

## PODCAST 224, LEARN IN SLEEP

Om Sri Sai Ram

Prasanthi Sandesh welcomes you.

We have been talking about the three states of consciousness. We arrived at a conclusion that if one is awake or in full awareness, he will be able to remember all his experiences in all the three states. The experience of one state will be remembered in the next, and so also in the third one.

So the waking, the dreaming and the sleeping states, everything can be remembered provided one is **aware** during that particular period. Of course, this has been proven scientifically. It's not imagination or anything like hallucination. No! It's a fact.

In the previous Question and Answer session I said that your eyes start to move around when you dream. The same thing happens when you watch a film. The eyelids move very fast. So this is also what happens during the dreaming state.

The fast movement is what is called rapid eye movement or REM. R E M is the abbreviation. So we know by his rapid eye movements that the person is dreaming because the instruments which are attached to him will be showing the eye movements.

If somebody wakes you up while your eyes are moving rapidly, you will immediately be able to recall the dream that you were having. However, when your eyes are not moving and you are woken up, then you will say that you were not dreaming.

So, now it is a well-established fact that when a man is dreaming, his eyes will move rapidly under his eyelids. The same movement happens when he is watching a movie. This has been discovered by experimenting for whole nights with thousands of people.

Experiments have been done with some ten thousand people. America has spent a lot of money on this. People have been paid to sleep in laboratories. They are paid for losing their sleep because they have to be awakened from their sleep again and again during the night. Certain wires and instruments are attached to them while they sleep.

After experimenting on ten thousand people, they have come to the conclusion that people who say that they don't dream may be telling the truth as far as they are able to understand. But in reality, it is not so.

Someone who says that he dreams occasionally is also not correct, and those who say that they are only dreaming towards the morning hours are also not right. But there is some truth in what they are saying because they only remember what they dream in the morning, just before they wake up.

So, all this is research which has been done in these three states of consciousness or awareness.

The Indians also did much research in this direction in the past, and the scientists have discovered the secret which makes it possible for a person to die in the dream state. When this happens, he will enter his reincarnation with all the memories of his previous lifetime.

Someone who can retain all the memories of the previous life in his new incarnation will be transformed because he will be aware that he is repeating all the same stupidities that he had already done before in his previous life.

Again the same passions, again the same desires, again the same chasing after, and one sees that there was no great outcome from all this previous living. His previous life time was wasted in chasing and chasing, and in the end that was the only accomplishment. Nothing more came out of chasing after all those passions and desires.

If a person can retain the memory of his previous life, then the new life will be of a totally different quality. The very quality of his life will be transformed. Such a man will not be able to chase after those same desires because to him death will always seem to be standing beside him.

So, running after the same desires will mean that he is going to waste his life again and again. It will end only with death! No! This time he will be able to do something else. The effort to transform his life will become more intense.

The whole experiment of Bardo, B A R D O, is done only for this reason, in order to help make the coming life more intense.

The experiments of Bardo are very scientific. When a person is dying, efforts are made to keep him awake through using perfumes, through light, music, chanting, and through singing devotional songs. He is not allowed to fall asleep. The moment he starts feeling drowsy, all the principles of Bardo, Bardothodol, T H O D O L, the Tibetan book of the dead, are chanted into his ear and these principles of Bardo are helpful for creating dreams.

For instance, the dying person is asked to feel that he is separating from this body. He has just fallen into drowsiness and he is being told that now he has become separated from his body, that death has already happened to him and It is described to him how he is proceeding on his journey. For example, he is told how there are trees on both sides of the path, how birds are flying around the path etc. All these descriptions are spoken to him into his ears.

People used to think, "How can saying something into the ears of a dying person help?" But now it has been proven because in Russia hypnopompic experiments are happening on a large scale. Russian scientists have the idea that in the coming century, children will not need to go to school in the daytime for their studies. Rather the schools will educate the children during the night while they sleep.

The Russian scientists say that if something is said at a certain frequency into the ear of a child when he is asleep, it will enter into his unconscious mind. There have been many successful experiments in this area. For instance, there have been experiments with a child who was very weak in mathematics, while no other method had helped.

Anyway, since we are not specializing in this area of the three states of consciousness of waking, dreaming and deep sleep, I think it is enough of an effort to acquire and to know at least the peripheral knowledge about these three states.

Here is a description of how in modern times, in countries like Russia, experiments have been taken up to benefit people. But they are yet to come to light in the rest of the world. It's going to take some more time.

A small device is fitted near each child on his pillow when he goes to sleep. The teaching begins at midnight and continues for two hours. Then the child is woken up. The device itself manages all this. It wakes the child with the sound of a bell. The child is woken up because if he falls into deep sleep after the lesson, he will forget all that has been taught to him.

Therefore this principle can be better understood in the light of these facts. The child will wake up to the sound of a bell after two hours of lessons. This is just to prevent the memory of the lessons from being erased by deep sleep happening right after his lesson.

After waking up, he has to wash his face to freshen up and then go back to sleep again. Nothing else is required of him. Again at four o'clock in the morning the teaching will begin. The same lesson will be repeated between four and six and then at six am the child will wake up. You cannot imagine how much teaching can be absorbed in just four hours.

The Russian scientists say that soon they will be able to save children from the imprisonment of school. It's a dangerous prison. Because of it the small children cannot play or have fun or jump or dance and be wild. From childhood they are put in this type of prison.

To force small children to sit still on stiff benches for five or six hours a day is unnecessarily wasting the most precious and golden period of their lives. Yes! This is the cause of misery and suffering in the lives of most people. Because when it was possible to become the most happy, when life was fresh and had cheerfulness about it, when it is the most happy time, when a contact with life could have happened, all their time was wasted with geography, history and mathematics! And all that children will gain through this is a livelihood, not a life. This means that they have to miss life for the sake of a livelihood.

But the Russian scientists are saying that this will not go on forever. They have discovered all the ways so that children can play much longer, all day long! They can have fun going on picnics or do whatever they want to do, and then during the night they can be taught. They call this hypnopaedia, H Y P N O P A E D I A.

But even in this, there is a condition that they have to be woken up after the lesson is finished. If it is possible to teach in this way, then it is also possible that a dream can be created by speaking into the ears of people who are dying. When a person dies in the dream state, his next birth will carry the memories of his previous life. This person will remain in the dream state while he is in the new womb and he will be reborn in the dream state.

Even at birth there will be a fundamental difference between a child born in the dream state and a child born in the state of deep sleep. A child who is in the dream state in his mother's womb will cause many dreams in the mother's mind.

There is so much more information like this. It is mind-boggling! Unbelievable facts are coming to light about these states of consciousness. This is thrilling and exciting too!

Well, we have learned enough for now, although there is much more to be learnt! We will do that later, because we are not going to specialise in this particular area of Vedanta.

Thank you for your time.