

Why do we dream?



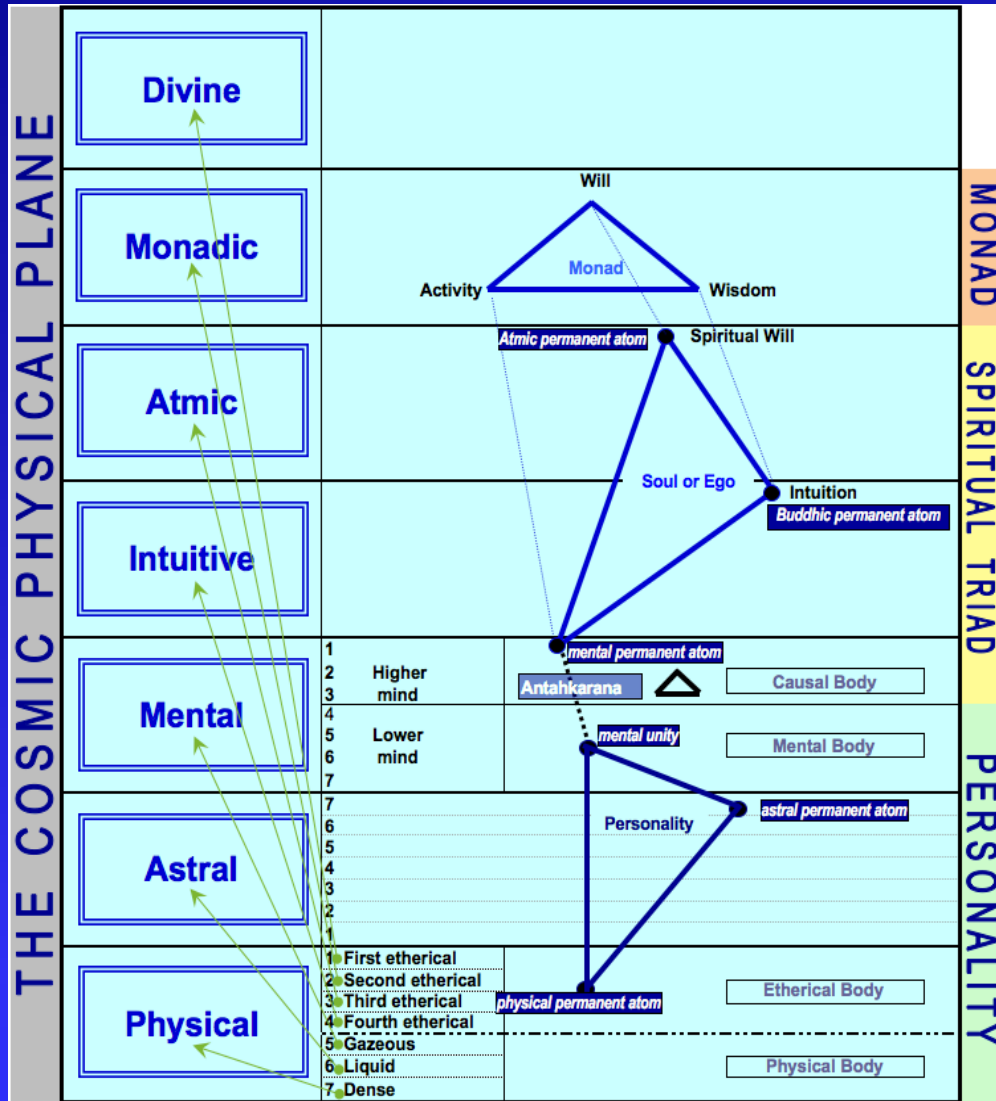
Source

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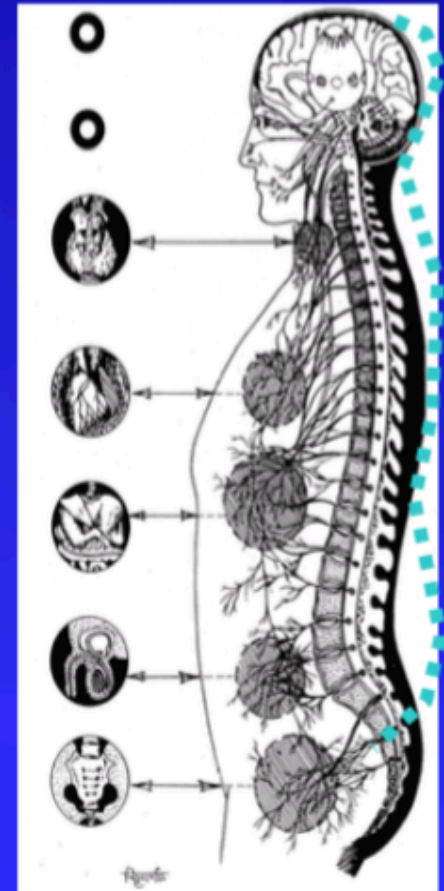
The New Psychology, part II

From p. 493 to p. 512

THE CONSTITUTION OF MAN



Pineal gland
 Hypophysis
 Thyroid gland
 Thymus gland
 Pancreas
 Gonad
 Adrenal glands



Explanation of the Diagram

- The diagram shows the **cosmic physical plane** with its seven regions. Each area has seven sub-planes. As humanity, we have only to deal with this cosmic physical plane.
- **Man** has the same constitution in micro. As a field of observation the chakras correspond to their respective areas. As above, so below.
- The three lowest levels (physical, astral, mental), unto the fourth sub-plane of the mental plane, form the **personality**. The physical, astral and mental bodies are the bodies of perception through the senses.
- Starting on the third plane of the higher mind the bridge (**Antahkarana**, light channel or Rainbow Bridge) to the four higher realms is formed. Although these are beyond our sensory perception, they are experienced as a gradual comprehensive **awareness** in the **brain**. This is the area of the **Soul** and **Monad**.

Explanation of the Diagram - continued

- The last five major steps in the **Evolution of Consciousness** are taken consciously. The consciousness-thread is always present, but is only activated when the **soul** makes contact with the **personality**. This process begins shortly before the first initiation, by purification of the physical body and by meditation, being the reciprocal process of contacting the Higher Self or Soul.
- We experience the progressive and comprehensive awareness as a **telepathic activity** on an ever higher turn of the spiral. This goes along with a wider sense of **responsibility** and **service** in daily life.
- The order here is: mystical experiences, intellectual development and the integration of these in the next lives to occult activity, the study of the Evolution of Consciousness (the theory of the Ageless Wisdom is discussed in "The New Psychology"). One becomes a conscious channel of light, in order to facilitate **contact** between the **Spiritual Hierarchy** and **Humanity**.
- The Antahkarana gradually becomes more enlightened, as upright with the conversion of the chakras, coarse matter into ethereal, sub-etheric, sub-atomic and atomic substance. The whole process must be recorded in the brain; one becomes **aware** of this in **everyday life**.

Introduction

Dreams are very important in psychology. They, therefore, have yielded the important and factually demonstrable belief that humankind has an internal, subjective, inner life, based on old memories, on present teachings and contacts of many kinds.

A clear understanding of the dream-life of humanity will lead to the conclusion of three facts:

- The fact of **reincarnation**.
- The fact that there is a certain level of **activity** during the **sleep**, or during the period of non-consciousness.
- The fact of the existence of the **soul**, what remains and continues to be uninterrupted.

These three facts ensure a certain approach with regard to the problems under consideration, and they should, if decomposed, confirm the position of esotericists.

The origin of the concept of Dream (1)

In Webster's Dictionary we find two meanings, which are not mutually exclusive:

In **Sanskrit** it means:

- Causing disadvantage or hurt.

In the **old Anglo-Saxon** meaning:

- Joy or bliss.

The first was originally considered as a **non-desirable**, probably because dreams in the majority of cases revealed the astral life of the one who was dreaming. Most patients often had an **Atlantean** or astral consciousness.

As time went on dreams of **intelligent (= Aryan) minds** increasingly got their aspirational nature, allowing more joy and bliss to be emphasized.

The origin of the concept of Dream (2)

- The **West** and the **East** together represent the **theory** of dreams - of a lower astral or higher intuitive nature - which gives a complete picture of the desire life of humanity.
- These dreams may include **ancient astral illusions** and glammers. These are powerful and strong because of their **ancient origin** and racial desire.
- They can embody the sensitive response of **advanced humanity** to systems and currents of existence, which hover around the border area of **disclosure**. These are waiting for the future realization and for its expression.

Features of the true psychologist

The **psychologists** of the near future will base the analysis of dreams and their true meanings on:

- Knowledge of the **Rays** and / or their glammers and illusions.
- The astrological complications, based on **esoteric astrology**.
- The determination of the **type of consciousness**: Atlantic or Aryan.

The main cause of an exhausting dream life

In all cases, because the soul is thwarted or is unable to impose its' wishes and to make itself known to man. This obstruction can be divided into three groups:

- **Opposed sexual drive.** In many cases, the average person focuses on the sexual act, leading to an uncontrolled sex thought life, sexual jealousy (often unrecognized) and to physical underdevelopment.
- **Opposed ambition.** This cuts off the sources of life, bringing continuously inner annoyance, leading to envy, hatred, bitterness, intense dislike of the successful and causes abnormalities of all sorts.
- **Opposed love.** This would probably be pointed by the average psychologist to sexual disappointment, but this is viewed differently by the esotericist. A completely sexual satisfaction can take place and yet the outflowing, magnetic love – belonging to human nature – can suffer with resistance and lack of response.

Desirable and undesirable analysis of dreams

(1)

There are three methods of analysing dreams to arrive at the cause of the problem:

- The **first method**, the research in the patient's **past** by bringing to light events hidden in childhood, through means of dream analysis. This method can (even if the psychologist does not realize) penetrate into past lives, so that doors are opened which might have better remained closed until they can be opened at a safer time.
- The **second method**, which sometimes is combined with the previous one and which consists of **cognitive** and **behavioural therapy**. Provided that the psychologist can obtain the person's sensible cooperation, this is a healthy and safe way to work for the average man who is pure Atlantean in consciousness but begins to develop only mentally. It should be noted that the subjective dream life and the hidden difficulties - at least temporarily - should be better left undisturbed.

Desirable and undesirable analysis of dreams

(2)

- The **third method** is where the opportunity is used to ask the soul consciously for help. Energy flows through the personality and its vehicles and will purify and chasten all aspects of the lower nature.
- This method can only be used for those who have achieved the point in their development (evolution) (and there are many today), where their **minds** are activated and can be trained and whose **soul** can penetrate the **mind through the brain**.
- This **method** has the **approval** of the **Hierarchy** and is used by its Members in their Work.

Source of Dreams

- Dreams, based on **brain activity**.
- Dreams of the **memory**.
- Dreams which are **memories** of true **efficacy**.
- Dreams which are of **mental nature**.
- Dreams which are memories of **achieved work**.
- **Telepathic** Dreams:
 - Dreams dramatized by the **soul**.
 - Dreams concerning **group-work**.
 - Dreams being memories of **instructions**.
 - Dreams connected to the **world plan**, the **solar plan** and the **cosmic design**.

Dreams based on brain activity

(1)

- These belong to **light sleepers**, which in reality do not leave the body and whose consciousness thread is not fully retracted. Excited impressions are uncertain and of a confused nature.
- They indicate physical **nervousness** and a weak sleeping capacity but have no psychological significance or spiritual meaning. Root cause: not sleeping deeply enough, thus enabling the **consciousness thread to withdraw insufficiently**.
- **Recalling** the dream life needs just to be achieved for directing the **will** during the **final stages of the Path**.
- Some schools of psychology use the recall of dreams, but the psychologist can only guide this safely if he is **aware** of the **point of evolution** of his client.

Dreams of Memory

(2a)

- During sleep, when the **thread of consciousness** is **separated** from the body, one is usually located on the astral **plane**, the field of desires.
- The desires may extend across the board from sexual satisfaction to the longing of the spiritually-minded aspirant to see the Master, the Christ or the Buddha. These spectacles are usually dependent on the **own desire life** and they manifest themselves in two ways:
 - By partaking in certain **activities**.
 - As a **viewer** where they can be really facts, ideas or people as they walk around on the streets.

Dreams of Memory

(2b)

- These dreams tied to astral satisfactions are all dedicated to **glamour** and **illusion**. They themselves are (consciously or not) called up and interconnected. However, they point to real experience, even if they come to fulfilment astrally.
- This thought forms include the **desire life** of **humanity**. They exist on the **astral plane** and are therefore visible to all. Thought forms which are displayed in the same manner as in a store window.
- There are big **dangers** because they can be involved to oneself without having something to do with it.
- Explaining it can only be used **safely** if the psychologist knows about the **constitution of man** and the **point of evolution**.

Dreams, based on real Memories (3a)

These dreams are notes of **real work**. This is possible after the integration of the astral, etheric and physical body.

There is a **continuation** of the daily operations as they are continued on the astral plane and are recorded by the **brain**.

They are usually **partial** memories of mixed nature because glammers, illusions and acts exert their influence. This state of **mixed memory, false identification** etc. gives rise to many difficulties.

The psychologist must take into account:

- The **age** or soul experience of the patient.
- Whether the person is **competent** enough to give the experience correctly again.
- Whether the patient is free of desire to want to make an impression on the psychologist. Innate **truthfulness, control of the imagination** and the ability to **express verbally** are of interest.

Dreams, based on efficacy Memories (3b)

- When it comes to **advanced aspirants** and **disciples**, we get a slightly different situation. The **integration** includes the **mental body** and **the soul**. The efficacy as it is recorded, remembered and told, is that of a **world servant** on the astral plane.
- They relate to transactions that have to do with other people, with fulfilling duties of other people, the **education** of **groups** rather than individuals.

Dreams of mental nature

(4a)

Something is only recorded in the brain as the **mind** is going to somewhat prevail.

Three kinds of dreams of **mental** origin:

- The field of thought forms: this is a vast area; it includes both old and newer thought forms of humanity which vaguely emerge. They do not include the desire life, but they concern human thoughts about **ideas** and **ideals** which for centuries have dominated humanity and therefore form the basis of **all history**.
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- Dreams that are **geometric** in nature and through which a person becomes aware of those basic **patterns, shapes and symbols** that belong to the **original** types.
- Examples: *dot, cross, circle, line, triangle, pentagon, hexagon*. There are 21, yet there are 14 unknowns. Two of them take at this time a form: the **lotus** and the **flaming torch**.

Dreams of mental nature

(4b)

- **Symbolic representations** of received lessons occur in the hours of sleep by aspirants and disciples in the **Hall of Learning** on the **sixth** and **seventh** (highest) sub-plane of the **astral plane**. Humanity, through its Atlantic experience, thus remaining in the world of glamour, has learned. As a result, a wise choice can be developed
- The **Hall of Wisdom** is located on the higher mental plane. This includes the teaching that will **develop** and **unfold** the **upcoming races** and for which the disciples and the initiates are trained.
- These are expressed by him in the form of **telling dreams, creativity** and the expression of **ideals** that are constructed by human consciousness.

Dreams, which are reminders of work that has been done (5a)

This activity is performed during the sleep, when the body is left:

- In the borderland between the **astral** and **physical** plane.
- In the so-called **Summerland** where all the desire life of humanity concentrates and where all the desires of the race are formed.
- In the world of **illusion** that is part of the astral plane, where the **ancient past** is included, in which the **desire life** of the **present** is fertilized and where indications are found from the desire life of the immediate **future**.

Dreams, which are reminders of work that has been done (5b)

These phases and areas of activity are very real in nature. Aspirants somewhat functioning on the astral plane, are at some level engaged in a form of **constructive activity** (however usually **selfish**). This concerns dream statements (sometimes symbolic or mysterious), but **focused** on the **everyday events** such as:

- Efficacy of the patient / person.
- Observation of other people's work. One tends **not** to or in a **wrong way** take it personally because of the **egocentric** tendency of the average mind.
- It can also concern the **instruction** of the person responsible for **development** and **training** of an individual or group.

Dreams, which are reminders of work that has been done (5c)

This last category of dreams becomes predominant as the **alignment** of the astral and physical body (and plane) is **perfected**, and the growth of consciousness gradually develops.

This activity includes:

Religious activity; sex life in its many phases (not all of which are material – everyone knows well the polar oppositions which are connected to duality of revelation); political and artistic activity etc.

Telepathic Dreams (6)

- The memory of real events in the physical **brain-consciousness** being **telepathically** communicated from one person to another.
- Many dreams are, or can be memories or **experiences of others**, although one has appropriated these sincerely (as a result of group consciousness).
- We now arrive at the dreams that are part of a certain **soul contact** and that are forging a solid shift with the world of souls.
- The doors of the kingdom of God will open up for him.

Dreams, which are dramatized by the soul (7)

- Dreams that are represented **symbolically** by the soul with the intention to give *instructions, a warning or an order to his instrument*, the human / personality on the physical plane.
- Symbolic dreams occur often especially in early stages of soul contact of aspirants and disciples. They may be enabled during the **sleep** or **meditation** and be explained in the correct manner as a result of self-knowledge. The **kind of symbolism** and dramatization are determined by the **Rays** of the souls and personalities.

Dreams concerning the group work (8)

- Here the soul trains the personality for **group work**. This is also the greater similarity with the below mentioned five dreams.
- The **group work** is not aimed at the physical / astral / mental body but at **spiritual life** and **experience**. Knowledge of the soul and the soul purposes are contained therein.
- **Labour in the group** of a Master can be observed and considered as a dream despite the (physical) reality and the visible happening thereof.

Dreams, which are reminders of instructions (9a)

This type of dream includes lessons given **by a Master** to His accepted disciple.

Method:

- → **Instructions** are communicated by the Master (Ashram) to the soul.
- → The soul inscribes them on the **mind** being constantly kept in view.

The mind formulates them as **thought forms** which are then **thrown** into the calmly **expectant brain**.

Dreams, which are reminders of instructions (9b)

Briefly:

- *The consciously taking in through a dream / image etc. during the night outside the body or through meditation.*
- *From the mind correctly direct to the brain and explain the instructions accurately.*
- *According to the mental development and the point of evolution, the reaction will be the proper use of the communicated teaching.*

NB Currently group work is promoted and instructions are experienced group wise (small or large groups, depending on the alignment of recipients and their objectives).

Dreams which are connected to the world plan, the solar plan and the cosmic design (10a)

This teaching is communicated to the **world disciples** through an inspired remark; a dream with a **deep sense** of new information for humanity.

There is a direct line of the **soul** to the **brain** (Antahkarana). The receivers can have an insane brain (for example, those who caused World War II), a mentally unbalanced brain or the deliberate brain of the Knowers of the World. These dreams or recorded **instructions** indicate a **high state** of evolving progress (instructions are always about service to humanity and have **no personal interests or objectives**).

The subject is very complicated. A superficial student or a mystically minded person is tempted to say that this whole technical education is less important. One finds it as complicated jargon and thinks that the academic information does not have real meaning, as far as the knowledge of the divine is concerned

Dreams which are connected to the world plan, the solar plan and the cosmic design (10b)

- The **sad state** of the current world is **not** the result of man's intellectual development but the bad result of **mental laziness**.
- It can be converted in the future because the human race is now intelligent enough to gain its own wisdom. This will be the result of the spreading of widespread **academic truths** of the esoteric doctrine and the correct interpretation of it by the **trained minds** in the West.
- Do not be distracted from the theoretical training of wisdom, but look for the cause of the adverse reaction to the latent inertia of the mind plus the lowered vital condition of all mankind.