Dream Yoga and Astral Travel

Lecture 3: Who Doesn’t Dream?
What does it mean to awaken?
What can one do when awakened?
How do we awaken?

Who are those who no longer dream?
What are these beings like?
Why should we emulate the awakened ones?
The Line of Being

Birth  Superior Levels  Death

Inferior Levels
States of Consciousness

1. Eikasia: Profound sleep
2. Pistis: Dreaming sleep
3. Dianoia: Waking consciousness
4. Nous: Spiritual illumination
One needs to cease dreaming within the internal worlds. When we stop dreaming in the physical world, we awaken here and now, and that awakening appears in the internal worlds. —Samael Aun Weor, *The Revolution of the Dialectic*
Intuitive action leads us by the hand towards the awakening of the consciousness.

—Samael Aun Weor,

*The Revolution of the Dialectic*
If you are eating, eat; if you are getting dressed, get dressed, and if you are walking on the street, walk, walk, walk, but do not think about anything else. Do only what you are doing. Do not run away from the facts; do not fill them with so many meanings, symbols, sermons and warnings. Live them without allegories. Live them with a receptive mind from moment to moment.

—Samael Aun Weor, 
*The Revolution of the Dialectic*
Gnosis is lived upon facts, withers away in abstractions, and is difficult to find even in the noblest of thoughts.

– Samael Aun Weor, 
*The Revolution of the Dialectic*
First: time; how long did we remain cognizant?
Second: frequency; how many times have we awakened our consciousness?
Third: amplitude and penetration; what was one cognizant of?

—Samael Aun Weor, *Fundamentals of Gnostic Education*
Turiya

Nous is perfect awakened consciousness. Nous is the state of Turiya, profound perfect interior illumination. Nous is legitimate objective clairvoyance. Nous is intuition. Nous is the world of the divine archetypes. Noetic thought is synthetic, clear, objective, illuminated. Whosoever reaches the heights of Noetic thought totally awakens consciousness and becomes a Turiya.

The lowest part of man is irrational and subjective and is related with the five ordinary senses. The highest part of man is the world of intuition and objective spiritual consciousness. In the world of intuition, the archetypes of all things in nature develop. Only those who have penetrated the world of objective intuition, only those who have reached the solemn heights of Noetic thought are truly awakened and illuminated.

—Samael Aun Weor, The Perfect Matrimony
A true Turiya cannot dream. The Turiya who has reached the heights of Noetic thought never goes about saying so, never presumes to be wise; he is extremely simple and humble, pure and perfect.

– Samael Aun Weor, *The Perfect Matrimony*
Therefore let us not sleep, as do others; but let us watch and be sober. –Thessalonians 5:6

First seek enlightenment and all else will be added onto you.
–Samael Aun Weor, 
The Revolution of the Dialectic
Exercises

1. Every day, develop your self-observation from moment to moment. Also extend your mindfulness: the length of time that you are aware of yourself. At the end of each day, reflect on how you did.

2. Every day, develop your meditative concentration. Adopt a meditation posture, relax completely, then focus 100% attention on your chosen object.

3. Write the facts of your day in your spiritual diary.