

The amazing thing about sleeping and dreaming is that we spent one third of our lives in this condition and yet to most of us the time spent in sleep is rarely noticed or wondered at unless we are unable to sleep properly. We, in fact, take sleeping and dreaming for granted, without understanding it and we think little of these mysterious processes. But as with all things of creation sleeping and dreaming have purpose and meaning.

During sleep our astral body and ego leave the physical and etheric bodies or in other words our individuality leaves the sleeping body in a similar way as happens in death except that we return every morning to the same body. Every night we are born into the spiritual world but without spiritual organs of perception we do not have any recollection or consciousness of our sojourn in the spiritual world except for the seemingly chaotic echoes of our deep sleep experiences that are reflected in our dreams. It is actually is a blessing that we don't enter the world of sleep consciously unless we have sufficiently prepared and strengthened ourselves with an enhanced spiritualised love otherwise much suffering and pain can follow.

Whilst we sleep the following occurs: -

- Our karma is fine tuned for the immediate future (before birth our karma is broadly worked out for the coming life but is refined in detail each night in cooperation with spiritual beings).
- We prepare ourselves, from the previous day's experiences, for our life after death in kamaloca - we re-experience our day's activities and new karma begins to take shape. There is a close correlation with the time we spend sleeping with the time we spend in 'kamaloca' after death.
- We review our previous lives here on earth.

Whilst we dream the ego /astral bodies partially reunite with the physical and etheric bodies and here there is an encounter of three worlds. **Firstly there are recollections from the ordinary physical waking experiences, secondly from the soul world and thirdly from the real world of the spirit.** The physical/etheric bodies are still active and information from the spiritual and soul world is able to unite with the vibrations of the physical/etheric bodies to produce seemingly chaotic dreams. The reason why dream pictures can appear absurd and kaleidoscopic is because the images are derived and intermingled from the three different realms and the soul and spirit realms are subject to other laws other than the laws of nature. Yet there is intelligence behind dreams only we need the key to interpret them.

In a series of symbolically pictures dreams bring out man's true nature and spiritual beings can communicate through dreams. When anyone takes his dream experience in the right way, his self-knowledge will be greatly enhanced and it can present a window into the spiritual world. On the other hand dreams also have the power to lead people into the greatest imaginable illusions if not approached in the right way. The loftier types of dreams which emanate from spiritual realms communicate, warn, exalt, guide and encourage people in countless ways so as to set them right. The dream can be a message concerning one's past and future but one must be observant and vigilant because of the overabundance of overwhelming sense impressions upon awakening can smother these dreamlike communications ( as happens to most of us ) .

Dreams can give solutions to deep problems that one has been ardently struggling with and there are countless historical cases of remarkable solutions emanating from dreams. Here we can see that the spiritual world can fulfil world karma through dreams.

Many religious pictures and stories have originated through dreams and assist in the guidance of mankind. Mystics and spiritual teachers from every religion likewise perceived within their dreams spiritual events, symbols and beings in a manner suited to that religion so that the followers could progress.

Nature's way of thinking is not like a man's intellectual thinking - it is a dreaming. Out of this dreaming the forces of our digestion and of our growth are guided, and everything is given form. Take the seed of a plant - in it a dream is dream weaving. Go out on a still day into a forest and sit quietly and observe your surroundings and one can experience the dreaming weaving in the surrounding growth of the trees. One can say that in nature higher beings (devas) are consciously dreaming the world's existence.

Dreams present a realm of spiritual study, which helps us to form part our evolutionary journey.