

Dream Yoga and the Astral World – Part 1

<http://www.GnosticStudies.org/Astral>

What is ‘Dream’ Yoga?

When we say the term “Dream Yoga”, it often brings up the idea of certain body postures that may (in some way) benefit or help our dreams. This is because Yoga is known (here in the West) as physical exercises, but really Yoga includes not just physical practices, but also mental and spiritual practices or disciplines as well. The Sanskrit noun योग ‘yoga’ is derived from the root *yuj* meaning “to attach, join, harness, yoke”. The Bhagavad Gita defines yoga as “skill in action” (2.50) So let’s think of Dream Yoga in a similar context: **being skillful in the Dream or Astral World.**

But what is the Dream World or Astral World? According to Gnostic Philosophy, when our physical body falls asleep: our consciousness leaves it in the Physical World (the “3rd Dimension”) and enters into the Astral World (or “5th Dimension”). There, in the Astral, it is able to move about the same way we can here in the physical. However, upon returning the physical body, many people do not remember their dreams at all, or claim that they do not dream, etc., while others can remember many details or are able to take control of their dreams and fly, etc.

So, why the difference? There are a few different factors that Gnostic Philosophy says will explain this, the most important of which is our Psychology and the State of our Consciousness. **Dreams are intimately related with our Psychology** and, therefore, it is important to include Gnostic Psychological studies if we are going to get something from our dreams.

Gnostic Psychology and the 4 States of Consciousness

Gnostic Psychology is very much interested in the Consciousness. Consciousness is defined in Gnosis as “a very particular kind of Apprehension of Interior Knowledge which is totally independent of all mental activity”. **The faculty of the Consciousness allows us to know ourselves.** In order to understand dreams and their significance, we need to understand the different States of Consciousness. There are four, which are the following:

- 1) “Sleep” or “Dream”
- 2) “Vigil” or “Waking” State (but really “Day-Dreaming”)
- 3) “Self-Consciousness” or “Self-Remembering”
- 4) “Objective Consciousness”

Almost all of humanity lives in only the first two states. One part of our life is spent in sleep and the other in the so-called vigil state, which is also sleep, but of a psychological type. People work dreaming, walk through the streets dreaming, people live and die dreaming. **When we come to the conclusion that the entire world lives dreaming, then we comprehend the necessity to awaken.** We need the awakening of the Consciousness...

So what Happens when the Physical Body goes to Sleep?

During sleep, the Consciousness (trapped within the Ego) escapes from the physical body. This departure is necessary so that the vital body can repair the physical body. The Ego takes its dreams into the internal worlds and occupies itself with the same things that fascinate it in the physical world. This is why we repeat, during sleep, everything that we do during the day. During their sleep we see the carpenter in their carpentry shop, the policeman guarding the streets, the barber in his barbershop, the blacksmith at his forge, the drunkard in the bar, etc. All these people live in the internal worlds as if they were in the physical world.

During sleep it does not occur to any living being to ask whether they are in the Physical or Astral World. Only by becoming accustomed to asking ourselves this question (from moment to moment) during the so called vigil state can we manage to ask such a question of ourselves in the superior worlds during the hours given over to sleep (while outside of the physical body). This practice will give us the 'Key of Discernment' and allows us to Remember Ourselves.

Sleep and Fascination in the 1st and 2nd States of Consciousness

The profound sleep in which humanity lives is caused by fascination. People are fascinated by everything in life and, thus, they forget themselves... People dream about everything that keeps them fascinated. The person who is fascinated does not remember themselves and, therefore, dreams in the Physical World and in the Astral World...

You should know that in the Astral World things appear very similar to the Physical World. We need to remember ourselves in the presence of every representation that could fascinate us. Let us pause before every representation and ask ourselves: "Where am I? Am I in the physical plane? Am I in the astral plane?" Then give a little jump with the intention of floating or pull one's finger.

If we do not make efforts to awaken, there are still exceptional moments when we can awaken our consciousness naturally, but these moments are very rare... They can occur in an instant of extreme danger, during an intense emotion, in a new circumstance, in a new unexpected situation, etc.

We Need Persistent Effort: Patience for our Gradual Development

As a rule, those who have recently entered Gnosis are full of impatience; they want immediate results, instantaneous astral projections, illumination, wisdom etc. However, reality is something else. Nothing is given to us as a gift. Everything "has a price" or has its cost. Nothing is attained through curiosity instantaneously, rapidly. Everything has its process and its development.

The process of awakening is slow, gradual, and natural. When the Consciousness has already totally awakened it is not something sensational, or spectacular. It is simply a reality as natural as a tree that grew slowly, which has unfolded and developed without sudden leaps or sensational events. Nature is Nature: *Natura non facit saltus* ("Nature does not make leaps").

In the beginning, the Gnostic student says, "I am dreaming". Later they exclaim, "I am in Astral, outside the physical body". In the beginning the manifestations are sporadic, discontinuous, followed by long periods of unconsciousness. Much later, the igneous wings give us continual uninterrupted awakened Consciousness.

Remembering our Astral Experiences and the Mantram "Raom-Gaom"

Upon waking from normal sleep, every Gnostic student should do a retrospective exercise, in order to remember all those places they visited during the hours of sleep. We already know that the Ego travels a great deal, going to where we have been, repeating all that we saw and heard. However, the Masters also instruct their disciples when outside of the physical body. It is urgent to know how to meditate profoundly and then practice what we learned during the hours of sleep.

It is necessary to remain still at the time of waking from sleep, because with this movement the astral body is agitated and the memories are lost. It is urgent to combine the retrospective exercises with the following mantram: **Raom-Gaom**. Each word is divided into two syllables. One should accentuate the vowel "O". This mantram is for the student like what dynamite is for the miner. Just as the miner opens a path through the bowels of the earth with the aid of dynamite, so too does the student open a path to the memories of the subconscious with the aid of this mantram.