



The Astral World & Dream Yoga

Each night when we go to sleep our essence or consciousness leaves the physical body and projects into the astral plane. With the practice of dream yoga we can begin to remember the experiences that our soul receives while outside the body. As our dream memory improves we can begin to also awaken in these higher spiritual worlds and learn the sacred symbolic language of dreams that form in the astral dimension of the cosmos.

The dream yoga practice requires discipline and that we record our dreams in a note book, meditation exercises, posture, mantram, imagination, to develop memory and mystical emotions, to make our bedroom a sacred space and to be relaxed and to have a healthy physical body.

“This inner, invisible world is much wider, and it contains many more interesting things than the external world, to where the five windows of the senses are always opened. Many dreams relate to the place where we are, in the inner, invisible world from which the diverse circumstances of life come forth. The language of dreams is accurately comparable to the language of parables.”

~Samael Aun Weor

...“Those candidates who sincerely long for a mystical, direct experience must unquestionably begin with “Dream Yoga” discipline. The Gnostic must be very demanding with himself, and learn to create favorable conditions to remember and understand all those inner experiences that always occur during sleep. Before retiring to your bed at the end of your daily routine, it is advisable to pay attention to the state you are in. Devotees whose circumstances make them lead a sedentary life will gain a lot if, before going to bed they have a short, but very lively walk outdoors. A walk will relax the muscles. I must clarify, however, that we must never abuse physical exercises; we need to live in harmony. Supper, or the final meal of the day, must be light and free of heavy or stimulating foods. Foods that keep us awake or alter our sleep should be avoided. The highest way of thinking is non-thinking. When the mind is quiet and silent, free of daily routine and mundane anxiety — it is then in a state that is one hundred percent favourable for the Dream Yoga practice. When the Superior Emotional centre is actually working, the thinking process stops, at least for a brief moment. Evidently, the cited centre is activated with Dionysian intoxication.”

-Samael Aun Weor, from the Secret Doctrine of Anahuac.