

said to be in the deep sleep state. The waking state and dream state experiences are present in the deep sleep state in the ‘unmanifest’ or the seed form. The seeds when manifested at the subtle and gross levels give rise to the dream state and the waking state respectively. In deep sleep it is like the seed going back to the seed.

When a man is in deep sleep, all the activities of his intellect, mind and sense organs are temporarily at rest. This state is known as the state of the ‘unmanifest’ (avyakta) because neither Reality nor the world of objects, emotions, thoughts is manifest and available for his cognition. In short, it is the state of non-apprehension of Reality. The experience of the individual in this state is, ‘I do not know’. Complete ignorance is the characteristic of this state, for where the intellect is arrested, the intellect projected objective world will not be there. The total absence of all kinds of knowledge is directly experienced in deep sleep by all creatures, everywhere. This level of pure and complete ignorance and total non-apprehension, is the causal body.

