Dream Yoga and Astral Travel

Lecture 1: Fact and Fiction
What are out-of-body / near-death experiences, astral projections, or lucid dreams?

योग Yoga (Sanskrit yug): to unite, to bind

Religion (Latin religare): to re-bind

دين Dīn (Arabic): religion, judgment.
स्वप्नदर्शन
Svapnadarśana (Sanskrit): The Yoga of the Dream State

- Svapna indicates “dreaming sleep.”
- Darshana, darshan, is “auspicious sight, viewing, or appearance.”
- Auspiciousness, awe, terror, and amazement of the awakened consciousness before God.
- Theophany, “manifestation or visions of the divine” in Hinduism.
- Darshan also means: “An opportunity or occasion of seeing a holy person or the image of a deity.”
Vasubandhu and Asanga taught five paths to liberation, the third being darśana-marga, the "path of seeing." Tantric Buddhism or sadhana, the "continuum" of "daily consistent practice." The Mantrayana lineage of Dzogchen. Dream Yoga (Tibetan Milam, rmi-lam or nyilam) of the Nyingma and Kagyu schools.
What are some examples of OBEs in scripture?

And Jacob went out from Beersheba, and went toward Haran.

And he lighted upon a certain place, and tarried there all night, because the sun was set; and he took of the stones of that place, and put them for his pillows, and lay down in that place to sleep.

And he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven: and behold the angels of God ascending and descending on it.

—Genesis 28:10-12
Daniel had understanding in all visions and dreams. —Daniel 1:17

O king, live for ever: let not thy thoughts trouble thee, nor let thy countenance be changed: There is a man in thy kingdom, in whom is the spirit of the holy gods; and in the days of thy father light and understanding and wisdom, like the wisdom of the gods, was found in him; whom the king Nebuchadnezzar thy father, the king, I say, thy father, made master of the magicians, astrologers, Chaldeans, and soothsayers; Forasmuch as an excellent spirit, and knowledge, and understanding, interpreting of dreams, and shewing of hard sentences, and dissolving of doubts, were found in the same Daniel, whom the king named Belteshazzar: now let Daniel be called, and he will shew the interpretation.
—Daniel 5:10-12

What are some examples of OBEs in scripture?
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It is not expedient for me doubtless to glory. I will come to visions and revelations of the Lord.

I knew a man in Christ above fourteen years ago, (whether in the body, I cannot tell; or whether out of the body, I cannot tell: God knoweth;) such an one caught up to the third heaven.

And I knew such a man, (whether in the body, or out of the body, I cannot tell: God knoweth;)

How that he was caught up into paradise, and heard unspeakable words, which it is not lawful for a man to utter. —2 Corinthians 12:1-4
What are some examples of OBEs in scripture?

It is Allah that takes the souls (of men) at death; and those that die not (He takes) during their sleep: those on whom He has passed the decree of death, He keeps back (from returning to life), but the rest He sends (to their bodies) for a term appointed. Verily in this are Signs for those who reflect.

—Qur’an 39:42

And with Him are the keys of the secret things; none knows them but He; He knows whatever is on the land and in the sea; and no leaf falls but He knows it; neither is there a grain in the darknesses of the earth, nor a thing green or sere, but it is noted in a distinct writing.

It is He who taketh your souls at night, and knows what ye have merited in the day: then he awakens you therein, that the set life-term may be fulfilled: then unto Him shall ye return; and then shall he declare to you that which ye have wrought.

—Qur’an 6:59-60
What are some examples of OBEs in scripture?

Know that these bodies are the coffins of the spirits and what beclouds them; they are what veil them so that they do not witness the spiritual world and are not witnessed. So the spirits do not see, nor are they seen, except through being parted from these bodily tombs (cf. Qur'an 102:2)—by becoming oblivious (fanâ) to them in their absorption in spiritual things [by entering meditation, falling asleep physically, and awakening consciousness in the internal worlds], not through physical separation [death]. Therefore since they have inner vision, when they become oblivious to witnessing [their physical] bodies then they witness the One Who gives them Being in the very act of witnessing [being conscious of] themselves.

—Ibn ‘Arabi, The Meccan Revelations
Are out-of-body experiences real?

Returning to the Mind and Life conference, in his conversation with [Harvard psychiatrist Allan] Hobson, the Dalai Lama raised the issue of knowledge obtained in dreams:

**Dalai Lama:** I know some Tibetans who lived in Tibet prior to the 1959 uprising. Before their escape from Tibet, they did not know about the natural trails and passes by which to get over the Himalayas into India. Some of these people I met had very clear dreams of these tracks and, years later, when they actually had to follow the actual trails, they found that they were already familiar with them because of the very clear dreams they had had previously. 

**Allan Hobson:** This is a so-called precognitive dream and there are many examples of this in the West as well. I would like to defer discussion of that until later, as it is an important question.

—Dean Radin, *Supernormal: “Mysticism and Miracles”* (p. 57)
A while later, the Dalai Lama returned to other phenomena that are taken for granted by the Tibetans:

**Dalai Lama:** There are certain people who feel they have out-of-body experiences while dreaming.

**Allan Hobson:** This has not been studied in the laboratory, but it is easy to imagine how such a state could arise since it is possible to hallucinate practically anything during dreaming.

The Dalai Lama continued to press the issue:

**Dalai Lama:** There are accounts of people experiencing this sense of leaving their body, actually perceiving things in the external world, and later being able to recall events that presumably took place there, even to the point of being able to read a book in someone else’s house. Has there been no scientific investigation of this type of testimony?

—Dean Radin, * Supernormal: “Mysticism and Miracles”* (p. 57-58)
Allan Hobson: That is correct, there has been no scientific investigation of these. But I would like to discuss this issue because I think that the issue of precognitive dreams, out-of-body experiences, and claims of previous lives, all have a problem in common for science... The question is: How can we advance any of these claims above the status of what we would call testimony and anecdote?

This exchange highlights a central problem in dealing with discussions of miracles. Scientists meeting with the Dalai Lama are undoubtedly interested in anything he has to say, but having been selected as scientific and scholarly experts in their fields, they probably feel a certain pressure to behave like experts, even when they don’t know what they’re talking about.

—Dean Radin, *Supernormal: “Mysticism and Miracles”* (p. 58)
The discussion panel’s answer to the Dalai Lama’s questions about reincarnation, precognition, and veridical out-of-body experiences might have been a more modest “I don’t know.” Instead, they asserted that science has not studied these issues, or they gave the impression that the reason there is no scientific evidence is because the beliefs are not true. In fact, there is substantial evidence, and the results confirm that at least some of the Tibetans’ beliefs are almost certainly true.

—Dean Radin, *Supernormal: “Mysticism and Miracles”* (p. 58)

The first episode of Netflix’s *Surviving Death*, based upon the 2017 book by journalist and paranormal enthusiast Leslie Kean, provides examples of this phenomenon. *Third Eye Spies* on Amazon Prime also discusses the CIA remote viewing program.
Are out-of-body experiences provable?

The Three Certainties

• The Knowledge of Certainty
• The Seeing of Certainty
• The Truth of Certainty
What are astral projections?
Who can astral project?
How do I astral project at will?
Ways to Experience the Astral

1. Conscious astral projection
2. Awakening in a lucid dream
3. Near-death experience
4. Death
What is the astral plane like?
What are lucid dreams?
How do I perceive the astral plane?
How does one navigate the internal worlds?
Is astral projection dangerous?
Can I get lost in the astral plane and not return to my body?
Can one be injured in the astral plane?
Can entities take over my body during astral projection?
Hypnos (Sleep) and Thanatos (Death)

How do we become conscious during dreams? What does it mean to awaken consciousness?

It is stated that a dream is nothing but a small death.
—Samael Aun Weor, Gazing at the Mystery

The most evil type of man... in his waking hours, has the qualities we found in his dream state.
—Plato, Republic 9:65
What are the different qualities of consciousness?

1. Sushupti: Profound sleep
2. Swapna: Dreaming sleep
3. Jagrat: Waking consciousness
4. Turiya: Spiritual illumination
Can machines, frequencies, synthetic sounds, and binaural beats affect the brain and awaken consciousness?

Can drugs, psychedelia, and intoxicants produce astral projections?
How do I interpret my dreams?

All traditions are precious pearls strung upon the golden thread of divinity. —Samael Aun Weor.
Should I use dream symbol dictionaries?
Can someone interpret my dreams for me?

A dream not interpreted is like a letter not read.
—Talmud
How do I know if a dream is real or not?

True illuminates have no dreams. Dreams are for those who are asleep. True illuminates live in the higher worlds, out of the physical body, in a state of intensified wakefulness without ever dreaming.

—Samael Aun Weor, “Mental Representations”
What can I do through astral projection?

- Receive divine teachings
- Explore the superior and inferior worlds
- Visit other planets
- Visit temples
- Invoke genuine spiritual masters
- Enact spiritual self-defense
- Negotiate your destiny with the Lords of Karma
- Face and conquer ordeals
- Enter initiation
- View the Akashic records and receive prophecies

Know thyself, and thou shalt know the universe and its gods! — Oracle of Delphi