

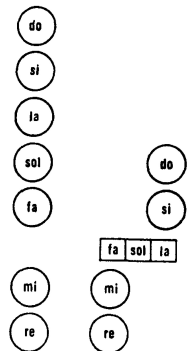
Dream Yoga and the Astral World – Notes 3

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

Different Types of Dreams and the Different Psychic Centers

Dreams have a diverse and specific quality, this is because they are closely related to each of the psychic centers of the human body. Thus, there are emotional, sexual, intellectual, motor and instinctive dreams. The more important dreams (the inner experiences of the Being) are associated with the two superior centers: the Superior Emotional and the Superior Intellectual. If we think of the Ray of Creation, and the Superior and Inferior centers, and the influences descending throughout this cosmic ray, then we must admit that some luminous vibrations appear. These intend to heal us, to inform us about the state in which we are and more.

The Superior centers send us messages, which we must learn to consciously grasp. Those select people who have had a moment of self-remembrance (in which they saw a common thing or person in a totally different way) will not be surprised that such moments have the same quality as one of those rare and strange dreams related to the two Superior centers. The meaning of such transcendental dreams matches the same level of the realization within oneself of the Ray of Creation and, in particular, of the 'Lateral Octave of the Sun'. The beginning of our realization of the deep significance of this specific type of dream, is the signal that some forces struggle to awaken, heal or cure us.



Dreams or Astral Experiences and Ordeals or Internal Tests

One of the first things you may start to notice (after you have been analyzing your dreams or astral experiences) is that periodically you have experiences that could be categorized as tests related with a particular ego. It is important to know that, in the internal worlds, Initiates are placed in other times, places, situations, and various sub-human or infra-human states of consciousness, where they don't even remember their studies, the Path, etc. This means that part of being on the Esoteric Path, part of the Work Upon Oneself, is that we will have internal experiences where we don't remember the Gnostic Esoteric Work at all. And we could say that the purpose of these Experiences is for us and the Adepts of the Superior Worlds to see where we truly are *psychologically*. Here are tests or ordeals related with the Four Philosophical Elements:

Fire: Proof of serenity & sweetness, the angry & violent fail this test.

Air: Test of fear & attachment, we must be willing to lose what we love the most.

Water: Proof of adaptability, we must be able to adapt to the various social conditions of life.

Earth: Test of adversities, we must learn to smile before all adversities and convert them into the best opportunities.

In addition to ordeals of the Elements, there are more tests related to the 9 Initiations of Minor Mysteries, including: the Guardians of the Threshold (there is one for each of the Astral, Mental and Causal Worlds). During one of these tests, the candidate has to invoke the Guardian of the Threshold in the internal worlds. This monster has all the horrible ugliness of our own sins. It is the living mirror of our own evils. The struggle is terrible: face to face, hand to hand combat...

Each of the 9 Initiations of Minor Mysteries are received in the intimate consciousness of the individual. If the student has a good memory, then they can bring the memory of those initiations to the physical brain. When the candidate's memory is not good, then one is unaware (in the physical world) of all that one learns and receives in the superior worlds. Those who wish to be aware of all that happens to them during the hours when the physical body is asleep have to develop their occult memory. The Retrospective Exercise should be practiced in order to help us recall those experiences which are of particular esoteric significance to us...

Practices and Tips for Astral Unfolding or Projection

Once we can remember our Dreams or Astral Experiences, then we can begin to do Astral Projection exercises. We can pray to our Divine Mother for help with this ability, but we must combine prayer with practices. There is a vulgar phrase which says “Praise the Lord and pass the ammunition”, and another way to say this is that we should ‘Beg God for assistance and strike with the hammer’, meaning: Pray and Work. There are a number of practices that can help us unfold into the Astral Body, and they all require that we direct attention towards Self-Awareness or Self-Consciousness. In addition to using the tips mentioned in the previous classes, all of the following practices incorporate the state of drowsiness or the transition between the 1st and 2nd State of Consciousness:

1. **Concentrating on any place:** Upon waking from normal sleep, one closes the eyes without moving, and vividly imagines any place. Do not imagine that you are imagining, this must be translated into facts, feel completely sure that you are in the imagined place. Unite the Willpower with the Imagination and the result is triumph. Then take a walk in the place that you are imagining with Faith. “Have faith as a grain of mustard and you will move mountains”.
2. **Getting up from the bed:** When the disciple finds themselves in the state of transition that exists between vigil and sleep, they should rise from their bed exactly the way a sleepwalker does. Before leaving the room, the disciple will jump with the intention of floating in the atmosphere. If the disciple does not float, then they get back into bed and repeat the experiment again.
3. **Concentration and Vocalization:** Fall asleep while concentrating on the Pyramids of Egypt and vocalizing the mantram “FA-RA-ON” like this:
Faaaaaaaaaaaaaaaa... Rrrrrrrrrraaaaaaaaaaaaaa... Oooooooooooooooooonnnnnnnnnnnnnnnnnnnnn...
4. **Mentally pronounce a mantram while falling asleep:** Choose one of the following mantrams: “RUS-TI”, “TAI-RE-RE-RE”, or “LA-RA-S” and syllabify them. When the disciple then feels within their brain a sweet and peaceful whistling (similar to compressed air brakes or the singing of bugs, something like the sound of little flutes), then the disciple should get up from their bed and head towards the Gnostic Church.
5. **Pray for Help:** Every disciple is assisted by a Guru. Before trying any Astral exercise, one should invoke the help of the Guardian Angel. Pray to your Internal God so that He may call the Guru.
6. **Daily Vocalization:** Those who have not yet been able to project the Astral Body with the keys we have given, are unable to do so because they do not have that power and so, they must firstly acquire it by vocalizing the mantram “EGIPTO” pronounced: “E-HIP-TO” for one hour daily. This mantram totally develops the chakras related with the projection of the Astral Body.
7. **Concentrate on the Master Tahuil:** Go to sleep with your head towards the North. Relax your body, invoke daily the Master TAHUIL and call upon the Adepts of the Order of Epoptae with the following prayer: “OM, I call, I invoke the Master Tahuil and the Adepts of the Order of Epoptae, so that they can take me out from my physical body and awaken me in the Astral.” The Adepts from the Order will educate us in the Astral World during the normal dream state.
8. **Concentrate on the Master Bagavan Aclaiva:** Immediately prior to going to bed, concentrate on the Sacred Order of Tibet and on the Holy Eight, calling the Master Bagavan Aclaiva (he will assist us to travel in the astral body). Some night we will be called to the Lodge of Tibet and we will be submitted to seven ordeals in the Himalayan Temple; when one is called, one is pulled by the feet so that one may present oneself in an upright position.



Since the Astral is governed by the Moon, Astral Projection is made easier with the Waxing Moon and a little more difficult with the Waning Moon. The ideal time of day for getting out in Astral is at Dawn (the Hour of Venus), but if we are not at a very pure level, then the Luciferic Currents pull us. Remember Venus-Lucifer which has two aspects, just as there is the Sacred Fire which rises (Kundalini), there is also the tempting fire which descends (Kundartiguador or Kundabuffer)...