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Tuesday

Somnambulism — sleepwalking

2024

February

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Private Worlds

Heraclitus says:

Men are as forgetful and heedless ^{showing a reckless lack of} care or attentionin their waking moments
of what is going on around them
as they are during their sleep.Fools, although they hear,
are like the deaf;to them the adage applies → a proverb/short statement expressing
that whenever they are present a general truth.
they are absent.One should not act or speak
as if he were asleep.The waking have one world in common;
sleepers have each a private world of his own.Whatever we see when awake is death,
when asleep, dreams.• You look wide-awake, but that is only appearance; deep within you the
sleep continues.• Even right now you are dreaming within. A thousand and one
thoughts continue and you are not conscious of what is happening,
you are not aware of what you are doing, you are not aware of
who you are. You move as people move in sleep.• Psychiatrists have investigated and come to the conclusion that
people commit murders as if they are in a dream — in a deep
sleep.