Dream Yoga and the Astral World – Notes 2

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The Dream Yoga Discipline and Lifestyle Practices that can Help Us

Those aspirants who sincerely long for a direct mystical, experience must unquestionably begin with the dream Yoga discipline. **The Gnostic must be very demanding with themselves, and learn to create favorable conditions in order to remember and comprehend all those intimate experiences that always occur during sleep.** At the end of your daily routine, before retiring, it is advisable to pay attention to your internal state. Devotees whose circumstances make them lead a sedentary life will gain a lot if (before going to bed) they have a short, but very lively walk outdoors. A walk will relax the muscles, however, we must never abuse physical exercises; we need to live in harmony. Dinner, or the final meal of the day, must be light and free of heavy or stimulating foods. Foods that keep us awake or alter our sleep should be avoided.

The highest form of thinking is not thinking. When the mind is quiet and silent (free of daily routine and mundane anxiety) then it is in a state that is most favorable for the Dream Yoga practice. When the Superior Emotional center is actually working, the thinking process stops. The Superior Emotional center is activated with "Dionysian intoxication". Since February 4th 1962, the Dionysian Wave began vibrating intensely in the whole of Nature and its positive pole has two aspects: Voluntary Transmutation & Transcendental Mystical Ecstasy. Its negative pole is sexual debauchery & intoxication through drugs, the misuse of sacred plants, music that stimulates our defects, etc.

Dionysian rapture is possible when listening with infinite devotion to the delightful symphonies of Wagner, Mozart, Chopin, and others. True music comes from the Higher Worlds and has the power to awaken the consciousness in those Worlds. Music is the verb of GOD. It is better to cultivate the art of music than to waste time among the battle of reasoning (a lower form of thinking). Let us listen to Beethoven, Liszt, Schubert, Haydn, Mozart, Tchaikovsky, Strauss, Haendel, etc., with devotion. Beethoven's music is especially extraordinary because it makes the Superior Emotional center vibrate intensely. The sincere Gnostic finds in it a vast field for mystical exploration, for it is not music of the form, but of archetypal, ineffable ideas. Every note has a meaning; every pause is a superior emotion.



Beethoven, when feeling the cruel rigors and trials of the 'spiritual Night', instead of failing (as many candidates did) opened the eyes of his intuition to the mysterious supernatural, the spiritual side of Nature, to that region where the angelic kings of Great Universal Creations live. The musician-philosopher always had on top of his desk, in plain view, his Divine Mother Kundalini, the ineffable TONANTZÍN of Anahuac, or the supreme Egyptian ISIS. It is said that the great master had an inscription at the base of that adorable sculpture, written in his own hand, that mysteriously asserted: "I am she who has been, is and will be; no mortal has lifted my veil."

Revolutionary and inner progress becomes impossible without the immediate aid of our Divine Mother. Grateful children must love their mothers; Beethoven loved his greatly. Outside the physical body, during the hours of sleep, the soul can talk to her Divine Mother. In order to do this, we must follow with the Dream Yoga Discipline. Dream Yoga is extraordinary, marvelous, and formidable; nonetheless, it is very demanding. The bedroom has to be perfumed and ventilated, but not pervaded with the cold night temperature. After undergoing detailed and careful preparation for oneself, and for the room where one will sleep, then the Gnostic must take care of their bed. If we observe any compass, we can see that the needle always points to the North. It is then possible to consciously take advantage of the planet's magnetic current. The bed should be placed in such a way that the head is facing North, but if that is not possible, then let us choose the East.

Tips for Awakening Consciousness in the Superior Worlds

By combining as many of these tips together (along with the Key of Discernment), we increase the likelihood of awakening in the Astral:

1. Do some healthy exercise (such as a brisk walk) and this will help the body to relax at bedtime
2. Do not eat heavy or difficult to digest foods before bed
3. Take note of your psychological state before bed (and throughout the day)
4. Activate the Consciousness and the Superior Emotional Center with Classical Music (including Mozart, Beethoven, Liszt, Schubert, Haydn, Tchaikovsky, Strauss, Handel, Wagner, Chopin, etc.)
5. Work with your Divine Mother: create a relationship with her, pray and beg her for the help you need
6. Use the Three Primary Colors (Red, Yellow, Blue) to decorate the bedroom
7. If possible, point the head of the bed to the North or the East, and the mattress should not be too distracting if we move during the sleep
8. Use fresh, clean bedclothes (pajamas & sheets)
9. Incense or Perfume the bedroom: Camphor, Copal, Frankincense, Benzoin, Rose, Violet, etc.



10. Call on 'Morpheus' (the God of Sleep), asking him to teach us about the Mysteries of Sleep and to help us awaken in the internal worlds
11. Adopt a certain posture while the physical body falls asleep (either laying on one's back with the knee bent and hands on the solar plexus, or on the right side with the knees bent), etc.
12. Upon waking, do not move, but retrospect to remember the dream(s); one can and should mentally pronounce the mantram "RAOM GAOM" for assistance in remembering
13. Take careful note of the details of the dream(s) in your dream journal
14. If we cannot remember anything, then consider the first thought we had upon waking
15. Eat a breakfast with acid fruits, ground almonds and honey to help with dream memory
16. Periodically review the dream journal to find any reoccurrences
17. If you are still not able to remember dreams, then ask for help by praying and asking for a special operation to be performed (in the superior worlds by the "Nirmanakayas") to make this possible
18. Work with the 'beloved Maiden of our memories' for help remembering dreams:

    "Father of mine, thou who art my real being,
    I beg thee, with all of my heart, and with all of my soul,
    to take the beloved Maiden of my memories out from my etheric body,
    with the goal of not forgetting anything when returning into my physical body.
    And I ask all of this, only if it is in accordance with the Law and your will, Father."

    Then pronounce the mantram "LAAAA RAAAA SSSSSSS" while becoming sleepy.
19. Pray to 'Tonantzin' (another name for our Divine Mother) for help and in order to discover the Initiator Element: "TONANTZÍN, TETEOINAN, Oh! My Mother, come to me, come to me!..."
20. Work and pray in order to discover your Initiator Element, then use it to enter the Astral World
21. Use the Return Practice to enter the Astral World (can also be combined with Initator Element)
22. Practice Meditation before going to sleep (can be combined with Prayer to Divine Mother)