

Chapter 7. Who is Awake while Asleep

What steers cars into locomotion? The progression results are owing to the energy of the steam that powers the engine. Again, when the car stops temporarily, the energy of the steam continues to power even though there is no movement. Likewise, energy is always active, and under no circumstances it stops or waits for anyone. This mellifluous order of nature flows in a balanced manner amidst the incessant philosophy of the universe and inside every atomic and subatomic constituent of the constellation, within the harmonious torrential deluge, as if a latent power is always working beneath. This power manifests as “movement” within every material. This movement molds and shapes life itself, and redefines its form and features through the path of the continual flow of change. When a fan is running, a source of energy powers its motion. However, when the fan is unplugged, the source of that energy remains, but the external manifestation does not exist. A similar type of energy consistently functions in our brain and mind. The brain and the mind are never inactive. However, this is not easily discernible. When someone works strenuously in a conscious state, it is easy to perceive the presence of this energy. However, it is difficult to realize the continuous operation of the same power when someone is asleep. What does a dream state indicate when an individual is asleep? From this perspective we understand that sleep is nothing more than a condition of death. Every day, we cruise through the path of death while asleep, albeit for a short time. Through this dream state during sleep or a temporary death state, we are informed that there is an existence beyond death. This is not a fantasy of imagination but a reality proven with evidence. Numerous articles, books, and scriptures have been written on what and what does not persist after death. Many philosophers and orators have discussed and debated this topic, but were unable to reach any conclusion. This ceaseless eternal mystery has remained shrouded and no solution has yet been reached. However, through the dreams we see while asleep, nature indicates something exists beyond death. Given that there is something beyond death, have we ever been able to explore what or how it exists? Whatever remains is unknown and remains astray. Although it is not known to a great extent, it cannot be labeled as completely unexplored or uncharted. Although the body remains corpsed during sleep, the mind remains intact. Under such circumstances, how the mind functions is a different topic of debate, but we cannot postulate that the mind is not present during sleep. Hence, it is not that there is no evidence, and thus it cannot be assumed that nothing happened, nothing happens, or nothing can possibly happen beyond death. Nature foretells or

indicates this chronicle. Everyone reaches an age at which it is difficult to recall past events. However, this does not imply that such events have not occurred. This implies that the earlier events cannot be negated or invalidated. Living beings pass through many stages from conception to birth. However, we are unable to recall any of the stages that we had passed through. Why does this memory lapse occur? We should not have forgotten but we cannot register them. Just because we have forgotten it does not prove that we have not traversed these stages. A 2 or 3 day old child is surely able to see and hear, but they fail to clasp those impressions. Thus, it cannot be stated that, simply because the infant is unable to exhibit maturity, the baby does not ascribe to the power of comprehension. The infant also has these capabilities; however, it seems that the infant's mind waves are floating in an arbitrary state. It is natural for a person who is asleep to remain dormant. However, many things occur in dreams during sleep. In the dream, we visit many places, converse with people, and roam around, while we lay on the bed. We swim in our dreams and find that we catch cold when we become more conscious. How does this occur? Let us say that we are speaking and wandering while dreaming. Although not considered unreal or fallacious, it is genuine. If we consider a dream to be unreal or genuine, the events observed in the dream should not occur. If dreams were fictitious, how could we relate to the same event in the real world? Did we ever observe, after we wake up, we relate that "last night, in my dream I met my father, then I went to my village where I spent my childhood and met my school teacher?" At that point, the dream suddenly dissolved, and we woke up. If whatever was observed in such a dream is completely unreal, how can we register and describe events with precision once awake? Do we have the right to dismiss such dreams? We continued to work during this death-like sleep state. If we had not visited several places or met several people in our dreams, we would not have been able to relate to them once awake. The ability to continue working while asleep remains noteworthy. This natural gift is so profound that it is difficult to fathom. Many people sleep with unrolled eyes. Does one always observe everything when one's eyes are open with unfurled vision? No, not so. If our eyes are fully closed while asleep, how do we dream while sleeping? Our mouths remain locked while asleep; we still speak in our dreams. When asleep, the limbs are stationary, and all senses are muted; however, in the dream, we run, read, study, meet, and speak as usual. How is that possible? On waking up, how can we describe events encountered in our dreams? During sleep, the mind resembles a state of death. The sleep and death conditions are identical. Sleep is a miniature form of death. However, in the dream state, too, we were in a state where it was possible for us to act and do some work. We

remember most of the things we dream of. How do we remember? How can we relate after waking up? This requires deep deliberation. Nature relentlessly attempts to convey something through our dream state. Turbid water can be purified by passing it through active charcoal. The mind is treated similarly through dreams. In an awakened state, which is a conscious state, intellect and judgment are constantly impacted by the realities of life, which prevent the mind from achieving all that it desires. Thus, it becomes difficult to raise doubts or tribulations and to work with clarity and spontaneity. However, when asleep, one's mind can fly unbridled in the sky. At that time, whatever we think without impediments, it translates into reality. In this state of mind, we can walk over water, fly in the air, or do anything we desire. Nothing can prevent the mind from doing anything. It is as if the turbidity of the mind, laden with the doubts and tribulations of the awakened state, attains purity through filtration via dreams, and in that crystal, the clear state aligns with the speed of nature, and on its own, flows along with the unbridled speed of nature. The mind frees itself from a prison-like body and, as a free bird, flies spontaneously in the free sky. The mind in the awakened state can possibly feel its potential enormity and vastness for a moment through a dream in the sleep state. Hence, sleep is like a temporary death, whereas it is like a meditative state. One can return to an awakened state from the "sleep" meditative state; however, this is not possible once one reaches a meditative state of death. If we accumulate a year of sleep at a given moment, we will turn into a death state. When someone faints, dreams, or experiences delirium, does the mind have existence in the body, such as when in an awakened state? In this state, the mind was partially removed from the body. Hence, we do not remember or recollect all the events that occur in that dream state. In a meditative state, one does not necessarily remember all of that has occurred. A dream occurs during sleep. However, if dreams from 365 days of sleep were consolidated as one, where would the person's dream reach? How will the dream of that "sleep" state be that we usually refer to as "death"? The thoughts within everyday dreams remain fluid; they cannot solidify like ice. Hence, we cannot experience coherence. The events perceived in our dreams remain uncorrelated and haphazard. Often, we find no common thread that binds these events. However, do we know what happens to the consolidated dream from 365 days of sleep, as it emanates from the body? When the temperature falls to the freezing point, the water in the grasses, leaves, rivers, ponds, or anywhere around solidifies into ice. Similarly, the dream that solidifies at death enables one to see one's own corpse but is unable to enter in the same. A dream, which is in a "fluid" state during sleep, solidifies after death. At present, we dream of different

events; however, as they cannot solidify, we cannot respond. On the day, we can solidify the sleep of 365 days then we can respond strongly. The consolidation of 365 days of sleep results in death when one remains in the solid state. Thus, it is irrefutable that something transcends or surpasses death.

Based on the incontrovertible evidence that we can remember in the dreams that we see during sleep, the concept of a solid state was introduced. It is not significant what we discern from our dreams. If we could never remember the dreams we saw during sleep, we would have completely negated this postulate. Waking up, the events that happened in our dream during the sleep state makes us aware and tells “see how you are tossed around after death.” During sleep, we are conscious, as when we are awake. If the consciousness level during our sleep state can be combined with the consciousness level of our awakened state, events and activities that seem impossible to perform during the awakened state can be easily executed in our awakened state. Between the solid state attained beyond death and our current living state, death acts as a sieve. The ultimate state of sleep is death. Everybody dreams but what does this dream mean? The dream indicates that every day we wake up as a conscious being after a deep sleep; that is, every day after temporary death, we gain consciousness once we wake up. Moreover, while asleep, we were conscious, and after we woke up we could remember that. This is a phenomenal process! This remains a great gift from nature. Unless there is consciousness after death, one would not have been able to recollect such a conscious state while asleep even after waking. None of these is true or fabricated, as they can be derived from pure mathematical calculations. The fact that one is conscious while asleep is clear from one’s dreams. That we can remember about meeting our late father in the dream, what does that signify? It is as if Nature is telling us, “Please do not forget where I perch you while you are asleep.” This remains a great miracle for everyone. While we are asleep like a log, we cannot deny that many tos-and-turns happened within us. The events in the dream could be impossible or untrue, but how can we remember it once we wake up and feel sentimental about speaking to our late father? All these prove that after our permanent sleep, we will remain conscious. Therefore, when death occurs, will everything be concluded? An entity remains conscious within us. This entity, which is both conscious and aware, reminds us continually of death. If we remain awake and constantly aware of death, and remember the events that have occurred during our meditative state, even after returning to our normal state, that will be the ultimate gift. That day, events that occur in the meditative state are bound to happen in normal life; this is the law of nature. This meditative state graduates

through dreams and ultimately becomes a meditative state called “death”. What has been referred to as an “invisible mind” in scriptures and ancient philosophies has not been resolved yet. However, Nature has not played any hide-and-seek behind the garb of this “invisible mind”. Nature has kept its doors open in a transparent pattern. Nature beckons all and tells, “Know thyself! You have within you a priceless gift, explore it.” If we are unable to find it within us, is Nature liable by any means? Sleep is a natural gift. We may not be able to appreciate this gift, which allows us to easily doze off and fall asleep. Sleep is a meditative state and by no means is “ordinary.” Someone is snoring off in sleep, but is blissfully wandering around in fields and meadows in one’s dream, unperturbed. How can this state be explained? The consciousness is alert in our sleep, just like the car engine in an indolent state has its steam work running. Similarly, even after death, the steam work continues. If the “steam” referred to as life or consciousness had not been there, the change would not have taken place in the body after death. The existence of “steam,” or rather the lack thereof, results in the decay of the body in the natural course. Maggots are gradually formed in dead bodies. Any transformation indicates that the steam work is constantly running and consciousness is at play. The eyes, mouth, ears, and brain are nothing but light, air, and water. The steam of air, light, and water is not without the steam referred to earlier. In this way, we can refer to the mathematics and chronicles of Nature. We need to move from the concept of ‘Steam’ to ‘Cream.’ A child dreams, but cannot remember or recall it. Hence, for this child, the visual form of the dream remains fluid. Therefore, no creams are formed. We should not be ignorant as children. We should follow and progress by utilizing the indication of consciousness that is informing us through our dreams during our sleep as every day progresses. By removing our ignorance, we need to tune our real identity to universal consciousness and transcend beyond our “self”, devoid of ignorance. We must consolidate our minds from the current fluid state to a frozen solid state. Nature desires that each living consciousness freeze into a solid state, such that birth and death cannot usurp it. Seeds germinate from trees and eventuate to trees. Will living beings become entrapped in the vicious circle of life forever? Is the primary purpose of nature’s decay and disintegration to entrap living beings into the cycle of birth and death? Not so. This does not satisfy the purpose behind creation. Nature desires each living being to rise above decay and disintegration to come out of the entrapment circle of life. This is the main purpose of the creation. Thus, this understanding is precious to everyone.

With age, hair turns gray and then falls off. Simultaneously, the mind matures. Nature desires

that we be aware of our mental maturity. Nature requires us to understand whether we are maturing well, to graduate with a solid state. Now we are unable to solidify our dream, but once we solidify, we would realize that “I am presently here, and also coexist millions of miles away.” Once we can transform into a solid state, we will be able to go anywhere and do whatever we want to do, according to our desire. There will be no issue and the easiest task to do. If we can conduct such fieldwork, dreams can consolidate and solidify us. If we can undergo this transformation, that is, unify the state of the mind attained in the dream state when asleep, with the mind when it is awake, our will-power will increase. In this state, flying in the air, walking, or running in water would all be possible. All impossible tasks will seem to be possible. The concentration of the mind increases significantly during dreaming; hence, if we can continue that state of mind while awake, many things become possible. In dreams, we become conscious and think “am I dreaming?” If this state of consciousness can be merged with the state of mind while awake, the job is completed. In our awake state, if we constantly think “I would like to see my sleep state” and if we are able to visualize the same, our consciousness while in the dream state will merge with the consciousness of mind in the awake state. Even momentarily we can think, “Let me check if my sleep is all right,” we will progress a lot. If we can extend this momentary realization, by and by we can perceive our state of consciousness beyond death. Think for a while about how each one of our own minds, at every moment, responds to our personal queries. We constantly interrogate ourselves but we are not distinctly aware that our mind is constantly brainworking. Without us realizing, Nature makes us aware distinctly that our soul is in constant interrogation being completely separate from our body. We are distinct entities within our mortal bodies. That we are seeing or speaking—Who is seeing or speaking? We cannot identify that “being.” Who plays the theatrical part of us in the chamber of our body? Consciousness, though resting on us, is distinctly separate from our body, just like mercury on a dish does not intermingle at all.

Our true self, which we refer to as “ours,” can, within a moment, leave our body without us being aware of it in any way. We cannot perceive when our soul leaves our material body within a fraction of a moment without our consent. This partly manifests in our dreams. The body is used as a carrier. The body does not serve any purpose. It is just like a coworker of our true self. This is why once the true self escapes from the body, it becomes purposeless. The true self is that of the Supreme Master. Hence, eyes see, ears hear, and tongue tastes, only if the true self is present. The body itself does not own anything. If the body truly owned anything, one would not have been able to see by transplanting parts of the eyes from others,

or would not have been able to function with the transplanting of the heart or kidney. Does this body have no purpose at all? Are the numerous forms and manifestations of the infinite universe unnecessary? Is it possible that these numerous manifestations of the universe do not possess supreme gratification of its entity? What do changes and transformations from one form to another indicate? Space, with its emptiness, wants to solidify through form. As if, the emptiness is announcing through the forms— “May I draw a solid shape using these forms.” It is hosted within the body as if, with its sole purpose of taking a form and acquiring solidification through transformation. Emptiness, in the form of ‘Sense,’ is sitting in its body chamber, with batteries fitted to its eyes to observe, and fitted to its ears to hear. This is manifested in queries, responses, discussions, and deliberations. Although it is situated within our bodies, it has a completely different identity. Binding and confining one’s true self surpasses the capabilities of any technique or technology. The thought that continually flows into our mind is our true self. This true-self resides in our body but remains completely detached; and on death, it leaves our body. Once it leaves the body, everything ends there. The eyes, ears, nose, tongue, and everything remain, but none can function anymore for us. The “thought” that leaves the body solidifies. This process is referred to as “death”. The entire universe is alive. How does life emanate from emptiness? This emptiness is “sense,” it is consciousness. For this reason, the universe is conscious. This “senses” desires to freeze and solidify. Nature relentlessly indicates the solidification process. Hence, everyone wants to remain fit, wants to eat well, wants to stay well. In other words, everyone desires satisfaction and peace. Everyone wants freedom from turmoil, dejection and desolation. All these are materialistic approaches. This approach is unconsciously stipulated to the path of solidification. Have we ever pondered which universal tune drives them to seek satisfaction, harmony, or peace? This represents the internal tuning of each individual. Within every matter, knowingly or unknowingly, there is an inherent hurry to attain such peace and, in this desire for harmony, the “tune” arises from within time and again. During their lifetime, everyone tries to solidify this tune in their own way. Hence, everyone desires peace, satisfaction, happiness, healthy and good living. All desire to live peacefully, but no one will live forever, all will have to die. Our father and forefathers have gone and we will be gone too. No one could be returned after death. Why is it impossible to bring anyone back from death? The milk is to be created here from this water hyacinth. Hence, this milk does not yield butter. After a lifetime of pain and sorrow, the soul departs. Solidification did not occur, and all were engaged in work that did not yield butter, and hence their consciousness could

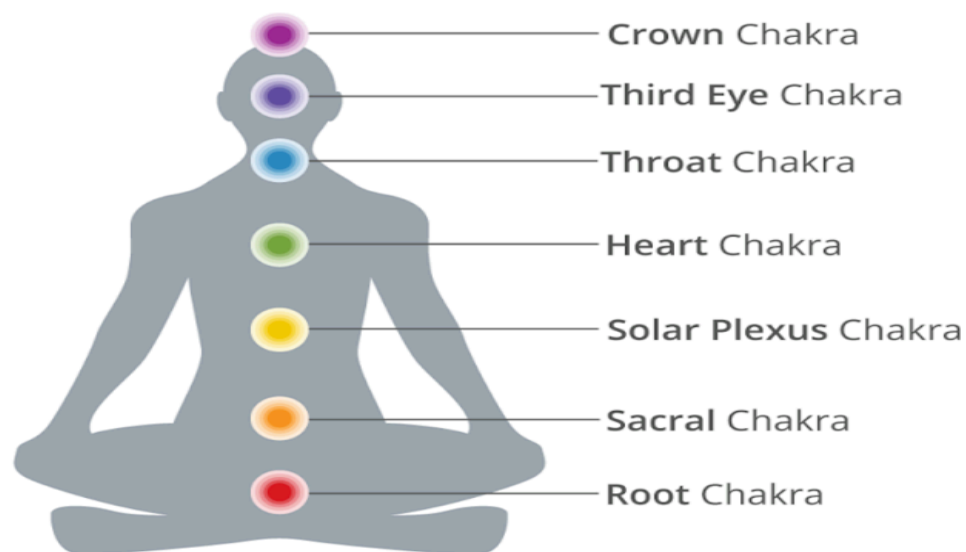
not consolidate. They could not consolidate during their lifetime. Nature is trying to point out and teach– “Observe and learn. Do not waste time. Study the chronicles of nature, follow it, and row in step with it”. If we succeed, we will be able to consolidate our true self just like butter in this eternal Void, and travel wherever we desire. Thus, we can easily exist gracefully amidst the bosom of nature with our solidified entity. The ultimate desire of each of us in this life of desire and want is to attain infinite peace, and this is the only path to it. The ultimate aspiration and perpetual endeavor to accomplish that ultimate tranquility can only be achieved through this only path. We have been collecting seashells on the beaches of the ocean of life; did we manage to get any pearls yet? This means we would not be able to attain ultimate peace in this way. This is not the path that will lead us toward the ultimate world of serenity. Our heart beats and makes a ‘Lub-Dub’ kind of sound; the Sun also makes a similar sound – the “desire for ultimate peace.” This was not the ideology of the material world. However, this desire is not confined here. This desire for ultimate peace is found everywhere universally and within each entity; it is also a message from this universe. This is a message from the far, and a signal from the deep. If our heart is attuned to the beats of the transparent and pure tune of Nature, then it needs not get entangled with immoralities here. The tune within us is constantly echoing these words. The crafted words would not have stood the test of logic and could not have been accounted for authentication. But these words have been proven with testaments of reality and with corroboration of testimony. However much we try to camouflage or hide, this tune will express itself knowingly or unknowingly. Similarly, with all our comfort and earthly desires for such comfort, we remain unhappy, insatiable and restless throughout our journey. Thus, all remained desirous of ultimate peace. Through this, Nature is trying to remind us in many ways about God. Even after being so privileged, everyone remains unsatisfied, unhappy, regretful and feels dejected; all these talk about emptiness and enunciating that desolation. There is contentment only for a moment, and then again we feel dissatisfied, abandoned, and deserted. Thereafter, none of the satisfaction is permanent. Near and dear ones, break the bond of love, die, or go away. They disappear into the emptiness and depart to the nothingness. There are no Gods or Goddesses there, but “something” emerges in this “nothingness.” Absolute fullness is manifested in this profound emptiness. That is why arrows are inscribed even in our body parts, leading or indicating us towards the greater and bigger disposition of Nature. At every turn, wherever there is danger, there are such warnings. In this journey, the arrows reprimand wherever we feel the possibilities to get threatened. Nature is continually providing us direction. All directions

allow us to reach the final destination. In life, the instincts of individuals act as an arrow of Nature which needs to be understood in order to proceed ahead. Still, when it imposes impediments while making progress, it means the differences in the senses that we encounter, is to help us develop our senses. For this reason, consciousness is naturally provisioned and approved within each one for our inner reasoning. Any of our actions that violate the “inner reasoning,” will fail to reconcile in our records. Our actions that are driven by greed, attraction, and lust will always lead us towards that downfall as it fails to maintain harmony with the tune of Nature. On the other hand, if our “inner reasoning” is in tune with the tune of Nature, we will be able to consolidate and solidify. Nature is always letting us know “do this and do that”. We are all able to understand if we are doing it right. Yet, we let our greed, attraction, and lust overpower our senses and we end up doing what we desire. As we fail to pay heed to the “inner-reasoning”, we fail to receive responses from the “inner-reasoning.” Therefore, it is not possible to consolidate and solidify.

Every form in Nature comprises numerous elements. The sweet dishes that we happily devoured come from cottage cheese. Cottage cheese was processed from milk. The milk that comes from cow’s udders is composed of blood, muscles, sperm, grass, air, light, water, etc. along with the amalgamation of many things. Similarly, everything in Nature takes shape. Nature always desires and tells us, “Bring me to a shape.” Starting from the human body to any living form, the body is an instrument for giving a shape to the Void. This is the only instrument that can subjugate the shape of emptiness. Emptiness is the Void; if it evacuates there is nothing to hold on to. But if we can decipher the chronicles of Nature, and follow its directions closely, it is possible to capture the emptiness. The air comes from this emptiness and water has the air dissolved in it. If we freeze the water, the dissolved air within the water is locked and solidified. This way the consciousness that manifests across the universe is taking shape and solidifying. This universal sense is merging with the sense of our “inner-reasoning” and like an essence spread everywhere. Those who can play the chords of their body-harp through seven centres appropriately, can lead a life following their “inner reasoning”, the desire or will to be overpowered by the greed, attraction, lust attenuates and do not remain for long. When the sense itself solidifies, then the acts of speaking, movement, having tasty food, all solidifies. If we can solidify once, whatever we are experiencing here will have analogous symptoms, beyond death. Here, we are able to go from one room to another at our will; even in the next stage we will be able to go from one planet to another at our will. We will be able to control everything leveraging our consciousness and senses. We

are performing our duties, serving our responsibilities towards others, exchanging pleasantries with others, welcoming guests, etc. All what we are doing is being done by leveraging that “sense” of ours. If we are able to solidify and freeze this “sense” of ours, then our inner-power will increase millions of times more. If we can solidify and lock the emptiness, we will be able to move around from moon to stars, from one constellation to another with ease. Our shape, our inner-reasoning, will remain preserved as we move around. If needed we will be able to guide ourselves, the shape and form will remain under our command, and we can do whatever we desire. All work can be accomplished through those senses. The emptiness can only be solidified using this body-harp³. At that time, we would be able to realize the infinite power of our gifted body-harp. Hence, we need to consolidate, solidify, and do whatever we can in time, while the body exists. It is as if we can see ourselves. How great this power is! We are unable to appreciate it because we are getting everything effortlessly. Nature incessantly alerts us– “Do not waste time”, as it is our spiritual currency. We will have to leave everything behind and depart from this planet. Why are we wasting our time on something that shall perish? By proper tuning of our individual consciousness to the universal tune and walking hand in hand we can get attuned with our “inner- reasoning.” In doing so, we will be able to unchain the circle of life forever and successfully accomplish the real purpose of creation itself.

Derived from Booklet ‘Ghume ke jaage’ Translated by Brother Sumit Misra



Seven Energy Centers of the Body

³ Body-harp represents the human body as an instrument which needs to be aligned in harmony with the eternal tune of the Cosmic Void through a ‘tuning’ process.