

Dreams and Spiritual Consciousness

Inducing Consciousness



Dreams and spiritual consciousness begin at night. It is very important that at least one hour before we go to sleep, we stop taking in stimuli. Inducing consciousness at night means we don't eat, we shut down the computer, we don't turn on the television, we don't start dialing the phone. We either take a quiet walk, or we sit in a quiet place in our house, or outside, and meditate. Quite independent of all that

stimuli in the outside world, we try to become aware of something silently pulsing within us. This is the invisible life force.

It is this invisible life strength we must learn to connect with every day. We can only feel it when we allow ourselves to be silent, when we disconnect ourselves from the outside world. Instead of running away from silence or filling this silence with all our frenzied activities, we surrender to the quiet, bask in the silence, and become aware of one simple fact—we are alive.

Though some people connect with the silent life force every minute of their lives, we will start connecting with it, only in the evening, one hour before we go to bed. We imagine that the quiet is light and we are bathing in light. It comes in from the top of our heads, washes our eyes, our nasal passages, our throats, our hearts. We soften our hearts, and wash out the anger, the bitterness, the irritations and sorrows it seems to be full of. When we feel lighter, we can go to bed and be assured of a good night's sleep.

Dreams and Spiritual Consciousness II



Once we have learned to detach ourselves from outside stimuli, once we have cultivated calm and joy, not only for ourselves but for others, we have begun to cultivate a state of mental clarity. If we are in this state of clarity when we go to sleep, we might be able to receive divine messages in dreams.

I use the word "might" because we learn from The Book of Kings in the Old Testament that there were schools of prophecy which prepared aspirants to see the future and to receive messages in dreams. because we learn from The Book of Kings in the Old Testament that there were schools of prophecy which prepared aspirants to see the future and to receive messages in dreams.

The prophet Samuel may not have gone to one of those schools, but we do know that he was apprenticed to Eli the prophet as a young boy.

Finally, after years of work and preparation, and self-purification, one night when he was sleeping he heard a voice calling him, "Samuel, Samuel!" Not drugged by the heavy sleep which clouds our consciousness, but in a state of passive alertness, he got up and went to Eli. "You called me?"

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"No," Eli said. "What did you hear?"

Samuel said, "A voice called me twice by name."

Eli nodded his head. and said to Samuel, "Go back to bed and lie in a state of readiness. If you hear the voice again, say, "I am here. I am ready. I am prepared."

If we are clear-minded, with pure intentions we may be lucky enough to receive divine messages too. These messages may point to actions we can take, or correct ways of thinking which will help us along in self-transformation. When you have this sort of transformative dream, you will know it. You will know if you have been given a spiritual gift if you wake up feeling deeply touched, touched to your marrow like the King of Khazars. You will know if you hear a voice giving you a lesson, or if you see a striking image. You will know if the dream keeps repeating itself.

Dreams and Spiritual Consciousness III



When space, joy, quiet and blessings become a part of our life, it should begin to influence our actions.

There is a beautiful legend about the ancient king of the Khazars, who ruled over an empire in the Ukraine and Russia. His spiritual awakening caused him eventually to convert to Judaism, and to convert his subjects too. The medieval Spanish Rabbi, poet and philosopher Judah Halevi enlarged upon this legend in his Book of the Kuzari.

The King of Khazars had a dream, and in this dream an angel spoke to him. "Your way of thinking is good, but your way of acting is not good!" The King woke up touched to his marrow. "How is my way of acting not good?" He examined his beliefs and found no fault. But the next night, and the night after, and every night after that the dream returned, and in this dream he heard the voice of an angel say "Your way of thinking is good, but not your way of acting!"

So from his dream, the King of Khazars began a process of self-transformation. Of course, he was on a very high level to begin with. In his dreams, God communicated with him through an angel, and the King recognized this. Despite his power and wealth, or because of his power and wealth, he lived in a state of thankfulness. Prophetic insights come only in a state of clarity and joy.

There are several lessons we can learn from this story. In order for us to get prophetic insights, we have to cultivate this state of thankfulness and this comes through meditation and contemplation and a proper dream life. There is another lesson too-- our intentions may be good, even excellent, but our actions must be equally good and excellent too. The time has come for us to bring the fruits of our meditations into action.

If we have learned to wish someone well, if we have widened our hearts, we can now try at least once a week to do some kindness for another person, someone outside our family circle. Maybe we can go to the local hospital and visit one lonely, ailing person. Maybe there is an orphanage, and a child we can connect to. Maybe there is a charity we can give to once a week, either from hard won money or from our precious time. Once a week we make it a habit to actually try to bring light into someone's life.

One of the miseries of modern life, is we are self-indulgent and self-absorbed. Did you ever notice that the mentally ill only think about themselves? The word "I" and "me" sounds again and again from their mouths!

In our post-modern world we are all a bit mentally ill. We are all autistic. But we can heal ourselves and bring comfort to others too.

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