

DIALOGUE FOUR

1 What is Somnolence?

The threshold of sleep.

2 What significance does it have?

It is a state where consciousness does one of two things. Either it becomes totally engulfed in the unconscious and emerges,

after finally drifting into sleep and reawakening, strengthened in its will to fight the GODLESS battles of the unconscious. Or

when beings in a high state of awareness, it becomes totally or almost totally DETACHED from the unconscious - joined only

by a silver thread - and can renew the strength of its own true existence by a temporary inclusion of GOD and awareness of

GOD, which lasts until the unconscious has amassed its forces and dragged the consciousness back onto the earth plane.

3 With regard to what you were saying about detaching, how do we detach?

Accept the physical and maintain it. Demand nothing on a spiritual level;. Demand anything you choose on a physical level.

Fulfill the needs of the physical, but do not predetermine what they are.

Separate your knowledge from the ignorance of others.

Recognise that there is no such thing as failure. It is a product of the unconscious imagination. Other such products include

acceptance, rejection, success and responsibility. Intention, validation and purpose are abilities of pure consciousness, as
are inclusion and awareness.

4 What spiritual horizon have we now?

The horizon of freedom from unconsciousness.

You care desperately at the moment. That is the working of the unconscious. Compulsive care is not a quality of pure consciousness.

When you are totally aware of your incapability and ignorance in terms of unconsciousness, you will cease to care. You

will live from moment to moment without the need for hope or aspiration. Life, even physical life, will be a joy of conscious

awareness of the here and now. You will provide for yourselves adequately and without difficulty, at the same time not

caring if tomorrow will bring death. You will neither welcome death with pleasure, nor will you run from it in horror. You

will simply include it if it should appear to claim your bodies.

5 Is there anything else you can tell us about detachment and separation?

Yes. The mistake you make is to imagine that you have a spiritual purpose WITHIN the terms of the human and physical

game. SEPARATE, and care only about the physical and human environment in which you are, and care about it only in physical and human terms.

You have a great deal of caring to do still, before you reach the freedom of not caring.

6 How can we maintain conscious relaxation?

By demanding nothing of anyone or of self except the maintenance of the physical environment. (8)

7 What do we do about demands we instinctively make on ourselves and those around us, that give us agony and frustration?

At the stage the group has reached, these can only be spiritual demands, presumptuous demands, demands that have

no relevance to your environment whatever. Physical demands can be made and met without pain or frustration.

The most prominent physical demand is security. This is best met with discipline in the form of set formulas of living that

that eliminate choice in the primary areas and make it as wide and free as possible in the secondary.

8 What are the primary areas?

Sleeping, eating and working.

The less choice in these areas as regards time, quantity, quality, etc., the more freedom you feel in these areas, and that

includes freedom from demand, requirement and expectation, as well as rigid control, the better. (9)

Notice that the demands made in the primary areas should be physical and most definitely not spiritual.

9 How do we stop making spiritual demands on ourselves and others?

The spiritual is the domain of GOD. If demands are to be made, GOD makes them. When you feel the burden of a

spiritual demand, either on yourself or on someone else, (that is the burden of you MAKING the demand, and it inevitably

not being met) , have a look at your own distance from a state of pure consciousness, and your own complete or almost

complete identification with the unconscious conflict you have created. From this you can only deduce that the demand you

are making, whether it is on yourself or someone else, cannot possibly have any validity in terms that are independent of

that conflict, however high-sounding or spiritual the demand may appear to be.

NOTES

(8) This simply means Processesans doing their jobs.

(9) Humanity lives by the inversion of this rule. It makes few OVERALL rules about sleeping, eating and working, but its social codes make the most rigid demands in the areas of recreation, stimulation, contact, thought, entertainment, etc.