Dream Yoga and Astral Travel

Lecture 4: Where Do We Dream?
Our Focus

- The multidimensionality of reality and psychological states.
- The Tree of Life: a representation of consciousness.
- The divine purpose of universal manifestation and development.
Where do we dream?
Our Multidimensional Nature
Do we see everything there is to see?

- 1 Dimensional: point becomes a line (sensations)
- 2 Dimensional: line becomes a plane (sensations, representations)
- 3 Dimensional: plane becomes a solid (sensations, representations, reasoning)
- 4 Dimensional: solid becomes a hypersolid (sensations, representations, cognizance, spatiality / auras)
Where do superior beings live?
Where do we experience other dimensions?

Most students are already so separated from nature that when they talk about astral experiences, they fall into the horrible aberration of wanting to establish an abyss between astral experiences and their dreams. These students despise their dream experiences, without realizing that their dreams are indeed the very astral experiences that they are looking for.

—Samael Aun Weor, *Igneous Rose*
The Basic Dimensions

- 7ᵗʰ / Zero Dimension: Spiritual World, Quanta
- 6ᵗʰ Dimension: Nirvana, Electronic World
- 5ᵗʰ Dimension: Eternity, Molecular World
- 4ᵗʰ Dimension: Time, Vital World
- 3ʳᵈ Dimension: Physicality, Cellular World
- Inverted 5ᵗʰ Dimension: Inferno, Atomic Hells, Inferior Worlds
<table>
<thead>
<tr>
<th>Density</th>
<th>Cosmos</th>
<th>Related Vehicles</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Protocosmos</td>
<td>Glorian, Ain Soph Aur</td>
</tr>
<tr>
<td>3</td>
<td>Ayocosmos</td>
<td>Trinity, Trimurti, or Trikaya</td>
</tr>
<tr>
<td>6</td>
<td>Macrocosmos</td>
<td>Innermost, Divine Soul, Human Soul</td>
</tr>
<tr>
<td>12</td>
<td>Deuterocosmos</td>
<td>Solar Electronic Astral Body, Lunar Molecular Astral Body</td>
</tr>
<tr>
<td>24</td>
<td>Mesocosmos</td>
<td>Solar Electronic Mental Body, Lunar Molecular Mental Body</td>
</tr>
<tr>
<td>48</td>
<td>Microcosmos</td>
<td>Body of Liberation, Body of Gold, Physical Body, Vital Body</td>
</tr>
<tr>
<td>96 - 864</td>
<td>Tritocosmos</td>
<td>Ego, Satan, Psychological Aggregates</td>
</tr>
</tbody>
</table>
Protocosmos

Πρωτόκοσμος (First Cosmos): The Spiritual Absolute Sun (1 Law)
Ayocosmos
Αγιόκοσμος (Holy Cosmos)
Infinitudé (3 laws)
Macrocosmos
Μακρόκοσμος (Large Cosmos)

Infinitude (3 laws) +
Galaxy (3 laws) = 6 laws.
Infinitude (3 laws) + Galaxy (6 laws) + Solar System (3 laws) = 12 laws
Mesocosmos
Μεσόκοσμος (Middle Cosmos)

Infinitude (3 laws) +
Galaxy (6 laws) +
Solar System (12 laws) +
Planet (3 laws) = 24 laws
Microcosmos
Μικρόκοσμο (Small Cosmos)

Infinitude (3 laws) +
Galaxy (6 laws) +
Solar System (12 laws) +
Planet (24 laws) +
Physical Body (3 laws) =
48 laws
Tritocosmos
Τριτόκοσμος (Third Cosmos)

Infinitude (3 laws) +
Galaxy (6 laws) +
Solar System (12 laws) +
Planet (24 laws) +
Physical Body (48 laws) +
Subconsciousness (3 laws) = 96 laws
Laws for Hell Realms

Lunar = 96
Mercurial = 192
Venusian = 288
Solar = 384
Martian = 480
Jupiterian = 576
Saturnian = 672
Uranian = 768
Neptunian = 864
Where do we dream?
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. Before sleep, perform this meditation: concentrate on your heart. Pray to your inner divinity to take you out of your physical body to study and experience the Tree of Life. Vocalize the following mantras while falling asleep:
   
   Lifaros – Lifaros – Licanto – Ligoria

3. Continue your spiritual diary. Recall, review, and record your dreams in it when you wake.