Dream Yoga and Astral Travel

Lecture 6: How Do We Dream?
Our Focus

• Examine how dreams express and manifest within our psychology.
• Conserve and transform energy for the awakening of consciousness.
• Discriminate conscious, objective awakening from subjective psychological states.
Dream Logic and Awakening

No one has known himself truly, who has not studied his dreams. The study of dreams at once shows what a great mystery our soul is, and that this mystery is not altogether insoluble, as some metaphysicians supposed. Dreams reveal to us that aspect of our nature which transcends rational knowledge. That in the most rational and moral man there is an aspect of his being which is absurd and immoral, one knows only through the study of one's dreams. All our pride of nationality and morality melts into nothingness as soon as we reflect upon our dreams. There is logic in our dreams or rather the logic of our waking consciousness is just like the dream logic.

—Sivananda, Philosophy of Dreams
Impressions

From the Latin *impressio, impress,* “pressed in,” from the verb *imprimere,* to imprint.
An effect produced upon someone
A mark impressed on a surface by something
The Human Machine

IMPRESSIONS:
Imagination / Mind
Sight
Sound
Touch
Taste
Smell

Intellectual
Motor
Emotional
Instinctual
Sexual
Relative Speed of the Five Centers

- Intellect – slowest center of the human machine
- Movement – 30,000 x faster than the intellect
- Instinct – 30,000 x faster than the intellect
- Emotions – 60,000 x faster than the intellect
- Sexuality – 120,000 x faster than the intellect
The Bad Secretary

Psychological Mistranslation, Disequilibrium and Wrong Action

How do the ego and personality affect the five centers?
Our Psychological Center of Gravity, Abuse, and the Three Brains
Balancing the Five Centers
Sleeping, Subjective, and Objective Consciousness
Self-Observation and Filial Love: The Superior Centers of the Being
Visions and Astral Experiences
Exercises

1. Every day, develop your self-observation from moment to moment. Observe the energy it takes to pay attention. Also extend your mindfulness: the length of time that you are aware of yourself. At the end of each day, reflect on how conscious you were that day.

2. Every day, do this preliminary meditation exercise. Adopt a comfortable posture. Carefully relax all three brains (body, heart, intellect) and become perfectly still. Imagine a brilliant blue light in your heart while vocalizing the mantra O. No matter what distracts you, return to concentrating on the visualization. Do this for 30-60 minutes every day.

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