Dream Yoga and Astral Travel

Lecture 5: Why Do We Dream?
According to Freud all dreams, without any exception, are wish fulfilment. The wishes are actually of an immoral nature. They are revolting to the moral self, which exercises a control on their appearance. Hence to evade this moral censor the wishes appear in disguised forms. The dream mechanism is very intricate. Very few dreams present the wishes as they really are. Dreams are partial gratification of the wishes. They relieve the mental tension, and thus enable us to enjoy repose. They are safety valves to strong impulsions. Dreams do not disturb sleep but rather protect it. The irrationality and the immorality of dreams make the morality and rationality of our waking life possible.

—Swami Sivananda, *Philosophy of Dreams*
The above statement of Freud shows that we know our animal self in dream. But he does not say anything about the spiritual life being expressed in dream. This, it seems, has been done by Jung. According to Jung, a dream is not causally determined as was supposed by Freud, but it is teleologically determined [relating to the explanation of phenomena in terms of purpose, end, or goal rather than the function of its cause]. The repressed wishes alone do not explain all our dreams. A dream presents a demand to our waking consciousness. If rightly interpreted, it shows the way to be at peace with ourselves. The dreams of the neurotics not only reveal the repressed contents but they also suggest remedies for the cure. A series of dreams sometimes occur to a patient, which reveal the way to cure.

—Swami Sivananda, Philosophy of Dreams
Why Study Our Dreams?

The waking and dreaming states do not exist independently side by side as real units. Dreams are nothing but a reflection of our waking experience in a new form.

—Swami Sivananda, *Philosophy of Dreams*

Any direct experience is to be found associated with percentages of awakened consciousness. Normally people only possess 3% awakened consciousness and 97% subconsciousness or sleepy consciousness. Unquestionably, the first sparks of direct experience begin when one reaches 4 or 5% awakened consciousness. Now, let us distinguish between sparks and total plentitude, which are different. For example, someone who possesses 10% of awakened consciousness will have a greater percentage of lucidity than those who possess 4 or 5%.

—Samael Aun Weor, *Hell, the Devil, and Karma*
What We Are

- Essence
- Ego
- Personality
Essence
(Consciousness, the Soul)

“The intrinsic nature or indispensable quality of something, especially something abstract, that determines its character.”
Ego
(Selves, Defects, Vices, Errors)

“The self; that which thinks, feels, or acts” related to the Greek word "Εγώ (Ego)"
Personality (Cultural Interface)

Latin persōna (“mask; character”). Possibly from personō (“to sound through”) Ancient Greek πρόσωπον (prósōpon, “face; appearance; mask used in ancient theatre to denote a character or, more generally, a social role”)

All the world’s a stage, And all the men and women merely players; They have their exits and their entrances; And one man in his time plays many parts…
—Shakespeare, As You Like It
Identification, Fascination, Sleep
Mind (Projective vs. Receptive)  
Consciousness (Active vs. Inactive)

“For the wise, to imagine is to see.”

—Samael Aun Weor, *Sexology: The Basis of Endocrinology and Criminology*

[Psychoanalysts] say that desires stimulate or help the dream creation. But they do not know what supplies the material out of which they are made and what turns the desires into actual expression, enabling the dreamer to see his own suppressed desires materialised and appearing to him as real.

—Swami Sivananda, *Philosophy of Dreams*
Positive Imagination

- Insight
- Vipashyana
- Clairvoyance
- Awareness
- Spiritual Visions
- Translucence
- Visualization

Negative Imagination

- Fantasy
- “Spacing Out”
- Daydreaming
- Unconscious Dreaming
- Hallucinations
- Nightmares
- Hypnosis

VS.
Positive
Supraconscious
Conscious

Negative
Subconscious
Unconscious
Intraconscious

Heavens
Physicality
Hells
Subconsciousness

Related with memories; past experiences; mental formations in the personality
Unconsciousness

Formed by frustrated or unsatisfied desires
Hidden animal desires; perversity, traumas, and negative qualities of the lowest psyche.

Infracosconsciousness
Consciousness

The perception of things as they are.

“Only those who have achieved awakening in the superior worlds possess conscious clairvoyance.”

—Samael Aun Weor, Sexology: The Basis of Endocrinology and Criminology
Supraconsciousness

The perception of reality, it causes, and relations within multiple dimensions
When the doors of fantasy are closed, the organ of intuition awakens.

—Samael Aun Weor, The Revolution of the Dialectic
Exercises

1. Every day, develop your self-observation from moment to moment.

2. At the end of each day, adopt a meditation attitude, and as if watching a movie, review everything you observed, both inside of you and outside of you. Do not change the facts of what happened: simply remember the facts of everything you can.

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