Dream Yoga and Astral Travel

Lecture 2: Who Dreams?
What are Dreams and Visions?
Mysticism

Mystery (Greek) *mysterion*, originating from the root word *myein*, “to close the eyes,” relating to *mystikos*: “initiate.”

“Before the Soul can see, the Harmony within must be attained, and fleshly eyes be rendered blind to all illusion.”

—*The Voice of the Silence*,
H.P. Blavatsky
The Fifth Dimension: Eternity
Who dreams?
States of Consciousness

1. Sushupti: Profound sleep
2. Swapna: Dreaming sleep
3. Jagrat: Waking consciousness
4. Turiya: Spiritual illumination
The Line of Life

Birth → Death
The Line of Being

Superior Levels

Birth  \[\rightarrow\]  Death

Inferior Levels
The Line of Being

Birth

Superior Levels

Inferior Levels
Exercises

1. Every day, develop your self-observation from moment to moment. At the end of each day, reflect on how you did.
2. Every day, perform this preliminary meditation exercise. Carefully relax your body, heart, and mind. Observe an object, such as an image or a lit candle flame, without preoccupying yourself in thought, memories, or distractions. If you forget yourself, return to the object of the practice. Practice 10-15-minute sessions at least 2-3 times a day.