. What you do is go over that dream, think about that dream, and then let the mind just flow. Go with it. And then the answer will dawn of what that dream meant.

Now, there are other kinds of dreaming called precognitive dreaming. What are the mechanics of that? How does that happen? It is because you have suggested to yourself, consciously or unconsciously, certain facts that you want to know about, and the answer comes about in your dream state, which is called precognition; where you cognize because of the pattern you have set up, you cognize the end result. And that's called a precognitive dream. Do you see.

So, to repeat again, a dream is made up of many factors that get together and make a story. Some of those scientists say that in dreamstate you contact your past ancestors and you contact the spirits. That is absolute rubbish. It is your own imagination before sleeping, consciously or unconsciously, that would influence you to imagine in your dreamstate that you have met your great grandmother. Meanwhile, your great grandmother might be so busy in another dimension that she does not need to come into your dreamstate. Yes. Like my story of Auntie Matilda, she might be waltzing around [LAUGHTER] with a waltzing Matilda. So therefore, a dream has its own particular value. And it's good to dream. But the only dreams, to repeat again, that you could remember would be those that are on the surface value, where the conscious mind is just slowly waking up going into a lighter sleep. And there is where you see all the pictures.

And, as I said, there is no difference between the waking state and the dreaming state. You might have heard this story: The man dreamt he was a butterfly, and the butterfly dreamt he was a man. Which is true? Both. They're both the truth. The dream of the butterfly that it is a man is true, and the man dreaming that he is a butterfly, that is also true. Because this very life we live is in a dreamstate. It is dreaming. Right. And in the sleep state the dream becomes finer. If you examine your minds of all your activities throughout the day, you will find that ninety percent, ninety five percent of your thoughts are not original. They are dream thoughts, projections, imaginary. You imagine yourself to be this, or you imagine that, or you imagine that. It's only five percent where a real thought comes about when you are you. Otherwise, you are dreaming. And that is called the greatest illusion of life. That in Sanskrit we call maya, and maya is just thought form. Maya is a dream.

So dreams are composed of these various elements that come together. And the thoughts of your waking state has a great influence to pattern your dream. But the whole secret is if you can stand aside and watch yourself dreaming, then it becomes a play and you become totally conscious that, I am dreaming. In a dream you are walking across the road and you get knocked down by a car. Now, if you are involved in that accident in your dream, you will feel that nightmare of being knocked down by a car. But to have a lucid dream, to have clarity in the dream, you watch it and you say, "Oh, it is just a dream." And the mind is capable of doing that. The mind can watch a dream and not let it affect oneself.

So you get chased by a whole lot of thugs, and if you're aware in your dreamstate that this is just a dream and nobody's chasing me, it will not affect you. Then that would cease to become a nightmare. Mare is a horse, isn't it. So these horses of the mind run around at night in your mind. Do you see.

So by becoming an observer you are holding the reins of the horses tightly, so they don't play amuck with you, and they don't make your life a misery. When you wake up... in the dream if you are very involved... and then when you wake up you say, "Oh, I was dreaming." Who says you were dreaming? You are living a certain aspect of your life in your subconscious mind. So you were not really dreaming in that sense. That's one aspect of looking at things. And when you realize that everything is a dream, which is the other aspect, then dreams will not trouble you.

The greatest inventions in the world have come through dreamstate. The greatest art that has been produced comes from a dreamstate. All of Edison's inventions or Einstein's mathematical theories came from a dreamstate. It just... the mind comes to a certain central point and something just dawns upon you in a flash. Do you know to start this worldwide organization how long it took me? Three minutes to formulate the entire thing. Like Mozart, he could see the entire symphony and yet see all the details at the same time. Now, these things can happen in a dreamstate where you see the entirety of things, and yet see all the details and not be affected by it. So if you are an observer, then you could never be affected.

These scientific discoveries that have been made have not much validity, because none of them can be proven. Okay, we talk of the REM, rapid eye movement, by which by wiring a person up we watch the movement, which gets monitored on a machine and we say, ah, this person is dreaming now because in dream there is an eye movement. And normally the eye moves from left to right, left to right, right to left. But actually, it's not doing that, it's moving up and down. Yes. But we think it's moving from right to left. Now, when it moves up and down, what happens is this, it is trying to contact... the upward movement, is trying to contact the ajna chakra. And by contact with the ajna chakra the subconscious mind is more and more activated. So in this activation of the mind we can definitely control it.

People come to me and say they have nightmares. I say, "Oh, have more nightmares. It's good for you." Yeah. Chuck off the dross, the dirt. And that is what a dream does. It throws off the dirt which would become unbearable in the waking state of life. Because in the waking state it is your conscious, the lower mind, working; although it is influenced by the subconscious, but not in its full value. But in the dream the subconscious works at its full speed on all six pistons. Yes. So the research on dreams have been inadequate. But according to the Vedas, or Vedic literature, it is nothing else but bringing together various pieces of information from various lives, perhaps, and formulating it. And then many times we wake up when a dream becomes incomplete. Why? Why is the dream incomplete, or why is the full story not told? It is because of fear to face things which the subconscious has in store, and that is why the dream

becomes incomplete. Now, these fears that the subconscious also produces stops you, because everyone is afraid of fear. No one wants to be fearful, but the greatest thing to fear is fear itself. So if you are having a dream and you suddenly wake up, go to sleep again. That's one of the techniques. Lie down again for half an hour, hour, depending upon you and your time, and you will find that that dream can continue and come to its final conclusion to a certain extent. But to develop the real understanding, you have got to live that dream that you remember. Think of it, think of all the details, and let it just march on and see how far the mind takes you. Because by doing that you are giving impetus to the subconscious mind. And that impetus gives you some clarity in the conscious mind. That is how you would find the solution to a dream.

Now, many people talk of cognitive dreams. Many people desire to dream of the horses that are going to win in Saturday's race, or Wednesday's, I don't know how it works here. But then that is wishful thinking. Your mind is not conditioned, and if it was properly conditioned and patterned you will actually see that race being run next week. And you will actually see which horses are going to come in first, second, third, fourth; and you win the jackpot. Who wouldn't like that, huh? I would.

So that is the psychology of dream. It has not been totally explained by Western science at all. They are working on assumptions. What they do is wire you up, and watch the REM movement and things like that, and ask you to remember the dream and things like that, which are very elementary. But the real secret, the real technique, is to learn how to watch the dream. And when you can watch the dream you will find its full significance. And when you find its full significance, then you will easily be able to put that dream in its waking action in your waking state of life. Look, all dreams are not painful. There are a lot of joyous dreams. And then people talk of visions, you know. They wake up and say, oh, this dream was so vivid, you know, as if it was real. It was real because you are looking at the dream, you are becoming an observer at that time, with the superconscious level of your mind. And, therefore, that which happened or that vision you had becomes a reality.

So here we are balanced between polarities, that are you real or are you a dream? Hm? Your reality's only measured by your five senses: touching, seeing, smelling, tasting, feeling, huh. That is the basis of your reality. But how real are the senses? Aren't they mere just concepts, precepts, conditionings, patternings, or what your people have told you, what your teachers have taught you, what your parents have told you? So if life is based on concepts only, then is it not a dream? Hm? And when you are in sleep and you dream, that also are concepts. So both are the same. You dream in your waking state, and you dream in your sleeping state. So what? Good. You dream. Keep on dreaming.

Many people daydream. And daydreaming is also but a projection. You project yourself to be the king of Uganda, right, and within your mind you feel that. You know, you daydream that you are a millionaire, and in that daydream you are really a millionaire. In your mind of course, because everything is a projection. Right.

So from the projected reality we got to come to the real reality, and that would mean to be able to be in total consciousness of your five senses. And as in dream you want to be the observer, so in the waking state of life you also want to be the observer of every action that you perform. And by being the observer you would find your actions will assume a totally different quality. That's what we want. We don't want the quantities of life, we want the qualities of life.

Those

qualities brings you joy, brings you happiness, brings you greater harmony with your environment. And then that dreamstate you are in, you become awakened because you are conscious. Most of the actions people do they do unconsciously. So a man smokes cigarettes, so he smokes twenty a day. Do you know that fifteen of them are just lit up unconsciously, without the desire to have a cigarette? Perhaps out of the twenty five he will feel, oh, let me have a cigarette. The others are just done automatically. So isn't that a dreamstate, huh? Isn't that a patterning? And all patternings are dreamings.

Now, the same thing happens in the subconscious mind all the time. To have control over the subconscious mind there is only one formula, is to become the observer. Now, how to become the observer, that's the secret. Try practicing this. Every night before you go to sleep you pick a subject and say, "I am going to dream about this particular thing." Try it. And you carry on. Repeat it in your mind several times, and it works. You might not remember it, because if that dream is in the form of very deep sleep, you will not remember it the next morning. But if that dream comes up in the lighter stages of sleep, you will remember it. Do you see. And that very remembrance will lead you to become the observer of the dream. Do you see. This is one of the techniques I learned in the Himalayas. In your dream state before sleeping, by the repetition of a certain thought, you can visit any place you want to. Say if you want to come and visit me in Cape Town, South Africa, right, you can do it. Think of Cape Town, think of Guruji, yeah. Think intensely before you sleep, and in your dream you will find yourself in Cape Town with Guruji. Do you see. I mean I have demonstrated this to you the other night with the midnight special, where you go into your meditation, you have your mind fixed on something and you would find my presence there in one form or the other. Do you see.

So meditation is also diving deep within one's self. And once one dives deep within one's self, you can travel the entire universe at will in your dreamstate. Do you see. And so many realizations dawn if you are sincere enough. So start dreaming, start practicing, and you will achieve it. Get a thought firmly in your mind before sleeping, and in the morning

you will find the result of what happens. Dream is one of the finest ways of getting rid of your anxieties, because there the conscious mind being asleep, your subconscious is given strength by the superconscious, which is the highest level your mind can reach. So in the dreaming state it's not only your conscious mind that is involved, but the superconscious mind is also involved. The secret is to tap the superconscious mind, so that the superconscious mind becomes an observer of what's happening lower down in the subconscious. And that is how you get rid of samskaras, impressions, karma, karmic values that have been so imbedded in the mind.

So science talks very superfluously on the subject. What is it going to help to wire you up and put you through REM, rapid eye movement? What is it going to help you? What those scientists are doing is just experimenting upon you. They call it research. Actually, it's just experiment, because they know not what they do. They are taking chances with you, trying to find out what is happening. That's all what they are doing. Yeh. For example, if you go to a doctor. He knows very little about medicine. He first asks you all kinds of questions. What's wrong with you? Is your leg paining? Is your chest paining? Is this paining, is that paining? And then he starts experimenting. Right. There is one doctor that I know. There is one doctor that I know that if he gets a patient with some kind of trouble, the first thing he recommends is laparotomy. That means he cuts you up to examine your insides. Meanwhile, there could be nothing wrong with the insides, it could be just a wind. Do you see. Experimentation, experimentation, experimentation. There is some value to it. But to come to the crux of the matter, that's important. And that can only be done by practice and nothing else. Not by experimentation. By practice means experiencing it.

So to find the value of a dream you got to become the observer, observer of the dream. And then you do not get involved in the dream. Most pains in dreams are caused because you are involved, you are part and parcel of the dream. But if you become an observer, through the method I just told you, then there would be no pain, but just a dream. And you would enjoy it. You would even enjoy being knocked down by a car by knowing it's only a dream. Do you see. And that's how pains disappear. And then, of course, when the superconscious mind works its full force and gets rid of all the impressions in the subconscious, then you will not dream any more. I never dream. I don't know when last I had a dream. Do you see. So you do not only put your conscious mind to sleep, but you put your subconscious mind to sleep as well; although scientists would say that the subconscious mind is working all the time. It does not need to. You can put that to sleep as well, and it's a glorious sleep.

Well, we've reached five past twelve. I suppose it's lunchtime, now. Huh? And Sujay has to leave just now, too. Good. So you get some understanding of it now, hm? Good, good, good. Mind you, that was a great article, with her researches, which Judy wrote.

ROOPA: Microphone. [REMINDING HIM TO REMOVE IT]

GURURAJ: Pardon?

ROOPA: Microphone.

GURURAJ: Microphone.

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